

MN *The* USA

# CULINARY CAMPFIRE

FEATURING

Minnesota Chef  
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PRESENTED BY **m** EXPLORE MINNESOTA

## GRILLED LAKE TROUT/RAINBOW TROUT *with* HERBED SALAD *and* FRIED RICE

Makes 2 Servings

### INGREDIENTS:

1 Lake Trout, deboned and salted for the grill

#### Herbed Salad:

1 small bunch each of fresh mint, dill, Thai basil, cilantro, big leaves torn into pieces by hand  
3 scallions, chopped  
1 medium shallot, finely sliced

#### Vinaigrette:

2 tablespoons rice wine vinegar  
2 tablespoons lime juice  
6 tablespoons canola oil

#### Fried Rice:

3 cups of day-old, leftover cooked rice  
1 teaspoon garlic, minced  
1 teaspoon shallots, chopped  
1 teaspoon lemongrass, chopped  
1 teaspoon ginger, chopped  
1 teaspoon jalapeno pepper or fresno chili pepper, chopped  
¼ cup carrots, chopped (frozen ok)  
¼ cup peas (frozen ok)  
2 eggs, beaten  
3-4 tablespoons tamari or soy sauce  
Bacon (optional)

### DIRECTIONS:

#### For Trout:

1. Salt the trout and place it directly on the grill. Grill for approximately 8 minutes on each side.

#### For Herbed Salad:

1. Pluck the leaves from herb stems by hand, tearing the leaves to make everything relatively equal in size (do not chop, as you don't want to bruise the herbs). Then combine the mint, dill, Thai basil, cilantro and scallions in a bowl. Add the sliced shallots and set aside.

2. Combine the lime juice, rice wine vinegar, and canola oil in a small bowl (or jar with lid) and whisk (or shake) to combine.

#### For the Fried Rice:

1. Begin by adding one tablespoon of oil to a hot cast iron skillet. (If using bacon, cook the bacon in the skillet first).
2. Add in your garlic, lemongrass, ginger, shallots, and chili, stirring to keep from burning, about 1 minute.
3. Once the garlic is fragrant, add in the day-old rice, stirring to mix all the ingredients together. Simmer for approximately 1-2 minutes.
4. Add the beaten eggs into the pan, stirring immediately.
5. Add in the peas and carrots and stir.
6. Add the tamari or soy sauce and cook for 2 more minutes.

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