

Along with hunting and farming, Native Americans did a lot of fishing as one of their main sources of food. Because fishing poles had not yet been around, the male Native Americans went spear fishing and the women used a simple system of a string with a hook on the end. Winter and Spring were the optimal times for spear fishing. The type of spear they would use would depend on the size of the fish they were catching. The shafts were made from wood, and the tips were often made from either metal, copper or bone. When ice on the nearest bodies of water melted, they would ride out in their canoes to go spear fishing. This was usually done at night, while using fire torches to illuminate the water's surface. They would sometimes stand for long periods of time, just to spear fish at just the right moment. These days, traditional spear fishing has fallen out of favor for the more versatile fishing rod and reel. There are, however, more modern methods of spear fishing using powered spear guns.

Native Americans traditionally prepared trout flavored with wild mint leaves over open fires. This updated version adds a few new ingredients and has the added benefit of easy cleanup since the grilling is done in foil!

Trout Stuffed with Fresh Mint and Orange



Ingredients:

- 2 pan-dressed* trout (1 to 1 ¼ lbs. each)
- ½ tsp. coarse salt
- 1 orange, sliced
- 1 cup fresh mint leaves
- 1 sweet onion, sliced

*a pan-dressed trout has been gutted and scaled with head and tail removed

Directions:

1. Rinse trout under cold running water; pat dry with paper towels.
2. Sprinkle cavities of trout with salt; fill each with orange slices and mint. Cover each fish with onion slices.
3. Spray 2 large sheets of foil with nonstick cooking spray. Place one fish on each sheet and fold to seat the foil packet.
4. Place foil packets, seam side down, directly on medium hot coals. Grill, covered, 20 to 25 minutes or until trout flakes easily when tested with fork, turning once.
5. Carefully open foil packets, avoiding hot steam; remove and discard orange-mint stuffing and trout skin. Serve immediately.