Trout mittens

You will need a set of double pointed needles and a bit under 100g of sport weight yarn (roughly 50 of the background color, a bit less of the accent). My example uses Frog Tree Alpaca Sport (discontinued). Rauma Finullgarn (traditional Norwegian stuff) works just as well, and any sport weight can be used. I duplicate-stitched some additional color for a rainbow trout, but it's fine without this as well.

Size can be adjusted a bit just with needle size, using the same yarn and pattern. I used 1.5 needles; for larger men's hands, you may need to add stitches to the edges of the design or even use a slightly heavier yarn, changing the gauge entirely. To make a smaller mitten, you can use size 1 or 0 needles. Larger sizes could take more than 50g of background color; mittens worked on size 0 or 1 needles should not.

Cast on 60 stitches with accent color (I do 24-12-24 on 3 needles, due to a 12-stitch repeat on the zigzag cuff). You can use a ribbed cuff instead if you prefer.

Zigzag cuff:
Row 0: Purl 1 row (accent color).
Stripe following rows as desired; my stripe pattern is 5 rows of background color (B), 2 accent (A), 3B, 2A, 1B, 1A, 1B, 2A, 3B, 2A, 4B.
Row 1: P1, K2tog, K3, YO, K1, YO, K3, SSK. Repeat to end.
Row 2: P1, K11.
Repeat rows 1 & 2 13 times, for a total of 26 rounds.
Knit 1 round, increasing 12 stitches spaced evenly around for a total of 72 stitches on needles.

Work main chart, right-to-left for the left hand and left-to-right for the right hand. At the thumb gusset, when the chart blocks "step" outward, increase a stitch. I use make-one-right on the right side of the gusset and make-one-left on the left side, and I place these increases just inside the accent-color border of the gusset.

Note the orange line at the top of the thumb gusset. Work the row below this as usual. On the next row (above the line on the chart), when you get to the orange line knit the stitches it marks with a piece of scrap yarn in a contrasting color (this will be removed later). Move these stitches back to the left needle, and work the rest of the round in pattern over top.

Decreases: Any time the chart shows "steps" going inward, these are decreases. There are a few just past the thumb gusset (this gives some extra space for the thumb to move) and of course at the top. When the chart steps in from the left, work the last stitch as a K2tog. When it steps in from the right, work the first one as a SSK. These will of course switch when you work the chart the opposite direction; you always want your decreases to lean toward the center of the "panel" you are on.

Continue working chart until only 8 stitches remain. Thread end of yarn through remaining stitches, pull tight and sew in.

For the thumb, you will want to work the "outer" panel (bony fish) first for both hands; you don't really need to worry about mirror-imaging anything on the thumb, except maybe put the fish's eye on the other side. Remove the scrap yarn above the thumb gusset, placing stitches above AND below the scrap yarn back on needles. (For the upper row, I turn the mitten upside-down and put the needle through the right side of each stitch "V." These stitches will look irregular.) I split the lower row over 2 needles, 1 for the upper. Turn mitten so that the hand is right-side-up. Pick up 2 stitches in the gap at the right corner of the thumb using the accent color (this becomes part of the border). Knit across lower-row stitches in pattern working the thumb chart, then pick up 2 more stitches in the left corner gap using the accent color. Turn mitten and continue across upper row, working in pattern; you should also need to pick up one extra stitch at one of the ends of this section to get 16 stitches. Some stitches will not appear as a full loop; knit through back loop on these, which will twist them to make a closed stitch.   Join to the beginning where you picked up 2 stitches, and work chart in rounds until only 9 stitches remain. Thread end of yarn through remaining stitches, pull tight and sew in.

Duplicate-stitch some rainbow trout colors wherever you like, or leave as-is.