

Z-LIGHTFUL BRONZED TROUT

8/5/2024

Plate: Dapple Rectangle

To Go: 3 Compartment

STEP #1: INGREDIENTS

1 each Trout Filets - 5.5 to 6.5 wz

8 shakes Seafood Seasoning

1/2 vz Vegetable Oil

STEP #2: INGREDIENTS

To glaze Vegetable Oil

SETUP / GARNISH

2 each Lemon Wedge

2 each Choice of Side

STEP 1: TO COOK

1. Place the trout filet skin down on a metal 1/4 size sheet tray.
2. Apply 8 shakes of seafood seasoning "**coast to coast**" on the meat side only of the filet.
NOTE: The seafood seasoning must evenly cover the meat side of the filet, but it cannot be caked up on the fish.
3. Ladle the vegetable oil onto the griddle, and place the filet in the oil with the seasoned side down and the tail facing out.
NOTE: The tail MUST face out so that the spatula can slide underneath the trout without scraping away the seasoning.
4. Cook for **2 1/2 minutes**. At this point, the seasoning will be brown in color.
5. Flip the filet so the skin side is facing down.

STEP 2: TO COOK

1. Using a brush, glaze the seasoned side of the filet with **vegetable oil**.
2. Allow to cook undisturbed for **1 1/2 minutes or until the thickest part of the filet leaves an indent when pressed**.

SET UP / GARNISH

Reference the attached pictures for plating setup & garnishing.

NOTE: First side item is served on the left of the plate, on top of a beverage napkin.

NOTE: Both Zlightful sides are served off the plate.

