

# BRONZED TROUT - LUNCH

7/11/2024

Plate: Dapple Rectangle

To Go: 3 Compartment

## STEP #1: INGREDIENTS

**1 each Trout Filets - 5.5 to 6.5 wz each**

**8 shakes Seafood Seasoning**

**1/2 vz Vegetable Oil**

## STEP #2: INGREDIENTS

**To Glaze Fish Glazing Butter**

## SETUP / GARNISH

**1 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 filets with fish glazing melted butter.
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 is served on the left of the plate, on top of a beverage napkin.**

**NOTE: Second side is served off the plate.**

**NOTE: The head of the filet must be in the top right corner.**

**NOTE: If no sides goes on the plate, see picture for plating.**

