

WOOD GRILLED TROUT - DINNER DOUBLE

9/17/2024

Plate: 11.75" Blue Round Plate w/ 2.5oz S.S. ramekin

To Go: 3 Compartment

STEP #1: INGREDIENTS

1 each [Charred 1/2 lemon](#)

2 each Trout Filets - 5.5 to 6.5 wz each

To Brush Vegetable Oil

8 shakes Seafood Seasoning - 4 shakes per filet

STEP #2: INGREDIENTS

To Glaze Fish Glazing Melted Butter

#30 scoop [Lemon Cream Base](#)

#60 scoop REAL Butter

SETUP / GARNISH

2 each Choice of Sides

STEP 1: TO COOK

1. Cut a lemon in half horizontally, so that one half has the stem and the other half has the tip.
2. Place the lemon half on a **clean, hot area of the griddle, cut side down.**
3. Allow to cook until browned, **approximately 3-5 minutes.** The segments on the cross cut of the lemon half must be browned.
See picture for visual quality indicators.
4. Place the trout filets skin down on a metal 1/4 size sheet tray.
5. Brush the meat side of each filet with the vegetable oil.
6. Apply 4 shakes of seafood seasoning "**coast to coast**" on the meat side only of each filet.
7. Place the trout filets on the grill meat side down at a 45 degree angle.
8. Grill until score marks appear, then rotate 90 degrees on the grill. Do not flip.
9. **Once diamond score marks are achieved, gently flip the trout filets.**



STEP #2: INGREDIENTS

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.**
3. In an amber 1/9 pan, add the lemon cream sauce and butter, microwave for **30 seconds**, then stir.

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SETUP / GARNISH

Reference the attached pictures for plating setup & garnishing.

NOTE: The 2 fillets must slightly overlap at the tails.

NOTE: Pour the lemon cream sauce into a S.S. ramekin, and position it below the tail of the filet.

NOTE: Place a charred lemon below the filet, next to the S.S. ramekin.

NOTE: Both side items are served off the plate.

