

# BRONZED & STUFFED TROUT

4/4/2025

Plate: Blue Bowl OR Black Crackle

To Go: 1 Compartment

## STEP #1: INGREDIENTS

1 each [Lemon - Charred Half](#)

1/2vz Vegetable Oil

# 8 scoop [Artichoke Cake - Prepped](#)

1 each Trout Filets - 5.5 to 6.5wz each

8 shakes Seafood Seasoning

1/2vz Vegetable Oil

1/2vz Vegetable Oil

To Glaze [Fish Glazing Butter](#)

## STEP #2: INGREDIENTS

# 60 scoop REAL Butter

2 shakes [Salt & Pepper Seasoning](#)

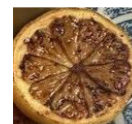
Approx. 4wz [Green Beans - Blanched](#)

1vz [Lemon Cream Base](#)

#60 scoop REAL Butter (COLD, NOT SEMI SOFTENED)

## 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. Ladle vegetable oil onto the griddle, place the #8 scoop of the artichoke cake mixture on the griddle, and flatten the mixture to achieve an oval shape that is approximately the same size as the filet. Allow to cook for **2 1/2 minutes**, then flip. *See picture for visual quality indicators.*
4. Place the trout filet skin side down on a metal 1/4 size sheet tray.
5. Apply 8 shakes of Seafood Seasoning "**coast to coast**" on the meat side only of the trout filet.
6. Ladle the vegetable oil onto the griddle, and place the filet in the oil with the **skin side down** and the tail facing out.
7. Cook for **1 1/2 minutes** on the skin side.



**\*\*\*CONTINUED ON NEXT PAGE\*\*\***

8. Again, ladle vegetable oil onto the griddle, and flip the filet so that the seasoned side is facing down and the tail facing out.  
**NOTE: The tail MUST face out so that the spatula can slide underneath the trout filet without scaping away the seasoning.**
9. Allow to cook undisturbed for **2 1/2 minutes**. The fish is cooked when the thickest part of the filet leaves an indent when pressed.
10. **Using tongs, gently peel the skin away from the filet.**
11. Flip the trout filet so that the seasoned side is facing up, and brush with the fish glazing butter.
12. Using the spatula, make an indentation in the center of the filet so that **1 1/2" is still intact on each end of the filet**. Gently spread the indentation open with the spatula.
13. Gently, lift the trout filet and set it over top the artichoke cake.

#### STEP 2: TO COOK

1. Scoop the butter into a **clean** saute pan.
2. Scoop approximately 4wz. of green beans, pour into the saute pan, and **spread out** into an even layer.
3. Shake the Salt & Pepper Seasoning **evenly** over the green beans.
4. Saute until the green beans are thoroughly heated. **DO NOT BLISTER OR OVER COOK TO THE POINT WHERE THE BEANS BREAK APART.**
5. In an amber 1/9 pan, ladle 1vz of the lemon cream sauce, and microwave for **30 seconds**. Once heated, add the butter to the heated sauce, and stir until the butter is fully incorporated.  
**NOTE: Batch Recipe: In a skillet, add equal number of ladles to the number of butter scoops. Heat gently, and stir to emulsify. Hold in a double boiler on the flat top or in the steam well. Discard at the end of each shift.**

#### SET UP / GARNISH

**Reference the attached pictures for plating setup and garnishing.**

1. Using tongs, mound half of the sauteed green beans into the center of the bowl, then mound the other half of green beans on top of the first layer so that they are crisscrossed, in order to achieve as much height as possible.
2. Remove the stuffed trout from the griddle, and place it on top of the layered green beans.
3. Pour the heated lemon cream sauce over the center of the fish so that it cascades perpendicular to the stuffed trout.
4. Place the charred lemon at tail of the stuffed trout, facing out toward the guest.

**\*\*\*CONTINUED ON NEXT PAGE\*\*\***

