

# PESTO TROUT - DINNER

3/13/2024

Plate: Large Rectangle

To Go: 3 Compartment

## STEP #1: INGREDIENTS

- 2 each Trout Filets - 5.5 to 6.5 wz each**
- 8 shakes Seafood Seasoning**
- 2 #30 scoops Parmesan Pesto (heaping scoops)**
- 1 vz Vegetable Oil**

## SETUP / GARNISH

- 2 each Choice of Side**

## STEP 1: TO COOK

- Place the trout filets skin down on a metal 1/4 size sheet tray.
- Apply 4 shakes of seafood seasoning "**coast to coast**" on the meat side only of each filet.
- Apply 1 heaping #30 scoop of Parmesan Pesto to the meat side of each filet, then **use a rubber spatula to spread the pesto evenly** over the entire filets.
- Ladle the vegetable oil onto the griddle, and place the filets in the oil with the Pesto sides down and the tails facing out.  
**NOTE: The tails MUST face out so that the spatula can slide underneath the trout without scraping away the pesto or the seasoning.**
- Cook for **2 1/2 minutes**. At this point, the Pesto should be lightly browned with **some green still visible**.  
**NOTE: Do not overcook, or the Pesto will become very salty.**
- Flip the filets so the skin side is facing down.

## STEP 2: TO COOK

- Allow to cook undisturbed for **1 1/2 minutes**. The fish is cooked when the thickest part of the filet leaves an indent when pressed.

## SET UP / GARNISH

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

**NOTE: The two filets must slightly overlap.**

**NOTE: Serve both sides on the plate.**

