

BRONZED TROUT - DINNER DOUBLE

1/15/2025

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

To Go: 3 Compartment

STEP #1: INGREDIENTS

1 each Lemon - Charred Half

2 each Trout Filets - 5.5 to 6.5 wz each

16 shakes Seafood Seasoning - 8 shakes per filet

1 vz Vegetable Oil

STEP #2: INGREDIENTS

To glaze Fish Glazing Butter

#30 scoop Lemon Cream Base

#60 scoop REAL Butter

SETUP / GARNISH

2 each Choice of Side

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. Apply 8 shakes of seafood seasoning "**coast to coast**" on the meat side only of each filet.
NOTE: The seafood seasoning must evenly cover the meat side of the filet, but it cannot be caked up on the fish.
6. Ladle the vegetable oil onto the griddle, and place the filets in the oil with the seasoned 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 seasoning.
7. Cook for **2 1/2 minutes.** At this point, the seasoning will be brown in color.
8. Flip the filets 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.**
3. In an amber 1/9 pan, add 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.

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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 fillet, next to the S.S. ramekin.

NOTE: Both side items are served off the plate.

