

Z-LIGHTFUL WOOD GRILLED TROUT

8/5/2024

Plate: Dapple Rectangle

To Go: 3 Compartment

STEP #1: INGREDIENTS

1 each Trout Filet - 5.5 to 6.5 wz each

To Brush Vegetable Oil

4 shakes Seafood Seasoning

STEP #2: INGREDIENTS

To Glaze Vegetable Oil

SETUP / GARNISH

2 each Lemon Wedge

2 each Choice of Sides

STEP 1: TO COOK

1. Place the trout filet skin down on a metal 1/4 size sheet tray.
2. Brush the meat side of the filet with the vegetable oil.
3. Apply 4 shakes of seafood seasoning "**coast to coast**" on the meat side only of the filet.
4. Place the trout filet on the grill meat side down at a 45 degree angle.
5. Grill until score marks appear, then rotate 90 degrees on the grill. Do not flip.
6. **Once diamond score marks are achieved, gently flip the trout filet.**

STEP 2: TO COOK

1. Using a brush, glaze the seasoned side of the filet with **vegetable oil**.
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: Both Zlightful sides are served off the plate.

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

