

WOOD GRILLED TROUT - LUNCH

7/11/2024

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 Fish Glazing Melted Butter

SETUP / GARNISH

1 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.
NOTE: The seafood seasoning must evenly cover the meat side of the filet, but it cannot be caked up on the fish.
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 fish glazing butter.
2. Allow to cook undisturbed for **1 1/2 minutes or until the thickest part of the filet leaves an indent when pressed.**

SETUP / GARNISH

Reference the attached pictures for plating setup & garnishing.

NOTE: First side item is served on the left of the plate, on top of a beverage napkin.

NOTE: Second side is served off the plate.

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

NOTE: If no sides goes on the plate, see picture for plating.

