

Trout

Trout is one of the most recognized species of fish in the world, a perfect addition to any menu. It's firm, smooth texture and mild, nutty taste lends itself to a world of flavours. It is an excellent source of DHA and EPA Omega-3s, that will satisfy your patrons demand for healthier menu offerings.



Trout 8oz (boned) #42446

Boned Rainbow Trout is first eviscerated and then the backbone, rib cage and anal fin are removed. Note the term "Boned" does not mean it is completely boneless.

OTHER SELECTIONS OF TROUT;

#42441 Trout Fillet 6-7 oz Boneless 1/5lb Mirabel

PRE-BOOK

Our Great Steak and Seafood FRESH



#42432 Rainbow Trout 7-9oz Skin on 1/4.54kg

#65055 Rainbow Trout Fillet 1/4.5kg

#42444 Steelhead/Salmon Trout Boneless 1/4.54

Citrus Artichoke Trout

INGREDIENTS

2 cups canned artichokes, chopped (#00525)
½ cup roasted red peppers, chopped (#00645)
¼ cup shallots, minced
¼ cup capers, drained (#06665)
2 tsp. garlic, minced (#05225)
1 cup mayonnaise (#05157)
3 tbsp. parsley, chopped (#14025)
3 tbsp. lemon juice (#10262)
1 tbsp. lemon zest
1 tsp. cracked black pepper (#13881)
12 Trout (8oz) (#42446)



DIRECTIONS

1. In a bowl combine artichokes, red peppers, shallots, capers and garlic; toss to blend.
2. Add mayonnaise, parsley, lemon juice, lemon zest and pepper; mix well.
Cover and refrigerate until ready to use.
3. Lay trout skin down on a lightly greased sheet pan. Spread top of each fillet evenly with ¼ cup artichoke mixture. Bake in a pre-heated 400°F convection or 450°F conventional oven for 15-17 minutes or until golden brown. Just before serving, run under broiler for 30 seconds if not browned enough.

Oven Steamed Trout in Parchment

INGREDIENTS

¾ cup chopped parsley
¼ cup olive oil (#13736)
2 tbsp minced garlic (#05225)
2 tbsp grated orange peel
¼ tsp salt (#13791)
¼ tsp black pepper (#14030)
12 (6-7oz) Trout Fillets (#42441)
12 pieces parchment paper, 12" x 16" (#55649)



DIRECTIONS

Combine first 6 ingredients; reserve. Fold each piece of parchment in half; then open and place 1 trout fillet, skin-side down, close to fold. Sprinkle each fillet with parsley mixture. Bring top half of parchment over trout; fold edges together to form a tight seal. Place parchment packages on baking sheet, bake at 425° F for 11-14 minutes. Time will vary depending on oven heat distribution.

NOTE: Packets may be prepared ahead and refrigerated up to 4 hours.

Mango Mania Trout

INGREDIENTS

- 3 cups ripe mangos, peeled and diced
- ½ cup scallions, minced
- ½ cup cilantro, chopped
- 3 tbsp. lime juice (#10257)
- 2 tbsp. olive oil (#13736)
- 1 tsp. kosher salt (#13792)
- ¼ tsp. red pepper flakes
- 12 Fresh Rainbow Trout Fillets (#65055)



DIRECTIONS

1. In bowl combine all ingredients; toss to mix well. Cover and refrigerate at least 2 hours before using.
2. Lay trout fillets on a lightly greased sheet-pan, skin side down. Bake in a pre-heated 400°F convection or 450°F conventional oven for 16-17 minutes or until crispy golden and cooked completely through.
3. Top each fillet with ¼ cup of mango mixture and serve with your choice of sides.

Trout Italiano

INGREDIENTS

- 12 Trout fillets boneless 7-9 oz (#65055)
- salt and pepper
- 1/3 cup olive oil (#13736)
- 1 1/2 cups diced onion
- 8 garlic cloves, minced (#05225)
- 3 cups chopped green pepper
- 1 cup sliced celery
- 2 tsp dried oregano (#14016)
- 1 tsp dried basil (#13870)
- 4 cups drained canned diced tomatoes (#00718)
- 2 1/4 cups shredded mozzarella cheese (#20670)
- cooked fettuccini or other pasta



DIRECTIONS

1. Pat fillets dry with absorbent paper; arrange in a single layer in a large oven-proof baking dish. Season with salt and pepper.
2. Heat olive oil in a large saucepan. Add onion, garlic, green pepper, celery, oregano, and basil. Sauté until vegetables are tender, stirring frequently.
3. Add tomatoes and cook for an additional 5 minutes.
4. Spoon tomato mixture over fillets; sprinkle with cheese.
5. Bake at 350°F (180°C) for 20 minutes, or until fish is cooked through and cheese is bubbly. Serve over pasta.

Thai Trout

INGREDIENTS

- 2 large sweet onions, peeled and quartered
- ¼ cup ginger, peeled and sliced
- 6 cloves garlic
- ½ cup lemon juice (#10262)
- ½ cup soy sauce (#06485)
- 1 tbsp. ground cumin (#13938)
- 1 tbsp. ground turmeric (#14097)
- ¼ tsp. red pepper flakes
- ¾ cup canola oil (#13732)
- ¼ cup cilantro, chopped
- 12 Trout fillets 7-9 oz (#65055)
- 3 cups Peanut Sauce*
- prepared basmati rice (#02171)
- steamed vegetables



DIRECTIONS

1. In the bowl of a food processor, puree onions, ginger and garlic. Add lemon, soy, spices (except cilantro) and puree again until smooth.
2. With the motor running, add oil in a slow, steady stream to emulsify.
3. Remove marinade from processor, stir in cilantro and set aside.
4. Wash trout fillets and pat dry. Pour marinade over fillets in a bowl and toss gently to coat completely. Cover and refrigerate 45-50 minutes to marinate.
5. To Cook Each Fillet: To grill, on a very hot, well-oiled grill, place marinated trout fillet flesh-side-down and cook 2-3 minutes, rotating to create crosshatch marks. Turn fillets and finish cooking 2 minutes or until cooked through. (Trout fillets may also be broiled 4-5 minutes until golden brown and firm.)
6. To Serve: Plate each grilled trout fillet over 1 cup basmati rice and top with 2 Tbsp. Peanut Sauce*. Serve accompanied by steamed vegetables, if desired.

*PEANUT SAUCE (3 cups)

INGREDIENTS

- 1-½ cups Reserved marinade
- 1 cup (6 oz.) Chunky peanut butter
- 1 cup (7 oz.) Unsweetened coconut milk
- 1/3 cup Granulated sugar
- Chicken stock as needed

DIRECTIONS

1. In a heavy saucepan combine all ingredients except chicken stock. Bring to a low boil, reduce heat and simmer 2-3 minutes. Use as directed above, adding chicken broth as needed to thin sauce to desired consistency.

