

Iseo-Style Lake Trout Rolls

Menu
 Description: lemon, capers, extra virgin olive oil, rosemary polenta
 Serving Size: 2
 Categories: Sabatini's 2.0



Cost Per Serving	
\$	2.61

<u>Action</u>	<u>Date</u>	<u>Initials</u>
Created:	6/30/2016	FL
Revised:	3.10.17	AJ
	3/22/2017	EA

Amount	Measure	Ingredient	Preparation Method	Product No.
Trout:				
0.340	Kg	2 Whole Trout (4 Filet)		20-100000712
0.010	Kg	Anchovies, white	finely chopped	20-100009199
0.010	Kg	Capers	finely chopped	20-100001224
0.010	Kg	Garlic	finely chopped	20-100000869
0.002	Kg	Thyme, fresh	finely chopped	20-100000886
0.005	Kg	Parsley	finely chopped	20-100000839
0.040	Kg	Parmesan sardo		20-100026522
0.070	Kg	Bread Crumbs		20-100016117
0.040	lt	Olive Oil		20-100001607
0.025	lt	Fish stock		50-100000013
Polenta:				
0.100	Kg	Corn meal		20-100001032
0.050	Kg	Butter		20-100001600
Garnish:				
0.040	Kg	Tomato		20-100000855
0.020	Kg	Lemon, segments		20-100000771
		Salt & pepper- to taste		
Herb Oil:				
0.005	Kg	Rosemary, fresh	finely chopped	20-100000879
0.005	Kg	Thyme, fresh	finely chopped	20-100000886
0.005	Kg	Tarragon fresh	finely chopped	20-100000881
0.005	Kg	Garlic	finely chopped	20-100000869
0.005	Kg	Basil, fresh	finely chopped	20-100000876
0.010	Lt	Olive Oil		20-100001607
Carrot Chips:				
0.020	Kg	Carrot	sliced thin on mandoline	20-100000811
0.010	Kg	Flour	for dusting	20-100000471
0.150	Lt	Frying Oil		20-100001608

Method of Preparation:**Trout:**

- 1- Prepare the trout in four filets without the head and boneless.
- 2- Melt the anchovies in sauté pan and add half of the chopped capers, after that mix together with the bread crumbs, parmesan cheese, chopped garlic, parsley and thyme, to obtain a moist bread crumbs.
- 3- Sprinkle the bread crumb/anchovy mixture on top of the filets and roll it.
- 4- Once the trout is rolled, drizzle with olive oil and fish stock. Bake for 5 minutes at 250 °f or until bread crumbs are browned and crisp.
- 5- Remove from oven.

Polenta:

- 1- Prepare the polenta with cornmeal cooked with water, butter and salt.

Herb Oil:

- 1- Combine rosemary, thyme, garlic, tarragon, and basil with olive oil.

Carrot Chips:

- 1- Dust sliced carrots in flour. Fry in vegetable oil at 150° until crackling.

To Finish:

- 1- Mix tomato, lemon segments, and herb oil. Drizzle around plate per picture.