

Seared Rainbow Trout with Apple-Fennel Salad



Recipe Name: Seared Rainbow Trout with Apple-Fennel Salad **Category:** U.S. Farm-Raised Seafood

HACCP Process: _____ 1 – No Cook X 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients:	For: 24 Servings		Directions: Remove the boneless rainbow trout from refrigeration just prior to cooking in batches of 24. CCP below 41 degrees
	Weight	Measure	
Rainbow Trout fillets, boneless	9 lbs	24 @ 6 oz.	Take the boneless rainbow trout fillets; wash and pat dry.
Safflower oil	1 cup	8 fl. oz.	Season the safflower oil with ground white pepper.
Ground white pepper	1 tsp.		Pour the oil over the skin side of the trout on a sheet pan. Turn the trout over, so the flesh side is now up.
			Bake in a pre-heated oven at 425 degrees for about 12 minutes or until the flesh starts to brown.
Granny Smith apples, peeled and cut in dice Red Delicious apples, peeled and cut in dice		3 each 3 each	Peel the Granny Smith and Red Delicious apples in dice and toss in the orange juice to prevent any discoloring.
Orange juice	1 cup	8 fl.ozs	
Fennel, cut in dice	6 cups	2 lg	Cut the frond tops off the fennel (save for later use), leaving the bulb; dice the fennel bulb the same size as the apples and toss in together with the apples in orange juice.
Navel oranges, zested and cut into segments		2 each	Zest the navel orange and save for later use. Remove the pith and cut the navel orange into segments. Add to the apple fennel mix.
Raisins (can use golden raisins, craisins or blaisins)	1 cup		Toss the raisins into the mix to rehydrate in the orange juice.
Safflower oil	1 cup		Pour off the orange juice into a bowl and toss the apple-fennel salad in the safflower oil. Cover & refrigerate until service.
Fennel tops (fronds), chopped	4Tbsp.		Take the wispy green frond tops off the fennel and finely chop, like an herb. Add to the apple-fennel salad and mix.
			Set up your plates with the apple-fennel salad in the center; place the seared rainbow trout over the top of the salad, flesh side up. Serve immediately

Serving Size 1 fillet

Pan Size: sheet

Oven Temperature & Baking Time:

Yield 24 servings

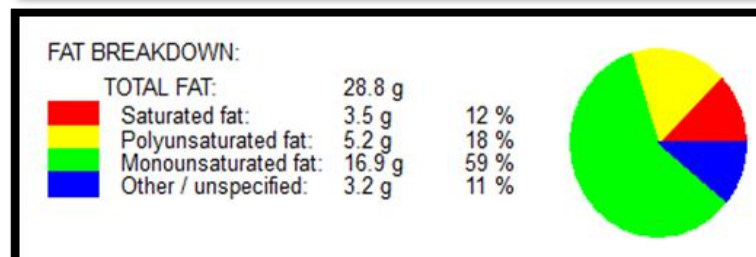
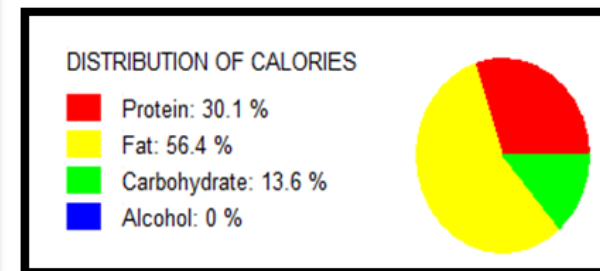
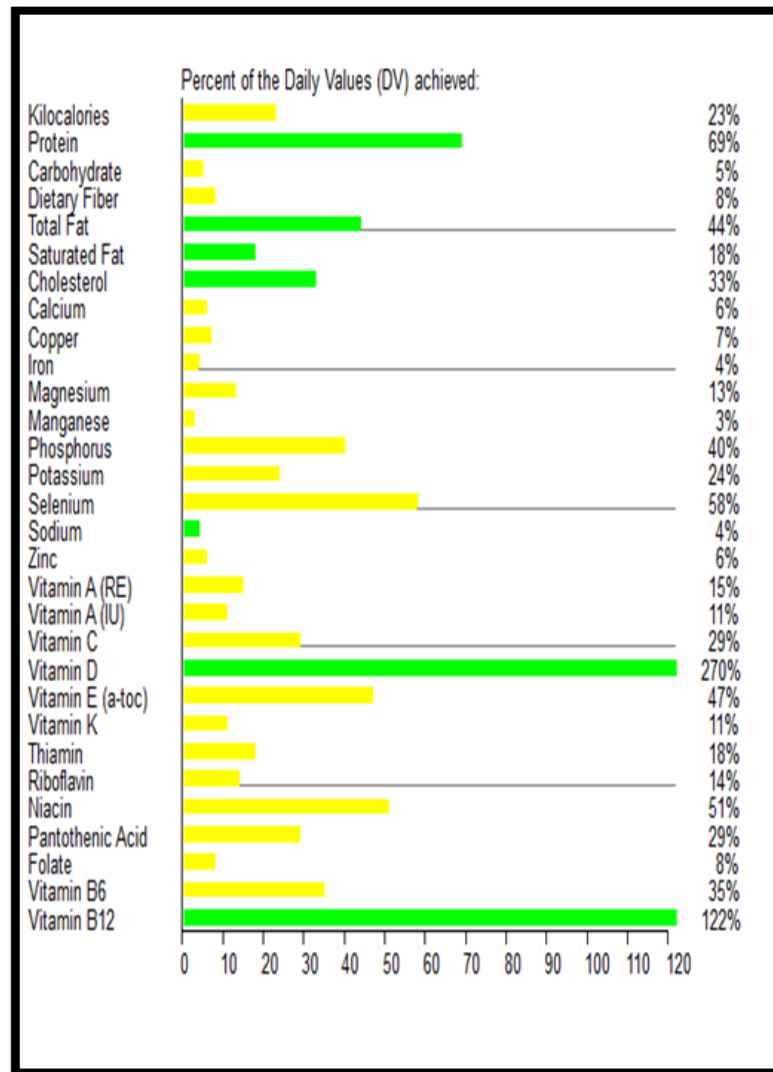
Number of Pans

	Temperature	Minutes
Convection	425 degrees	12

6-ounce fish portion

Omega-3 content 1.623 g

Nutrition Facts	
Serving size: 10.09 oz. (286g)	
Servings Per Recipe 1	
Amount Per Serving	
Calories 461	Cal. from Fat 260
% Daily Value*	
Total Fat 29g	45%
Saturated Fat 4g	20%
Trans Fats 0g	
Cholesterol 100mg	35%
Sodium 104mg	4%
Total Carbohydrate 16g	4%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 35g	
Vitamin A 10%	Vitamin C 30%
Calcium 6%	Iron 4%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



3-ounce fish portion

Nutrition Facts			
Serving size: 5.04 oz. (143g)			
Servings Per Recipe 1			
Amount Per Serving			
Calories 231	Cal. from Fat 130		
% Daily Value*			
Total Fat 14g	20%		
Saturated Fat 2g	8%		
Trans Fats 0g			
Cholesterol 50mg	15%		
Sodium 52mg	2%		
Total Carbohydrate 8g	4%		
Dietary Fiber 1g	4%		
Sugars 6g			
Protein 17g			
Vitamin A 4%	Vitamin C 15%		
Calcium 4%	Iron 2%		
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

