

Trout en Papillotte with Celeriac Puree



Recipe Name: Trout en Papillotte with Celeriac Puree **Category:** U.S. Farm-Raised Fish

HACCP Process: 1 – No Cook 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; wash and pat dry.
Safflower oil	1 cup	8 fl. oz.	Season the safflower oil with ground white pepper.
Ground white pepper	1 tsp.		Brush the two inch hotel pan with the seasoned oil, place trout fillets into hotel pan
Lemon Juice	4 fl oz.		Mix the remaining seasoned oil with the lemon juice; pour the resulting mix over the trout filets. Cover the hotel pan with aluminum foil.
			Place the covered hotel pan in a pre-heated oven set at 350 degrees. Check in 12 minutes for internal temperature of 145 degrees (CCP)
Make the celeriac puree			
Celeriac, well peeled and cut in medium dice	2 lbs		Peel the celeriac and place in lemon water immediately to prevent discoloration. Dice the celeriac.
Chef Potatoes, peeled and cut in medium dice	1 lb		Dice the potatoes into the same size as the celeriac and simmer in lightly salted water until the celeriac is tender and the potatoes are totally cooked.
			Drain the cooked celeriac and potatoes well and mash-do not run through a food processor as the resulting product will become doughy.
Fresh Parsley finely chopped	1 Tbsp.		Add the finely chopped parsley to the puree.
Ground white pepper	1 tsp.		Lightly season with ground white pepper.
			Set up your plates with the celeriac puree as a base in the center; place the poached rainbow trout over the top of the puree, flesh side up. Serve immediately.

Serving Size 1 fillet Pan Size 2 inch hotel pan

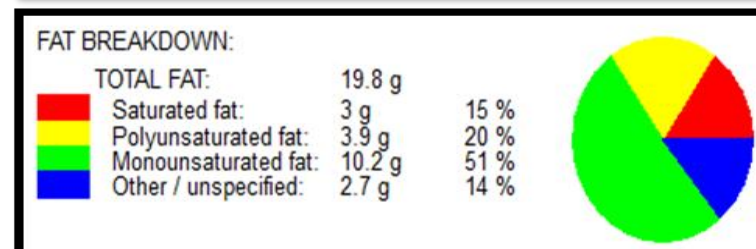
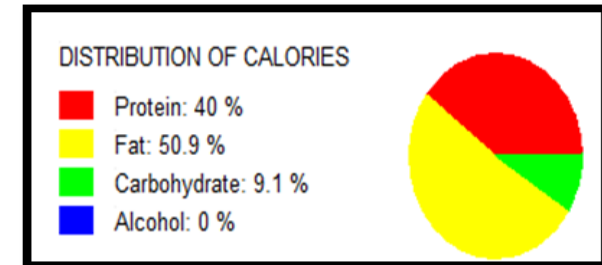
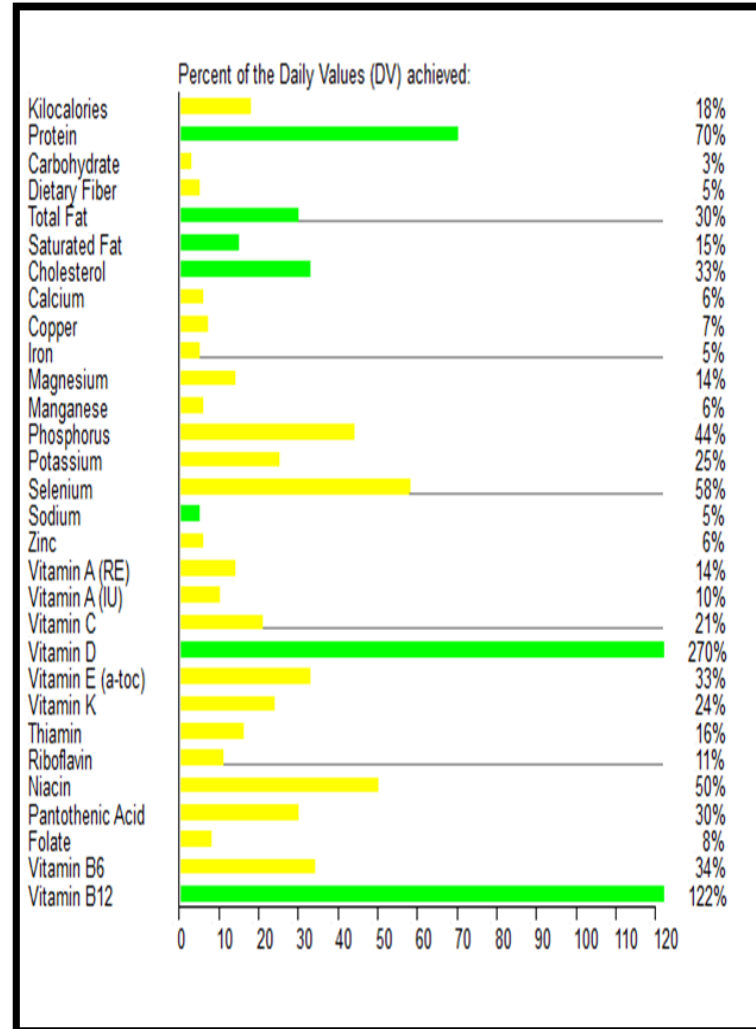
Oven Temperature & Baking Time:

Yield	24 servings	Number of Pans	2	Convection	350 degrees	Minutes

6-ounce fish portion

Omega-3 content 1.619 g

Nutrition Facts			
Serving size: 8.51 oz. (241g)			
Servings Per Recipe			
Amount Per Serving			
Calories	356	Cal. from Fat	178
% Daily Value*			
Total Fat	20g		30%
Saturated Fat	3g		15%
Trans Fats	0g		
Cholesterol	100mg		35%
Sodium	126mg		4%
Total Carbohydrate	8g		4%
Dietary Fiber	1g		4%
Sugars	2g		
Protein	35g		
Vitamin A	10%	Vitamin C	20%
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: 4.26 oz. (121g)	
Servings Per Recipe	
Amount Per Serving	
Calories 178	Cal. from Fat 89
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1g	8%
Trans Fats 0g	
Cholesterol 50mg	15%
Sodium 63mg	4%
Total Carbohydrate 4g	0%
Dietary Fiber 1g	2%
Sugars 2g	
Protein 17g	
Vitamin A 4%	Vitamin C 10%
Calcium 4%	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

