

**BAKED WHOLE TROUT**

**Yield** 100

**Portion** 10 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
269 cal	6 g	23 g	17 g	87 mg	326 mg	94 mg

**Ingredient**

FISH,RAINBOW TROUT,WHOLE,RAW  
 COOKING SPRAY,NONSTICK  
 BUTTER,MELTED  
 DILL WEED,DRIED  
 PEPPER,BLACK,GROUND  
 JUICE,LEMON  
 BREADCRUMBS  
 SALT

**Weight**

63 lbs  
 2 oz  
 2-1/2 lbs  
 1/4 oz  
 1/8 oz  
 2-1/8 lbs  
 2-1/8 lbs  
 1-1/4 oz

**Measure**

1/4 cup 1/3 tbsp  
 1 qts 1 cup  
 2 tbsp  
 1/3 tsp  
 1 qts  
 2 qts 1 cup  
 2 tbsp

**Issue**

**Method**

- 1 Place single layer of fish on pans sprayed with non-stick cooking spray.
- 2 Combine butter or margarine, dill weed, and pepper; add lemon juice. Use 1 cup lemon-butter mixture for each pan of fish. Lightly brush inside and top of each fish.
- 3 Combine bread crumbs and salt. Use 1 cup bread crumbs per pan; evenly sprinkle on inside and outside of fish.
- 4 Bake 15 minutes in 375 F. convection oven. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 Since trout does not hold well in serving line for long periods of time, prepare by progressive cooking methods in small batches.