



# Trout Soup with Spring Vegetables

**PAPER & FOOD SERVICE, INC.**

**Ingredients** **Yield: 12 Servings**

- 3 Tlb. Vegetable Oil
- 1 1/2 # Onion, Yellow
- 3/4 c. Fennel, julienne
- 3/4 c. Celery, Medium dice
- 1 1/2 c. Leek, julienne
- 64 oz. Chicken stock
- 1 1/2 c. White wine
- 12 Strands, Saffron
- 3 c. Zucchini, Medium dice
- 3 c. Carrots, Medium dice
- 3 c. Tomatoes, chopped
- 6 ea. Green onions, sliced
- 2 # Trout filets, skinned
- 1 1/2 tsp. Salt
- 3/4 tsp. Black pepper, café

**Preparation Instructions:**

1. In a large stock pot, heat the oil, then add the onions and cook for approximately 2 minutes. Then add the fennel, celery and leeks and continue to cook for 2 more minutes.
2. Pour in the chicken stock, wine, and saffron and bring to a simmer. Add remaining vegetables.
3. Season the trout filets with salt and pepper. Add them to the broth and vegetables. Cover and simmer for approximately 5 minutes. Stir to flake trout filet into soup.
4. To serve, ladle the broth, vegetables and trout into a warm serving bowl.

Ingredients		Maines Product Code #	Amount	Ingredient Cost
Vegetable Oil	Gem	370830	3 Tlb.	\$0.12
Onion, yellow	Fresh	097501	1 1/2 #	\$0.37
Fennel	Fresh	097193	3/4 c.	\$0.66
Celery	Markon	097135	3/4 c.	\$0.18
Leek	Fresh	097333	1 1/2 c.	\$1.08
Chicken Stock	Culinary Secrets	234301	64 oz.	\$0.64
White wine	Regina	305400	1 1/2 c.	\$0.84
Saffron	Roland	345103	12 Strands	\$1.28
Zucchini	Fresh	097765	3 c.	\$0.96
Carrots	Fresh	097094	3 c.	\$0.48
Tomatoes	Markon	097787	3 c.	\$1.68
Green Onion	Markon	097471	6 ea.	\$0.72
Trout filets	Pier Port	095065	2 #	\$15.16
Salt	Cargill	340620	1 1/2 tsp.	\$0.04
Black Pepper, café	Culinary Secrets	345631	3/4 tsp.	\$0.06

Recipe Cost	\$24.27
Portion Cost	\$2.02

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$4.95	\$2.02	\$2.93	40.81%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$5.95	\$2.02	\$3.93	33.95%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$6.95	\$2.02	\$4.93	29.06%