



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 |

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|--------------|---------|
| 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% |