



PAPER & FOOD SERVICE, INC.

Uncle Bubba's Trout

Ingredients **Yield: 1 Servings**

- 1 ea. Boneless butter-fly trout, 8 oz.
- 2 oz. Wild Georgia shrimp cake, thawed
- As needed: Cajun seasoning
- 2 oz. Crawfish tail meat
- 4 oz. Fettuccini pasta, cooked and drained
- 4 oz. Heavy cream
- 1 oz. Parmesan cheese
- 1 tsp. Cajun seasoning
- As needed: Fresh parsley, chopped for garnish

Preparation Instructions:

1. Open trout and stuff with shrimp cake, close and dust trout with Cajun seasoning. Place on sizzle plate and place in 400 degree oven for approximately 10-12 minutes.
2. In a large saute pan, bring cream to a boil, add parmesan cheese, whisk and continue to boil until sauce reduce slightly..
3. Add the crawfish tails and Cajun seasoning and continue to cook for additional 2 minutes. Stir the sauce to coat the crawfish with the sauce.
4. Add the cooked pasta to the sauce and toss to coat. Place pasta on serving plate, top with stuffed trout and garnish with chopped parsley

Ingredients		Maines Product Code #	Amount	Cost
Boneless butter-fly trout	Clear Spring	120836	1 ea.	\$3.25
Wild Georgia Shrimp Cake	Paulsen	139110	2 oz.	\$1.30
Cajun Seasoning	Culinary Secrets	345814	As needed	\$0.04
Crawfish tail meat	Commodity	132121	2 oz.	\$1.00
Fettuccini pasta	Villa Frizzoni	330607	4 oz.	\$0.12
Heavy cream	Crowley	015500	4 oz.	\$0.36
Parmesan cheese	Grande	011115	1 oz.	\$0.25
Cajun Seasoning	Culinary Secrets	345814	1 tsp.	\$0.06
Fresh Parsley	Fresh	097531	As needed	\$0.02

Recipe Cost	\$6.40
Portion Cost	\$6.40

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$18.95	\$6.40	\$12.55	33.77%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$19.95	\$6.40	\$13.55	32.08%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$20.95	\$6.40	\$14.55	30.55%