



Panko Breaded Steelhead Trout Loco Moco

(Serves 4)

Ingredients:

STEELHEAD TROUT:

8pcs of Crane Bay® Steelhead Trout about 3oz each, cut in a square block shape
4 eggs, beaten
1 cup panko bread crumbs
1 cup of all-purpose flour

GRAVY:

Bacon - 8 strips, cross cut to ½" wide
Unsalted butter – 2TB
All-purpose flour – 6TB
Chicken or beef stock - 2 cups
Worcestershire sauce – 3tsp
Tobasco – 3tsp
Salt and ground black pepper

PLATING:

Cooked steam jasmine rice – 4 bowls, separated
Eggs – 4, fried over easy

Canola/vegetable oil for deep frying

Preparation:

1) In a large saucepan, bring oil to 360F to prepare for deep frying. **2)** Make steam rice according to rice cooker. Keep warm in cooker when done and until ready to use. **3)** Make gravy by adding butter and bacon to a sauce pan. Cook 4-6 minutes until bacon browns. Add A/P flour cook for about 2-3 minutes until fats, bacon, and A/P flour are incorporated. **4)** Add stock and continue whisking over medium heat until it thickens. Add Worcestershire sauce and Tobasco. **5)** Add salt and ground black pepper to taste. Set aside over low heat to keep warm. **6)** In 3 separate hotel pans, add to each pan, beaten eggs, panko, and A/P flour. Dust steelhead trout with A/P flour, then add to beaten eggs to coat well, and pressed both sides of fish into panko. **7)** Try to keep one hand dry and the other wet from touching egg mixture. **8)** Cook in batches. Add 2 pieces of steelhead trout into the fryer, giving them spaces and not touching. Cook for about 1 minute and flip, cook another 1 minute. **9)** Continue flipping several times until both sides and surrounding of the fish is golden brown. **10)** Rest on a sheet pan fitted with a rack. **11)** Fry over easy eggs. **12)** Plate each dish with rice on the bottom, topped with two pieces of steelhead trout, laying partially on top of each other. Generously ladle gravy over fish, top with a fried egg. **13)** Serve immediately.

Please contact your DNI Group representative today.

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