

ADOBO-RUBBED TROUT

by Chefs Gustavo Vega & Rachada Prayong-Russell

ADOBO | TROUT | PEACH SALAD

Trucha Adobada en Hoja de Plátano

Adobo-Rubbed Trout in Banana Leaves

THE ADOBO INGREDIENTS

- 6 dried *guajillo chiles*, stemmed and seeded
- 1 habanero chile
- 6 cloves of garlic, peeled 
- ¼ cup distilled white vinegar
- 3 tablespoons *achiote paste*
- ¼ cup neutral flavored oil (canola, rice bran, grapeseed)





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THE TROUT INGREDIENTS

- 1 tablespoon kosher salt
- 1 tablespoon sugar
- (6) 6oz pieces of trout, skin removed (can substitute any available white fish)
- (6) 6 inch squares of banana leaf (from 1 – 2 large banana leaves) (can substitute parchment paper)

Preheat oven to 400°F





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THE PEACH SALAD INGREDIENTS

- 3 large ripe peaches
- 1 tbsp neutral flavored oil (canola, rice bran, grapeseed)
- 2 tsp freshly squeezed lime juice 
- kosher salt
- ¼ medium red onion, thinly sliced
- leaves from ¼ bunch of cilantro



Get Ready to Cook!

EQUIPMENT LIST

1 QT SAUCE POT 

BLENDER 

10" SAUTÉ PAN 

½ SHEET TRAY
(18 IN × 13 IN) 

GRILL PAN
(IF AVAILABLE) 

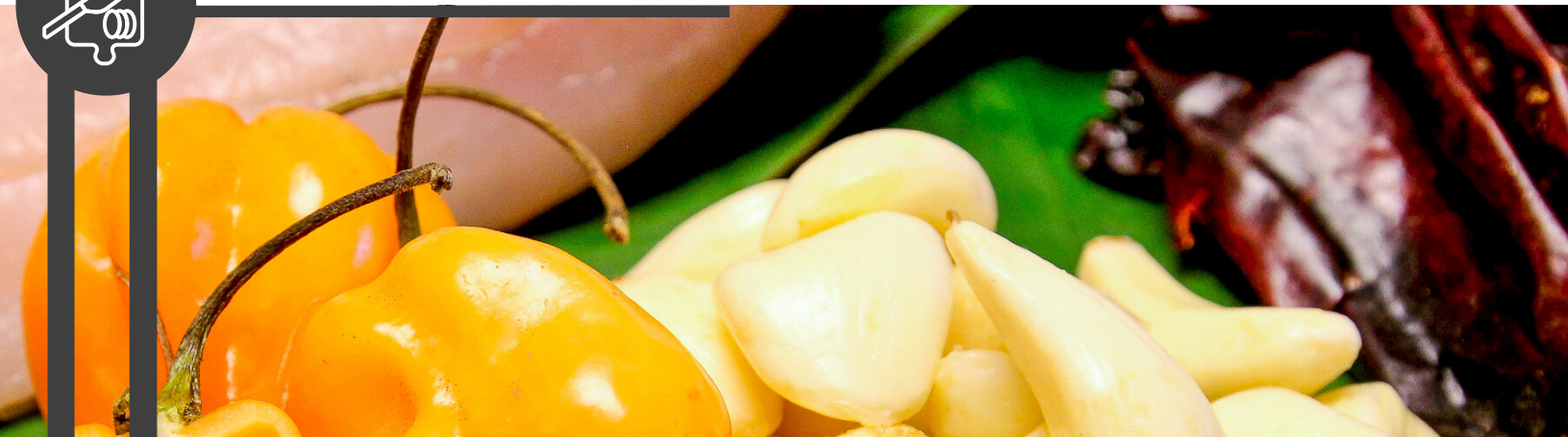
CUTTING BOARD 

MIXING BOWLS 

SHARP KNIFE &
SPATULAS 

MEASURING SPOONS
AND CUPS 

KITCHEN TOWELS 



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THE INSTRUCTIONS

1. Prepare the **ADOBO**: in a medium heatproof bowl, cover the guajillo chiles with boiling water; let sit until soft, about 20 minutes.
2. On a griddle or small sauté pan over high heat, cook the habanero, turning frequently until dark brown
3. Transfer the habanero, garlic, vinegar, achiote paste, and the guajillo chiles (reserve the soaking water) to a blender; puree until smooth, adding a little of the soaking water only if needed to help blend. Continue to blend, streaming in the oil a little at a time, until very smooth. (The adobo will keep in the refrigerator for a few days)
4. To prepare the **TROUT**: add the salt and sugar to 2 cups room-temperature water and whisk well to dissolve. Add the fish to the brine and let sit for 1 minutes; remove and thoroughly pat dry. Rub the fish all over with a generous amount of the prepared adobo.
5. Preheat a griddle or large skillet over high heat. Add the banana leaf pieces in batches and heat until aromatic, about 5 seconds per side. Wrap one piece of fish in each leaf and fold the leaf to cover the fish. Refrigerate for at least 30 minutes or up to overnight. (If using parchment, skip this step.)
6. When ready to serve, prepare the **PEACH SALAD**: cut each peach into wedges and toss with a small amount of oil and salt. Sear each peach on a grill pan or heavy bottomed pan until slightly caramelized. Remove from heat and let cool slightly.
7. In a large bowl, whisk together the oil, lime juice and a pinch of salt. Add the peach wedges, onion and cilantro leaves and toss gently to coat. Taste and adjust the seasoning if necessary.
8. Put banana leaf packets onto a prepared pan and into a preheated 400 degree oven and cook until the fish is just cooked through, about 10 minutes total. Place one banana leaf on each plate and open the leaf to expose the fish.
9. Place some of the peach salad at the leaf next to the fish. Serve immediately, with warm tortillas if desired. Serves 6.

