

Baked Fish Scandia

Meat/Meat Alternate

Main Dishes

D-47

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched dry bread crumbs	8 oz	2 cups	1 lb	1 qt	1. In a bowl, mix bread crumbs, lemon juice, onion salt, pepper, hot pepper sauce, and parsley. Reserve for step 6.
Lemon juice		½ cup		1 cup	
Onion salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		½ tsp		1 tsp	
Hot pepper sauce		½ tsp		1 tsp	
Dried parsley		¼ cup		½ cup	
Vegetable oil		¼ cup		½ cup	
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each	18 lb 14 oz	100 each	2. Oil each steamtable pan (12" x 20" x 2 ½") with 2 Tbsp oil. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Lowfat plain yogurt	1 lb 10 oz	3 ¼ cups	3 lb 4 oz	1 qt 2 ½ cups	3. Place 25 fish portions into each steamtable pan.
Reduced fat Cheddar cheese, shredded	6 oz	1 ½ cups	12 oz	3 cups	4. Cover each portion with a No. 60 scoop (1 Tbsp) of lowfat yogurt.
					5. Sprinkle 3 oz (¾ cup) of cheese, per pan, on top of lowfat yogurt.
					6. Sprinkle 1 Tbsp of crumb mixture on top of each portion.
					7. Bake: Conventional oven: 400° F for 25 minutes Convection oven: 350° F for 25 minutes Fish should flake easily with a fork. CCP: Heat to 145° F or higher for at least 15 seconds.
					8. CCP: Hold for hot service at 135° F or higher.

SERVING:	YIELD:	VOLUME:
1 portion provides 2 oz equivalent meat/meat alternate.	50 Servings: about 9 lb 6 oz	50 Servings: 2 steamtable pans
	100 Servings: about 18 lb 12 oz	100 Servings: 4 steamtable pans

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Edited 2004

Special Tips:

- 1) For best results, batch-cook fish throughout the meal.
 - 2) 3 oz boneless, skinless chicken breasts or thighs may be substituted for fish.
- CCP: Bake chicken to 165° F or higher for at least 15 seconds.

Nutrients Per Serving

Calories	162	Saturated Fat	1.53 g	Iron	0.72 mg
Protein	18.64 g	Cholesterol	54 mg	Calcium	92 mg
Carbohydrate	4.67 g	Vitamin A	146 IU	Sodium	179 mg
Total Fat	7.21 g	Vitamin C	1.0 mg	Dietary Fiber	0.2 g