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Recipe Name:	Fish, Oven Fried	Recipe Total Yield			
		Weight	25 lb		
Category / Sub-Category:		Servings		By Weight	By Volume
				Each	Total
Serving Guidelines		Elementary Servings	3 oz		1
		Secondary Servings	3 oz		1
Type of Pan:	2" Hotel Pan				
Number of Pans Needed:	5	Analysis	Meat / Meat Alternate (oz)	Grains / Breads (Servings)	Vegetables / Fruits (Cups)
Elementary Portions Per Pan:	20	Elementary	3	0	0
Secondary Portions Per Pan:	20	Secondary	3	0	0
Elementary Serving Utensil:	spatula				
Secondary Serving Utensil:	spatula				
Elementary Cost per Serving:	\$1.11				
Secondary Cost per Serving:	\$1.11				

Ingredients	Instruction	As Purchased	Prepped by Weight	Prepped by Volume	Prepped Each
Fish, Filets		25 lb	25 lb		
Buttermilk		3 qt		3 qt	
Salt, Kosher		5 oz	5 oz	8 Tbsp	
Black Pepper, Ground		2 oz	2 oz	4 Tbsp	
Bread Crumbs, Japanese Panko		1.25 lb	1.25 lb	1 qt, 1.5 pt	
Flour, All Purpose		3.75 lb	3.75 lb	3 qt, 1 C	
Corn Meal, Yellow		1.25 lb	1.25 lb	1 qt, 1 pt	
Chili Powder		4 oz	4 oz	1 C	
Paprika		2 oz	2 oz	8 Tbsp	

Method

1. Thaw fish filets under refrigeration for 2 days prior to cooking.
2. Soak fish in buttermilk, salt and pepper for 30 minutes.
3. Combine all remaining ingredients in a large hotel pan or tub.
4. Remove fish from buttermilk and roll in flour mixture, making sure to completely coat the fish.
5. Place fish on parchment lined sheetpans and refrigerate for up to 3 hours before cooking.
6. Bake in a 425 degree oven until browned and internal temperature reaches 145 (approx 15 minutes).
7. If while cooking coating doesn't crisp or looks too floury use a spray bottle to moisten it with water and continue cooking.
8. Hold hot for service according to HACCP SOP.

Shopping List

Stock Number	Case Description	Loc.	Cases	Broken Units	Unit Description
3022	COD, ATLANTIC 5 OZ LOIN BONELESS RAW IQF FZN		2	5	LB
1519	BUTTERMILK 1/2 GA		0	1.5	FL OZ
1011	SALT KOSHER		0	0.1	BOX (3 LB)
1020	SPICE PEP BLK 18OZ		0	2	OZ
3553	CRUMB, BREAD PANKO JAPANESE 25#		0	1.25	LB
3557	FLOUR, ALL PURPOSE 50#		0	3.75	LB
3554	CORN MEAL YELLOW COARSE		0	1.25	LB
1017	CHILI POWDER MILD, 18 OZ		0	4	OZ
1019	SPICE PAPRIKA 18OZ		0	2	OZ

Source URL: <http://www.thelunchbox.org/menus-recipes/recipes/fish-oven-fried>

Links:

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