

Lemon Baked Fish

Recipe Component: Meat

Recipe Category: main dish

Recipe #

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Granulated garlic (adjust or omit)		2 tsp			<p>1. Mix granulated garlic, onion salt, black pepper, oregano, and thyme in a small bowl. Reserve for step 3.</p> <p>2. Place 25 fish portions into each ungreased steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>3. Sprinkle ¼ cup of lemon juice and 1 Tbsp 1 tsp of seasoning mix over the top of each pan.</p> <p>4. Drizzle ¾ cup of melted butter or buttery spread over the seasonings in each pan.</p> <p>5. Bake: Conventional oven: 350° F for 20 minutes; Convection oven: 350° F for 15 minutes</p> <p>6. Fish should flake easily with a fork when done.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 145° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p> <p><i>Do not serve fish fillets to children under 2 years of age. Visually inspect for bones before cooking and cut into age appropriate pieces and check for bones again before serving.</i></p> <p><i>Continued</i></p>
Onion salt		2 tsp			
Ground black pepper		¾ tsp			
Oregano, dried		1 tsp			
Thyme, dried		1 tsp			
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each			
Lemon juice		½ cup			
Butter or buttery spread, melted	6 oz	¾ cup			

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Notes:

Nutrient Information calculated using Food Processor

Serving: 1 portion provides 2.25 oz meat/ meat alternate	Volume:	
1-2 years: ½ portion	50 Servings:	2 steamtable pans
3-5 years: ¾ portion		
6-18: 1 portion	100 Servings:	4 steamtable pans

Nutrients Per Serving					
Calories	102.10	Saturated Fat	1.11g	Iron	0.52 mg
Protein	17.12 g	Cholesterol	42.52 mg	Calcium	9.67 mg
Carbohydrate	0.27 g	Vitamin A	33.56 RAE mcg	Sodium	138.82 mg
Total Fat	3.64 g	Vitamin C	0.41 mg	Dietary Fiber (2016)	0.05 g