

Cajun Baked Fish

Component: Meat

Recipe Category: main dish

Recipe #D-46

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Paprika		2 tsp			<p>1. Mix paprika, granulated garlic, onion salt, red pepper, black or white pepper, oregano, and thyme in a small bowl. Reserve for step 3.</p> <p>2. Place 25 fish portions into each ungreased steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>3. Sprinkle 1/4 cup of lemon juice and 1 Tbsp 2 tsp of seasoning mix over the top of each pan.</p> <p>4. Drizzle 3/8 cup of melted margarine 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>Fish should flake easily with a fork.</p> <p>CCP: Heat to 145° F or higher for at least 15 seconds.</p> <p>CCP: Hold for hot service at 135° F or higher.</p>
Granulated garlic		2 tsp			
Onion salt		2 tsp			
Red pepper		1/2 tsp			
Ground black pepper		3/4 tsp			
Dried oregano		1 tsp			
Dried thyme		1 tsp			
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each			
Lemon juice		1/2 cup			
Melted butter	6 oz	3/4 cup			

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Notes: For infants substitute tuna.

Nutrient Information calculated using Food Processor

Serving: 1 portion provides 2.25 oz meat/ meat alternate	Yield:		Volume:	
1-2 years: 1/2 portion	50 Servings:	About 7 lb 14 oz	50 Servings:	2 steam table pans
3-5 years: 2/3 portion				
6-18 years: 1 portion	100 Servings:	About 15 lb 12 oz	100 Servings:	4 steam table pans

Nutrients Per Serving					
Calories	94.67	Saturated Fat	0.85g	Iron	0.56 mg
Protein	17.13 g	Cholesterol	42.52 mg	Calcium	10.34 mg
Carbohydrate	0.45 g	Vitamin A	51.21 RAE	Sodium	136.16 mg
Total Fat	2.71 g	Vitamin C	0.96 mg	Dietary Fiber	0.09 g