

SPICY BAKED FISH

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	8 g	27 g	5 g	72 mg	585 mg	32 mg

Ingredient

	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
FISH,FLOUNDER/SOLE FILLET,RAW	30 lbs		
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
OIL,SALAD	7-2/3 oz	1 cup	
SAUCE,BARBECUE	9-7/8 lbs	1 gal 1/2 qts	
MUSHROOMS,CANNED,STEMS & PIECES,CHOPPED,DRAINED	5-1/2 lbs	1 gal	
JUICE,LEMON	4-1/3 oz	1/2 cup	

Method

- 1 Separate fillets or steaks; cut into 4-1/2 ounce portions, if necessary. Lightly spray pans with non-stick cooking spray. Arrange single layers of fish on sheet pans.
- 2 Saute onions in shortening or salad oil in stock pot or steam-jacketed kettle until tender.
- 3 Add barbecue sauce, mushrooms, and lemon juice to sauteed onions. Bring sauce to a boil; reduce heat; simmer 10 minutes.
- 4 Pour 7-1/2 cups sauce evenly over fish in each pan. Cover.
- 5 Bake 10 minutes; uncover; bake 10 minutes or until done in 375 F. oven. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.
- 6 Serve fish with 1/4 cup sauce.