

FISH FLORENTINE

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
194 cal	5 g	21 g	10 g	68 mg	448 mg	50 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
ONIONS,FRESH,SLICED	5 lbs	1 gal 1/2 qts	
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
SUGAR, GRANULATED	7/8 oz	2 tbsp	
PEPPER, BLACK, GROUND	1/8 oz	1/3 tsp	
SOY SAUCE	10-1/8 oz	1 cup	
SPINACH, FROZEN	5 lbs	3 qts	
EGG WHITES	5-2/3 oz	1/2 cup 2-2/3 tbsp	
JUICE, LEMON	1-5/8 oz	3 tbsp	
NUTMEG, GROUND	1/4 oz	1 tbsp	
FISH, CATFISH, FILLET	30 lbs		
OIL, SALAD	1 oz	2 tbsp	
PEPPER, RED, GROUND	1/8 oz	1/4 tsp	
PAPRIKA, GROUND	1/2 oz	2 tbsp	
SALT	3/8 oz	1/3 tsp	
CHICKEN BROTH		2 qts	
CORNSTARCH	4-1/2 oz	1 cup	
WATER	1 lbs	2 cup	

Method

- 1 Stir-cook onions with sugar and pepper in a lightly sprayed steam-jacketed kettle or stockpot 8 to 10 minutes, or until tender. Add soy sauce; stir and remove from heat.
- 2 Drain spinach. Press out excess liquid. Blend spinach, beaten egg whites, lemon juice, nutmeg.
- 3 Combine spinach with onion mixture. Divide evenly among 5 steam table pans. Roll fish filets and place on top of spinach mixture, placing 20 rolls per pan. Set aside for use in Step 6. CCP: Refrigerate at 40 F. or lower.
- 4 Heat oil with paprika and red pepper in steam-jacketed kettle or stockpot. Add chicken broth and salt; stir to blend well. Bring to a boil. Reduce heat to a simmer.
- 5 Blend cornstarch and cold water; stir to make smooth slurry. Add slurry to hot liquid, stirring constantly. Reduce heat; simmer 3 to 5 minutes or until thickened, stirring frequently to prevent sticking. CCP: Temperature must register 165 F. or higher for 15 seconds.
- 6 Pour 1-3/4 cups red pepper sauce/glaze evenly over fish to coat top and sides. Cover. Using a convection oven, bake at 325 F. 25-30 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. DO NOT OVERCOOK.
- 7 Remove from oven. Serve one fish roll with spinach/onion mixture. CCP: Hold at 140 F. or higher for service.

Notes

- 1 Any white flesh fish fillet can be substituted for catfish.