

LEMON PEPPER CATFISH

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
171 cal	1 g	20 g	9 g	68 mg	87 mg	17 mg

Ingredient

COOKING SPRAY, NONSTICK
SEASONING, LEMON PEPPER
FISH, CATFISH, FILLET

Weight

2 oz
4-3/4 oz
30 lbs

Measure

1/4 cup 1/3 tbsp
1 cup

Issue

Method

- 1 Spray steam table pans with non-stick cooking spray.
- 2 Arrange 20 fish fillets in a single layer in the pans. Sprinkle fish evenly with lemon pepper and spray fish with cooking spray.
- 3 Using a convection oven, bake at 350 F. 6-8 minutes with fan on. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.