

FRENCH FRIED FISH PORTIONS

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
318 cal	24 g	16 g	17 g	114 mg	594 mg	20 mg

Ingredient

FISH,PORTIONS,BREADED,FRZ

Weight

25 lbs

Measure

Issue

Method

- 1 Fry fish portions in 350 F. deep fat fryer for 4 to 4-1/2 minutes or until lightly browned. DO NOT thaw fish portions before frying.
CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Drain well in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.