

**MEAT, FISH, AND POULTRY No.L 135 01**  
**CREOLE FISH**

**Yield** 100

**Portion** 3-1/2 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
360 cal	32 g	17 g	18 g	114 mg	803 mg	48 mg

**Ingredient**

CREOLE SAUCE  
 FISH,PORTIONS,BREADED,FRZ

**Weight**

25 lbs

**Measure**

2 gal 1/2 qts

**Issue**

**Method**

- 1 Prepare 1 recipe Creole Sauce per 100 portions, Recipe No. O 005 00 for use in Step 3.
- 2 Fry fish in 350 F. deep fat for 3 minutes or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Drain well on absorbent paper. Ladle 2 ounces or 1/4 cup sauce over each fish portion just before serving. CCP: Hold for service at 140 F. or higher.