

PARMESAN FISH

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
212 cal	1 g	32 g	8 g	88 mg	395 mg	226 mg

Ingredient

FISH,FLOUNDER/SOLE FILLET,RAW
 CHEESE,PARMESAN,GRATED
 PARSLEY,DEHYDRATED,FLAKED
 PAPRIKA,GROUND
 OREGANO,CRUSHED
 PEPPER,BLACK,GROUND
 BASIL,DRIED,CRUSHED
 WATER,WARM
 MILK,NONFAT,DRY
 COOKING SPRAY,NONSTICK
 BUTTER,MELTED

Weight

30 lbs
 3-1/8 lbs
 1-2/3 oz
 2/3 oz
 1/3 oz
 3/8 oz
 1/8 oz
 1 lbs
 7/8 oz
 2 oz
 8 oz

Measure

3 qts 2 cup
 2-1/4 cup
 2-2/3 tbsp
 2 tbsp
 1 tbsp
 1 tbsp
 1-7/8 cup
 1/4 cup 2-1/3 tbsp
 1/4 cup 1/3 tbsp
 1 cup

Issue**Method**

- 1 Separate fillets or steak; cut into 4-1/2 oz portions.
- 2 Combine cheese, parsley, paprika, oregano, pepper and basil. Blend thoroughly.
- 3 Reconstitute milk; dip fish into milk; drain.
- 4 Lightly spray pans with non-stick cooking spray. Dredge fish in cheese mixture; shake off excess. Arrange fish in single layers on pans.
- 5 Drizzle about 1/4 cup butter or margarine over fish in each pan.
- 6 Using a convection oven, bake at 325 F. for 15-20 minutes or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.