

SEAFOOD NEWBURG

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
210 cal	7 g	24 g	9 g	128 mg	401 mg	91 mg

Ingredient

FISH,FLOUNDER/SOLE FILLET,RAW
 SCALLOPS,SEA,RAW
 SHRIMP,RAW,PEELED,DEVEINED
 WATER,BOILING
 MILK,NONFAT,DRY
 RESERVED LIQUID
 BUTTER,MELTED
 FLOUR,WHEAT,GENERAL PURPOSE
 SALT
 PAPRIKA,GROUND
 NUTMEG,GROUND
 EGG YOLK,BEATEN

Weight

14 lbs
 8 lbs
 8 lbs
 33-1/2 lbs
 1 lbs
 17-3/4 lbs
 2 lbs
 1-1/8 lbs
 1-1/4 oz
 1 oz
 1/8 oz
 8-3/4 oz

Measure

2 qts 1-5/8 cup
 4 gal
 1 qts 2-5/8 cup
 2 gal 1/2 qts
 1 qts
 1 qts
 2 tbsp
 1/4 cup 1/3 tbsp
 1/3 tsp
 15 egylk

Issue

Method

- 1 Add fish, scallops and shrimp to boiling water in steam-jacketed kettle or stock pot. Return to a boil. Reduce heat; simmer 5 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Drain. Reserve liquid for use in Step 3. Place 6 pounds 12 ounces fish, scallops and shrimp in each steam table pan. CCP: Hold at 140 F. or higher for use in Step 7.
- 3 Reconstitute milk with reserved liquid. Heat to just below boiling. DO NOT BOIL.
- 4 Blend butter or margarine and flour to make roux; stir until smooth. Add milk to roux stirring constantly.
- 5 Add salt, paprika and nutmeg. Simmer 10 to 15 minutes or until thickened. Stir as necessary.
- 6 Add about 1 quart sauce to egg yolks while constantly stirring. Pour egg mixture slowly back into remaining sauce. Stir to blend well.
- 7 Pour 3-1/4 quarts sauce over seafood in each pan. Stir gently. CCP: Hold for service at 140 F. or higher.