

OVEN FRIED FISH

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
236 cal	9 g	27 g	9 g	73 mg	373 mg	50 mg

Ingredient

FISH,FLOUNDER/SOLE FILLET,RAW
 MILK,NONFAT,DRY
 WATER,WARM
 BREADCRUMBS
 SALT
 PEPPER,BLACK,GROUND
 COOKING SPRAY,NONSTICK
 OIL,SALAD

Weight

30 lbs
 3-1/4 oz
 3-7/8 lbs
 3-3/4 lbs
 1-1/2 oz
 1/3 oz
 2 oz
 1-1/2 lbs

Measure

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

Issue

Method

- 1 Separate fish fillets; cut into 4-1/2 ounce portions, if necessary.
- 2 Reconstitute milk. Dip fillets into milk mixture. Drain.
- 3 Dredge fillets in crumb mixture; shake off excess.
- 4 Lightly spray sheet pans with non-stick cooking spray. Place fillets in a single layer on each sprayed pan.
- 5 Sprinkle 3/4 cup salad oil, shortening or margarine over fillets in each pan.
- 6 Using a convection oven, bake 10 to 15 minutes at 350 F. on high fan, open vent or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.