

**BLACKENED FISH**

**Yield** 100

**Portion** 5-1/2 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
156 cal	3 g	30 g	2 g	90 mg	1245 mg	77 mg

**Ingredient**

SEASONING,CAJUN  
 FISH,HADDOCK,FILLETS  
 COOKING SPRAY,NONSTICK

**Weight**

1-1/3 lbs  
 33 lbs  
 2 oz

**Measure**

1 qts  
 1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Spread 2 cups Cajun seasoning in a sheet pan. Dredge fish in Cajun seasoning, pressing seasoning into both sides. Spray each side with non-stick cooking spray.
- 2 Cook fish on griddle at 450 F., about 2-3 minutes on each side, depending upon thickness of fish. CCP: Internal temperature must reach 145 F. for 15 seconds. CAUTION: Cooking fish to a higher temperature than 145 F. will cause fish to be dry. CCP: Hold for service at 140 F. or higher.