

MUSTARD-DILL BAKED FISH

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
168 cal	2 g	26 g	6 g	72 mg	183 mg	24 mg

Ingredient

COOKING SPRAY, NONSTICK
 FISH, FLOUNDER/SOLE FILLET, RAW
 JUICE, LEMON
 MARGARINE, MELTED
 MUSTARD, PREPARED
 SUGAR, GRANULATED
 DILL WEED, DRIED
 GARLIC POWDER

Weight

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

Measure

1/4 cup 1/3 tbsp
 2 cup
 2 cup
 1 cup
 1/2 cup
 2 tbsp
 1/4 tsp

Issue**Method**

- 1 Separate fillets or steaks; cut into 4-1/2 ounce portions, if necessary. Lightly spray pans with non-stick cooking spray. Arrange single layers of fish on sheet pans.
- 2 Combine lemon juice, melted butter or margarine, prepared mustard, granulated sugar, whole dillweed and garlic powder. Stir to blend ingredients well. Drizzle about 1-1/3 cups sauce mixture over fish in each pan.
- 3 Using a convection oven, bake at 325 F. 7 minutes on high fan, closed 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.