

CAJUN BAKED FISH

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
163 cal	1 g	26 g	6 g	72 mg	364 mg	24 mg

Ingredient

FISH,FLOUNDER/SOLE FILLET,RAW
 COOKING SPRAY,NONSTICK
 JUICE,LEMON
 MARGARINE,MELTED
 SALT
 ONION POWDER
 OREGANO,CRUSHED
 PAPRIKA,GROUND
 GARLIC POWDER
 PEPPER,RED,GROUND
 PEPPER,BLACK,GROUND

Weight

30 lbs
 2 oz
 12-7/8 oz
 1 lbs
 1-7/8 oz
 1/2 oz
 1/3 oz
 1/2 oz
 1/3 oz
 1/4 oz
 1/4 oz

Measure

1/4 cup 1/3 tbsp
 1-1/2 cup
 2 cup
 3 tbsp
 2 tbsp
 2 tbsp
 2 tbsp
 1 tbsp
 1 tbsp
 1 tbsp

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, butter or margarine,salt, onion powder, crushed oregano, ground paprika, garlic powder, red pepper and black pepper. Mix well. Drizzle 3/4 cup mixture over fish in each pan.
- 3 Using a convection oven, bake 7 minutes at 325 F. 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.