## MEAT, FISH, AND POULTRY No.L 124 03

## FRENCH FRIED FISH PORTIONS (BATTER DIP)

Yield 100 Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
503 cal	40 g	27 g	25 g	191 mg	990 mg	34 mg

IngredientWeightMeasureIssueFISH,BATTER DIPPED,FROZEN37-1/2 lbs

## Method

- 1 Fry breaded fish portions in 350 F. deep fat fryer or 4 to 4-1/2 minutes or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Drain well in basket or absorbent paper. CCP: Hold for service at 140 F. or higher.