

MEAT, FISH, AND POULTRY No.L 125 00
CHIPPER FISH

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
251 cal	10 g	29 g	10 g	85 mg	406 mg	113 mg

Ingredient

FISH,FLOUNDER/SOLE FILLET,RAW
 SALAD DRESSING,FRENCH,PREPARED,L/C
 POTATO CHIPS
 CHEESE,CHEDDAR,SHREDDED

Weight

30 lbs
 4-5/8 lbs
 2 lbs
 2-3/4 lbs

Measure

2 qts
 2 qts 3 cup

Issue

Method

- 1 Separate fillets; cut into 4-1/2 ounce portions, if necessary. Dip fillets in French dressing; place in single layers on sheet pans.
- 2 Crush chips. Combine chips and cheese. Sprinkle about 1 quart mixture over fish in each pan.
- 3 Using a convection oven, bake 7 minutes at 350 F. on high fan, closed vent, or until done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.