

SALMON LOAF

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	9 g	21 g	7 g	73 mg	176 mg	244 mg

Ingredient

SALMON,CANNED,PINK
 CELERY,FRESH,CHOPPED
 COOKING SPRAY,NONSTICK
 ONIONS,FRESH,CHOPPED
 RESERVED LIQUID
 BREADCRUMBS
 EGGS,WHOLE,FROZEN
 PARSLEY,DEHYDRATED,FLAKED
 PEPPER,BLACK,GROUND
 COOKING SPRAY,NONSTICK

Weight

19 lbs
 1-1/3 lbs
 2 oz
 1-1/3 lbs
 5-1/4 lbs
 3-3/4 lbs
 2 lbs
 1/8 oz
 1/8 oz
 3/4 oz

Measure

2 gal 3-2/3 qts
 1 qts 1 cup
 1/4 cup 1/3 tbsp
 3-3/4 cup
 2 qts 2 cup
 1 gal
 3-3/4 cup
 1/4 cup 1/3 tbsp
 1/4 tsp
 1 tbsp

Issue

1-7/8 lbs
 1-1/2 lbs

Method

- 1 Drain salmon; reserve 2-1/2 qt of salmon liquid for use in Step 3. Remove and discard skin and bones from salmon. Flake salmon; cover salmon and salmon liquid.
- 2 Stir-cook celery and onions in a lightly sprayed steam-jacketed kettle or stock pot about 8 to 10 minutes, stirring constantly.
- 3 Combine salmon, salmon liquid and cooked vegetables with bread crumbs, eggs, pepper and parsley. Mix lightly but thoroughly. DO NOT OVERMIX.
- 4 Lightly spray each sheet pan with non-stick cooking spray. Firmly and evenly pack 8 lb 2 oz salmon mixture into each sheet pan. Divide into 2 equal loaves (about 7 inches wide) across the pan. Space evenly; smooth top and sides; cover.
- 5 Using a convection oven, bake 35 to 40 minutes at 325 F. or until lightly browned on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 Let stand 10 minutes before slicing. Cut 13 slices per loaf. CCP: Hold for service at 140 F. or higher.