

**CREOLE FISH FILLETS**

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
167 cal	8 g	27 g	3 g	72 mg	321 mg	47 mg

**Ingredient**

CREOLE SAUCE

FISH,FLOUNDER/SOLE FILLET,RAW

**Weight**

30 lbs

**Measure**

2 gal 1/2 qts

**Issue****Method**

- 1 Prepare 1 recipe Creole Sauce per 100 portions, Recipe No. O 005 00 for use in Step 3.
- 2 Separate fillets, cut into 4-1/2 ounces. Arrange in single layers in steam table pans.
- 3 Ladle 2 ounces or 1/4 cup hot sauce over each portion.
- 4 Using a convection oven, bake for 15 minutes at 325 F. on high fan, closed vent or until thoroughly heated. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.