

CARIBBEAN CATFISH

Yield 100

Portion 4 Ounces

| Calories | Carbohydrates | Protein | Fat  | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 229 cal  | 9 g           | 21 g    | 12 g | 68 mg       | 183 mg | 34 mg   |

**Ingredient**

PEPPERS, GREEN, FRESH, CHOPPED  
 MARGARINE  
 ONIONS, FRESH, CHOPPED  
 BREAD, WHITE, CUBED  
 OREGANO, CRUSHED  
 PEPPER, RED, GROUND  
 GARLIC POWDER  
 CILANTRO, DRY  
 JUICE, LIME  
 FISH, CATFISH, FILLET  
 JUICE, LIME  
 MARGARINE, MELTED  
 GARLIC POWDER  
 PEPPER, RED, GROUND  
 LIMES, FRESH

**Weight**

2 lbs  
 6 oz  
 2-1/8 lbs  
 2-5/8 lbs  
 1/3 oz  
 1/4 oz  
 7/8 oz  
 1-1/3 oz  
 12 oz  
 30 lbs  
 12 oz  
 6 oz  
 7/8 oz  
 1/4 oz  
 4-3/4 oz

**Measure**

1 qts 2-1/8 cup  
 3/4 cup  
 1 qts 2 cup  
 2 gal 1/2 qts  
 2 tbsp  
 1 tbsp  
 3 tbsp  
 1-1/4 cup  
 1-1/2 cup  
 3/4 cup  
 3 tbsp  
 1 tbsp  
 2 each

**Issue**

2-1/2 lbs  
 2-1/3 lbs

**Method**

- 1 Saute green peppers and onions in margarine or butter, 10 minutes or until onions are transparent.
- 2 Combine onion mixture with bread cubes, lime juice, cilantro, garlic powder, red pepper and oregano; mix well.
- 3 Place 1-1/4 ounces filling in center of each catfish fillet, skin side up. Roll up and place seam side down in staggered row, 4 by 5, in steam table pans.
- 4 Combine margarine or butter with lime juice. Add garlic powder and red pepper. Brush evenly over fish in each pan. If desired sprinkle 1 tablespoon grated lime rind over fish in each pan.
- 5 Using a convection oven, bake at 350 F. for 25 to 30 minutes or until done on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.