

## CARIBBEAN FLOUNDER

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
192 cal	9 g	27 g	5 g	72 mg	210 mg	44 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PEPPERS, GREEN, FRESH, CHOPPED	2 lbs	1 qts 2-1/8 cup	2-1/2 lbs
MARGARINE	6 oz	3/4 cup	
ONIONS, FRESH, CHOPPED	2-1/8 lbs	1 qts 2 cup	2-1/3 lbs
BREAD, WHITE, CUBED	2-5/8 lbs	2 gal 1/2 qts	
OREGANO, CRUSHED	1/3 oz	2 tbsp	
PEPPER, RED, GROUND	1/4 oz	1 tbsp	
GARLIC POWDER	7/8 oz	3 tbsp	
CILANTRO, DRY	1-1/3 oz	1-1/4 cup	
JUICE, LIME	12 oz	1-1/2 cup	
FISH, FLOUNDER/SOLE FILLET, RAW	30 lbs		
JUICE, LIME	12 oz	1-1/2 cup	
MARGARINE, MELTED	6 oz	3/4 cup	
GARLIC POWDER	7/8 oz	3 tbsp	
PEPPER, RED, GROUND	1/4 oz	1 tbsp	
LIMES, FRESH	4-3/4 oz	2 each	

**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 flounder 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.