

WHITE FISH WITH MUSHROOMS

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
142 cal	3 g	27 g	2 g	72 mg	409 mg	27 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
FISH,FLOUNDER/SOLE FILLET,RAW	30 lbs		
SALT	5/8 oz	1 tbsp	
PEPPER,WHITE,GROUND	1/2 oz	2 tbsp	
OIL, CANOLA	1-1/2 oz	3 tbsp	
ONIONS,FRESH,CHOPPED	1 lbs	3 cup	1-1/8 lbs
GARLIC POWDER	7/8 oz	3 tbsp	
MUSHROOMS,CANNED,SLICED,INCL LIQUIDS	7-5/8 lbs	1 gal 1-1/2 qts	
SOY SAUCE	5-1/8 oz	1/2 cup	
JUICE,LEMON	1-1/8 lbs	2 cup	
ONIONS,GREEN,FRESH,SLICED	10-5/8 oz	3 cup	11-3/4 oz

Method

- 1 Season fish with salt and pepper. Drizzle with oil.
- 2 In a tilt griddle, saute onions, add garlic and mushrooms. Cook for 5 minutes.
- 3 Add soy sauce and 1 cup of lemon juice. Continue to cook into a dark mushroom broth for 3 minutes.
- 4 Broil or bake fish in 400 F. conventional oven on sheet pans for 20 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 5 Place mushrooms on the bottom of the 2-inch steam table pans. Layer fish on top, garnish with raw scallions and remaining lemon juice. CCP: Hold for service at 140 F. or higher.

Notes

- 1 Boneless, skinless chicken may be substituted for fish.