

FISH AMANDINE

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
181 cal	1 g	26 g	7 g	72 mg	364 mg	29 mg

Ingredient

ALMONDS,SLIVERED
 FISH,FLOUNDER/SOLE FILLET,RAW
 COOKING SPRAY,NONSTICK
 JUICE,LEMON
 MARGARINE,MELTED
 SALT
 PAPRIKA,GROUND

Weight

11-3/8 oz
 30 lbs
 2 oz
 12-7/8 oz
 1 lbs
 1-7/8 oz
 1/2 oz

Measure

3 cup

 1/4 cup 1/3 tbsp
 1-1/2 cup
 2 cup
 3 tbsp
 2 tbsp

Issue**Method**

- 1 Spread shelled slivered almonds on a sheet pan in a thin layer. Using a convection oven, bake at 300 F. 12 to 15 minutes on high fan, open vent, stirring occasionally until almonds are lightly browned. Remove from oven.
- 2 Separate fillets or steaks; cut into 4-1/2 ounce portions, if necessary. Lightly spray pans with non-stick cooking spray. Arrange single layers of fish on pans.
- 3 Combine lemon juice, butter or margarine, salt, and paprika. Mix well. Drizzle 3/4 cup mixture over fish in each pan.
- 4 Using a convection oven, bake 7 minutes at 325 F. on high fan, closed vent or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.
- 5 Sprinkle 3/4 cup toasted almonds over fish in each pan.