

BASIL BAKED FISH PORTIONS

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
128 cal	0 g	26 g	2 g	72 mg	252 mg	27 mg

Ingredient

FISH,FLOUNDER/SOLE FILLET,RAW

COOKING SPRAY,NONSTICK

JUICE,LEMON

SALT

PEPPER,BLACK,GROUND

BASIL,DRIED,CRUSHED

Weight

30 lbs

1 oz

8-5/8 oz

1-1/4 oz

1/4 oz

1-1/4 oz

Measure

2 tbsp

1 cup

2 tbsp

1 tbsp

1/2 cup

Issue**Method**

- 1 Defrost fish. CCP: Defrost under refrigeration at 41 F. or lower.
- 2 Spray inside of steam table pans generously with non-stick cooking spray. Arrange twenty fillets in each pan.
- 3 Brush fillets generously with lemon juice. Sprinkle lightly with salt and black pepper and generously with dried crushed basil leaves. Spray fish generously with non-stick cooking spray.
- 4 Bake uncovered in convection oven at 350 F. with fan on for 8 to 10 minutes, depending upon the thickness of fish. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

Notes

- 1 For best results, cook progressively in batches. Any white fish may be used.