

**FISHWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
498 cal	49 g	20 g	24 g	118 mg	940 mg	81 mg

**Ingredient**

FISH,PORTIONS,BREADED,FRZ  
 TARTAR SAUCE  
 ROLL,SANDWICH BUNS,SPLIT

**Weight**

25 lbs  
 9-1/2 lbs

**Measure**

1 qts 3 cup  
 100 each

**Issue**

**Method**

- 1 Fry fish portions about 3 minutes in 350 F. deep fat or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Portions will rise to the surface when done.
- 2 Drain well in basket or absorbent paper.
- 3 Place 1 fish portion on bottom half of bun. Spread 1 tablespoon tartar sauce on top half of bun. Cover with top half of bun.
- 4 Serve hot. CCP: Hold for service at 140 F. or higher. Notes: In Step 1, fish may be baked at 375 F. for 35 minutes or until browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.