

**CAJUN CATFISH**

MEAT/MEAT ALTERNATE

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** 1 fillet**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Cornmeal, Yellow, Plain, #362	1 1/2 pint(s)
Salt, Table, #343	1/8 cup(s)
Pepper, Black, Ground, #336	3/8 cup(s)
Catfish Fillets, Raw, Unbreaded, #45	50 fillet(s)
Spice Blend MS, Creole, No Salt, #563	1 cup(s)
Salt, Seasoned, #341	1 tablespoon(s)
Margarine, Bulk, #119	1 1/2 cup(s)

**DIRECTIONS**

- Combine cornmeal, salt and black pepper.
- Dredge thawed catfish fillets in cornmeal mixture. Place the fillet skin side down on parchment lined bun pan.
- Combine Creole spice blend and seasoned salt. Sprinkle over the catfish fillets and drizzle with the melted margarine.
- Bake at 375 degrees F for 15-20 minutes in a convection oven until golden and fish flakes with a fork.  
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Serve immediately or cover and hold in warmer until ready for service. If covered, punch holes in cover to keep fish from becoming soggy.  
Portion 1 fillet of fish per serving. Each portion provides 2 oz. eq. of meat/meat alternate.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

**PRODUCTION NOTES**

Use commodity products when available.

**NUTRIENTS PER SERVING**

Calories	157	Dietary Fiber	0.94 g	Sodium	731.54 mg	Sat. Fat	2.93 g
Carbohydrates	6.26 g	Protein	15.62 g	Total Fat	7.35 g	Trans Fat	0.00 g

# FISH NUGGETS (BAKED)

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate portion, 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 5 nuggets

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Codfish, Nugget, #44	500 codfish nugget(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)

**DIRECTIONS**

- Count out number of frozen fish nuggets needed to provide 2 oz. meat/meat alternate (5 nuggets per portion).
- Place frozen fish nuggets on sheet pans (18" X 26" X 1") sprayed with pan release spray.
- Bake according to package directions. (Prepare in batches to maintain quality.)  
 CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Remove from oven and place in steamtable pans. Cover with aluminum foil. Cut holes in aluminum foil and place in warmer until ready for service.  
 Portion 5 nuggets per serving. Each portion provides 2 oz. eq. meat/meat alternate portion and 1 oz. eq. whole grain.  
 CCP: Hold and maintain product at a minimum temperature of 135 degree s F. Check temperature every 30 minutes. Discard any leftovers.

**NUTRIENTS PER SERVING**

Calories	240	Dietary Fiber	1.33 g	Sodium	320.00 mg	Sat. Fat	0.67 g
Carbohydrates	22.67 g	Protein	16.00 g	Total Fat	9.33 g	Trans Fat	0.00 g

# FISH NUGGETS (FRIED)

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 5 nuggets

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Codfish, Nugget, #44	500 codfish nugget(s)

**DIRECTIONS**

- Count out number of frozen fish nuggets needed to provide 2 oz. meat/meat alternate (5 nuggets per portion).
- Fry according to package and/or case directions. (Prepare in batches to maintain quality.)  
 CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Place fried nuggets in steamtable pans and cover with aluminum foil. Cut holes in aluminum foil and place in warmer until ready for service.  
 Portion 5 fish nuggets for per serving. Each portion provides 2 oz. eq. meat/meat alternate and 1 oz. eq. of whole grain.  
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

**NUTRIENTS PER SERVING**

Calories	285	Dietary Fiber	1.33 g	Sodium	320.00 mg	Sat. Fat	1.12 g
Carbohydrates	22.67 g	Protein	16.00 g	Total Fat	13.81 g	Trans Fat	0.00 g

**FRIED CATFISH**

MEAT/MEAT ALTERNATE

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 fillet**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Catfish Fillets, Raw, Unbreaded, #45	100 fillet(s)
Flour, All Purpose, Enriched, #358	6 pint(s)
Cornmeal, Yellow, Plain, #362	2 pint(s)
Salt, Seasoned, #341	1/4 cup(s)
Pepper, Black, Ground, #336	2 teaspoon(s)

**DIRECTIONS**

1. Read package directions carefully before preparing fillets for cooking.
2. Wash thawed filets and drain.
3. Mix flour and cornmeal.
4. Mix flour and cornmeal mixture with seasoned salt and pepper.
5. Preheat oil in deep fat fryer to temperature on package directions.
6. Dip fish fillets into seasoned flour mixture. Coat well.  
Tip: Place breaded portions on bun pan lined with parchment paper. Place pans on cooling rack and allow to air dry before frying.
7. Fry for 4 - 5 minutes until golden brown. (Prepare in batches to maintain quality.)  
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
8. Serve at once to maintain quality. Portion 1 fillet per serving. Each portion provides 2 oz. eq. of meat/meat alternate.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

**PRODUCTION NOTES**

Use commodity products when available.

**NUTRIENTS PER SERVING**

Calories	206	Dietary Fiber	1.08 g	Sodium	479.41 mg	Sat. Fat	1.07 g
Carbohydrates	15.31 g	Protein	16.93 g	Total Fat	7.51 g	Trans Fat	0.00 g

# SEAFOOD BASKET

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 3 1/2 oz. eq. whole grains

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** 1 serving

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Codfish, Nugget, #44	150 codfish nugget(s)
Shrimp Poppers, Frozen, #528	9 pound(s) + 8 ounce(s)
Hushpuppies, Frozen, #42	100 hushpuppies

**DIRECTIONS**

- Place shrimp, fish nuggets and hushpuppies on paper-lined pan and bake according to package directions.  
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- For each serving, portion 3 nuggets, 20 shrimp and 2 hushpuppies in a 1/2 pound boat. Each portion provides 2 oz. meat/meat alternate and 3 1/2 oz. eq. whole grains.  
Have ketchup, tartar sauce, and hot sauce available for self-service. The condiments are not included in the nutrient analysis of this recipe.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

**NUTRIENTS PER SERVING**

Calories	494	Dietary Fiber	4.98 g	Sodium	773.75 mg	Sat. Fat	2.82 g
Carbohydrates	51.11 g	Protein	23.28 g	Total Fat	21.62 g	Trans Fat	0.00 g

**BAKED FISH SCANDIA****MEAL COMPONENT CONTRIBUTION:**

2 oz eq. meat/meat alternate, 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** 1 fillet**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Bun, Hamburger, WGR, #549	3 1/2 bun(s)
Lemon Juice, Canned/Bottled, #398	1/2 cup(s)
Salt, Seasoned, #341	2 teaspoon(s)
Pepper, Black, Ground, #336	1/2 teaspoon(s)
Sauce, Hot, PC, #185	4 packet(s), 7 grams each
Parsley, Dried, Chopped, #316	1/4 cup(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Codfish, Rectangle, #43	50 codfish(es)
Yogurt, Low Fat. Plain, Bulk	1 1/2 pint(s)
Cheese, American, Grated/Shredded, #60	6 ounce(s)

**DIRECTIONS**

- In a bowl, mix bread crumbs, lemon juice, seasoned salt, pepper, hot pepper sauce, and parsley. Reserve for step 3.
- Spray sheet pans with pan release spray. Place 25 fish squares on each sheet pan (for 50 servings, use 2 pans).
- Cover each square with a #60 scoop (1 tablespoon) of lowfat yogurt. Spread yogurt over each portion with spatula.  
Sprinkle 3/4 cup of shredded cheese evenly over each pan of fish squares. Sprinkle 1 tablespoon of crumb mixture on top of each fish square.
- To bake:  
Conventional oven: 400 degrees F for 25 minutes.  
Convection oven: 350 degrees F for 25 minutes.  
When done, fish should flake easily with a fork. For best results, batch-cook fish throughout the meal.  
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Transfer baked fish squares to a steamtable pan for service. Cover with aluminum foil. Cut holes in aluminum foil and place in warmer until ready for service.
- Portion 1 fillet with topping per serving. Each portion provides 2 oz eq. meat/meat alternate and 1 oz. eq. of whole grain.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

**PRODUCTION NOTES**

Use commodity products when available.

**NUTRIENTS PER SERVING**

Calories	253	Dietary Fiber	2.19 g	Sodium	416.10 mg	Sat. Fat	1.87 g
Carbohydrates	23.21 g	Protein	15.95 g	Total Fat	10.43 g	Trans Fat	0.00 g

# FISH SQUARE (FRIED)

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 square

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Codfish, Rectangle, #43	100 codfish(es)

**DIRECTIONS**

- Count out number of portions needed.
- Fry according to package and/or case directions.  
 CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Place fried codfish squares in steamtable pans and cover with aluminum foil. Cut holes in aluminum foil and place in warmer until ready for service.
- Portion 1 codfish square per serving. Each portion provides 2 oz. eq. meat/meat alternate and 1 oz. eq. of whole grain.  
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

**NUTRIENTS PER SERVING**

Calories	261	Dietary Fiber	2.00 g	Sodium	280.00 mg	Sat. Fat	1.41 g
Carbohydrates	20.00 g	Protein	14.00 g	Total Fat	13.08 g	Trans Fat	0.00 g

# FISH SQUARE (BAKED)

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 square

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Codfish, Rectangle, #43	100 codfish(es)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)

**DIRECTIONS**

- Count out number of codfish squares needed.
- Place frozen fish squares on sheet pans (18" X 26" X 1") sprayed with pan release spray.
- Bake according to package and/or case directions. (Prepare in batches to maintain quality.)  
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
- Remove from oven and place in steamtable pans. Cover with aluminum foil. Cut holes in aluminum foil and place in warmer until ready for service.
- Serve 1 fish square portion for 2 oz. eq. meat/meat alternate and 1 oz. eq. whole grain.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

**NUTRIENTS PER SERVING**

Calories	220	Dietary Fiber	2.00 g	Sodium	280.00 mg	Sat. Fat	1.00 g
Carbohydrates	20.00 g	Protein	14.00 g	Total Fat	9.00 g	Trans Fat	0.00 g