

Baked Cajun Fish

Meat/Meat Alternate

Main Dishes

D-46

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Paprika		2 tsp		1 tbsp 1 tsp	1. Mix paprika, granulated garlic, onion salt, red pepper, black or white pepper, oregano, and thyme in a small bowl. Reserve for step 3.
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Onion salt		2 tsp		1 Tbsp 1 tsp	
Red pepper		¾ tsp		1 ½ tsp	
Ground black or white pepper		¾ tsp		1 ½ tsp	
Dried oregano		1 tsp		2 tsp	
Dried thyme		1 tsp		2 tsp	
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each	18 lb 14 oz	100 each	2. Place 25 fish portions into each ungreased steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4
Lemon juice		½ cup		1 cup	pans.
Margarine or butter, melted	6 oz	¾ cup	12 oz	1 ½ cups	3. Sprinkle ¼ cup of lemon juice and 1 Tbsp 2 tsp of seasoning mix over the top of each pan.
					4. Drizzle ¾ cup of melted margarine over the seasonings.
					5. Bake: Conventional oven: 350° F for 20 minutes Convection oven: 350° F for 15 minutes Fish should flake easily with a fork. CCP: Heat to 145° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher.

SERVING:	YIELD:	VOLUME:
1 portion provides 2 oz equivalent meat/meat alternate.	50 Servings: about 7 lb 14 oz	50 Servings: 2 steamtable pans

100 Servings: about 15 lb 12 oz

100 Servings: 4 steamtable pans

Edited 2004

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Special Tips:
1) For best results, batch-cook fish throughout the meal.
2) 3 oz boneless, skinless chicken breasts or thighs may be substituted for fish.
CCP: Bake chicken to 165° F or higher for at least 15 seconds.

Nutrients Per Serving					
Calories	128	Saturated Fat	1.75 g	Iron	0.63 mg
Protein	12.58 g	Cholesterol	43 mg	Calcium	9 mg
Carbohydrate	0.43 g	Vitamin A	220 IU	Sodium	145 mg
Total Fat	8.12 g	Vitamin C	1.3 mg	Dietary Fiber	0.1 g