

# Cajun Baked Fish

Component: Meat

Recipe Category: main dish

Recipe #D-46

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Paprika		2 tsp			<p>1. Mix paprika, granulated garlic, onion salt, red pepper, black or white pepper, oregano, and thyme in a small bowl. Reserve for step 3.</p> <p>2. Place 25 fish portions into each ungreased steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>3. Sprinkle 1/4 cup of lemon juice and 1 Tbsp 2 tsp of seasoning mix over the top of each pan.</p> <p>4. Drizzle 3/8 cup of melted margarine over the seasonings in each pan.</p> <p>5. Bake:            Conventional oven: 350° F for 20 minutes            Convection oven: 350° F for 15 minutes</p> <p>Fish should flake easily with a fork.</p> <p>CCP: Heat to 145° F or higher for at least 15 seconds.</p> <p>CCP: Hold for hot service at 135° F or higher.</p>
Granulated garlic (opt)		2 tsp			
Onion salt		2 tsp			
Red pepper		1/2 tsp			
Ground pepper, black or white		3/4 tsp			
Dried oregano		1 tsp			
Dried thyme		1 tsp			
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each			
Lemon juice		1/2 cup			
Melted butter	6 oz	3/4 cup			

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**Notes: For infants substitute tuna.**

Nutrient Information calculated using Food Processor

Serving: 1 portion provides 2.25 oz meat/ meat alternate	Yield:		Volume:	
1-2 years: 1/2 portion	<b>50 Servings:</b>	About 7 lb 14 oz	<b>50 Servings:</b>	2 steam table pans
3-5 years: 2/3 portion				
6-18 years: 1 portion	<b>100 Servings:</b>	About 15 lb 12 oz	<b>100 Servings:</b>	4 steam table pans

Nutrients Per Serving					
<b>Calories</b>	95	<b>Saturated Fat</b>	0.85g	<b>Iron</b>	0.56 mg
<b>Protein</b>	17.13 g	<b>Cholesterol</b>	42.52 mg	<b>Calcium</b>	10.34 mg
<b>Carbohydrate</b>	0.45 g	<b>Vitamin A</b>	51.21 RAE	<b>Sodium</b>	136.16 mg
<b>Total Fat</b>	2.71 g	<b>Vitamin C</b>	0.96 mg	<b>Dietary Fiber (2016)</b>	0.09 g