

CREOLE 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, Enriched, #2006	1 pints + 1 cup
Salt, Table, #2723	2 tablespoons
Pepper, Black, Ground, #2718	1/3 cup + 2 teaspoons
Catfish Fillets, Raw, Unbreaded, #1038	50 fillets , , thawed
Spice Blend MS, Creole, No Salt, #2736	1/4 cup
Salt, Seasoned, #2724	1 tablespoon
Pan Release Spray, Butter Flavored #2516	10 second spray

DIRECTIONS

1. Combine cornmeal, salt and black pepper.
2. Dredge thawed catfish fillets in cornmeal mixture. Place the fillet skin side down on parchment-lined sheet pan.
3. Combine Creole Spice Blend and seasoned salt. Sprinkle over the catfish fillets and spray with butter pan release spray.
4. 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. If the manufacturers instructions on package or case have a higher temperature, follow those recommendations.

5. Serve immediately or cover and hold in the warmer until ready for service. If the pan is covered, punch holes in the 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 USDA Foods or Department of Defense (DoD) products when available.
 Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.
 If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.
 "Culinary Techniques for Healthy School Meals: Preparing Fish" provides seasoning and serving ideas for fish.

Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

SERVING NOTES

Garnish pans with lemon slices and fresh parsley springs.

NUTRIENTS PER SERVING

Calories	106	Dietary Fiber	1.40 g	Sodium	678.00 mg	Sat. Fat	0.51 g
Carbohydrates	5.72 g	Protein	15.85 g	Total Fat	2.27 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF CREOLE CATFISH

1.



Raw catfish fillets with butter flavored pan release spray and seasoning

2.



Baked catfish fillets

3.



1 serving of Creole Catfish