

FRIED CATFISH-USDA FOODS

MEAL COMPONENT CONTRIBUTION:

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

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

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

| INGREDIENT | MEASURE (FOR 100 SERVINGS) |
|---|--------------------------------------|
| Catfish, Breaded Filets, Frozen, USDA | 100 fillets , (2 ounce serving each) |
| Pan Release Spray, Vegetable Oil, #2514 | 10 second spray |

DIRECTIONS

- Line sheet pans with parchment paper. Spray the parchment paper with food release spray. Place the breaded catfish in single layer on parchment lined pans.
- Prepare according to the instructions on the box.
 CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.
- Prepare in batches and serve at once to maintain quality.
- Portion a 4-ounce serving of catfish. Each portion provides 2 oz. eq.meat/meat alternate 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.

PRODUCTION NOTES

Schedule the cooking so that the fish will be served soon after it is cooked.
 DO NOT OVERCOOK. Use manufacturer's suggestions for more specific temperatures and cooking times.

SERVING NOTES

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

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.

NUTRIENTS PER SERVING

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|---------------|---------|---------------|---------|-----------|-----------|-----------|--------|
| Calories | 186 | Dietary Fiber | 0.00 g | Sodium | 350.00 mg | Sat. Fat | 2.00 g |
| Carbohydrates | 12.00 g | Protein | 16.00 g | Total Fat | 10.00 g | Trans Fat | 0.00 g |