

FRIED CATFISH (MADE)



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, #1038	100 fillets , thawed
Flour, All Purpose, Enriched, #2011	6 pints
Cornmeal, Enriched, #2006	2 pints
Salt, Seasoned, #2724	1/4 cup
Pepper, Black, Ground, #2718	2 teaspoons

DIRECTIONS

1. Read the package directions carefully before preparing fillets for cooking. Thaw the fillets in the refrigerator.
2. Mix the flour and cornmeal, then add seasoned salt and pepper, stirring until well combined.
3. Preheat oil in deep fat fryer to temperature on package directions.
4. Dip the fish fillets into the seasoned flour mixture and coat them well. Tip: Place the breaded fillets on bun pans lined with parchment paper. Then place the pans on cooling rack and allow the fillets to air dry before frying.
5. 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. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.
6. 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

Schedule the cooking so that the fish will be served soon after it is cooked. Fish will flake easily when tested with a fork. Check fish for doneness at minimum suggested cooking time. 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

Calories	204	Dietary Fiber	1.40 g	Sodium	479.00 mg	Sat. Fat	1.07 g
Carbohydrates	14.99 g	Protein	17.09 g	Total Fat	7.67 g	Trans Fat	0.00 g