

PAN FRIED FISH

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
239 cal	8 g	27 g	10 g	72 mg	309 mg	28 mg

Ingredient

FISH,FLOUNDER/SOLE FILLET,RAW
 BREADCRUMBS
 FLOUR,WHEAT,GENERAL PURPOSE
 SALT
 PEPPER,BLACK,GROUND
 SHORTENING,VEGETABLE,MELTED

Weight

30 lbs
 1-3/8 lbs
 1-1/2 lbs
 1-1/2 oz
 1/3 oz
 1-3/4 lbs

Measure

1 qts 2 cup
 1 qts 1-1/2 cup
 2-1/3 tbsp
 1 tbsp
 1 qts

Issue

Method

- 1 Separate fillets or steaks; cut into 4-1/2 ounce portions, if necessary.
- 2 Dredge fish in mixture of crumbs, flour, salt, and pepper; shake off excess.
- 3 Fry fish in hot shallow fat, 1/8-inch deep. Brown 2 to 4 minutes on each side; turn carefully. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Drain well on absorbent paper. CCP: Hold for service at 140 F. or higher.