

TEMPURA FISH

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
255 cal	11 g	28 g	10 g	94 mg	382 mg	55 mg

Ingredient

FISH,FLOUNDER/SOLE FILLET,RAW
TEMPURA BATTER

Weight

30 lbs

Measure

1 gal

Issue

Method

- 1 Separate fillets or steaks; cut into 4-1/2 ounce portions, if necessary.
- 2 Prepare 1 recipe Tempura Batter per 100 portions, Recipe No. D 038 00.
- 3 Dip fish into batter. Drain. Fry in 365 F. deep fat fryer for 2 to 4 minutes or until golden brown. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Frying time for fish will vary with type and thickness of fish.
- 4 Drain well on absorbent paper. CCP: Hold for service at 140 F. or higher.