

BAKED FLOUNDER FILLETS WITH LEMON PEPPER

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
130 cal	0 g	26 g	2 g	72 mg	112 mg	21 mg

Ingredient

FISH,FLOUNDER/SOLE FILLET,RAW
 COOKING SPRAY,NONSTICK
 JUICE,LEMON
 LEMON PEPPER

Weight

30 lbs
 2 oz
 8-5/8 oz
 1-1/4 oz

Measure

1/4 cup 1/3 tbsp
 1 cup
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 CCP: Defrost fish under refrigeration at 41 F. or lower.
- 2 Spray the inside of five steam table pans generously with non-stick cooking spray.
- 3 Arrange 20 fillets in each pan. Brush with lemon juice first, then spray fish with non-stick cooking spray. Sprinkle evenly with lemon pepper.
- 4 Bake uncovered in preheated convection oven at 350 F., fan on, for 8-10 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

Notes

- 1 For best results, cook progressively in batches.