Cajun Catfish(200)

(Cajun Catfish MC200)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Catfish fillet, raw, unbrd		50 Fillet 4 oz.		100 Fillet 4 oz.		1. Combine cornmeal, salt and black pepper.
Cornmeal, degermed, enr, yel		3 Qt		1 ½ Gal		
Table salt		¼ Cup		½ Cup		
Black Pepper		3/8 Cup		¾ Cup		
						2. Dredge catfish fillets in cornmeal mixture. Place the fillet skin side down on parchment lined bun pan.
Seasoning	2 oz		4 oz			3. Combine Cajun seasoning and seasoned salt. Sprinkle over the catfish fillets and drizzle with the melted margarine.
Salt, seasoned	¾ oz		1 ½ oz			
Margarine		1 ½ Cup		3 Cup		
						4. Bake at 375° F for 30 minutes in a convection oven until golden and fish flakes with a fork. *CCP: Internal temperature of product must register 145° F for 15 seconds at completion of cooking.* 5. Serve immediately or cover and hold in warmer until ready for service. If covered, punch holes in cover to keep fish from becoming soggy. *CCP: Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled and dated.*

Serving: 1 portion provides 2 oz meat/meat alternate

Yield: 50 servings: 50 portions
100 servings: 100 portions

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Cajun Catfish (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	296		Iron	1.80	Mg	Protein	21.22	G	Percent ⇒	Protein	28.72%
Cholesterol	57	Mg	Calcium	12.62	Mg	Carbohydrates	26.37	G	Of ⇒	Carbohydrates	35.70%
Sodium	1234	Mg	Vitamin A	79	RE	Total Fat	11.60	G	Calories ⇒	Total Fat	35.34%
Dietary Fiber	3.16	G	Vitamin C	1.56	Mg	Saturated Fat	2.28	G	From ⇒	Saturated Fat	6.95%

Production Notes:

Serving Notes:
Serve a 2 ounce portion. Garnish serving pans with lemon slices and fresh parsley sprigs.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Fried Catfish, Unbreaded(206)

(Fried Catfish, unbreaded MC206)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Catfish fillet, raw, unbrd, 4 oz	.....	50 fillets, 4 oz.	.....	100 fillets, 4 oz.	.....	1. Read package directions carefully before preparing fillets for cooking. 2. Wash fillets and drain.
Flour, all purpose, white, enriched Cornmeal, degermed, enr,yel	2 lb..... 8 oz.....	1 Qt 3 ½ Cup.. 1 ¾ Cup.....	4 lb..... 1 lb.....	3 Qt 2 Cup..... 2 ½ Cup.....	....	3. Mix flour and cornmeal (3/4 flour, ¼ cornmeal).
Salt, seasoned Black pepper	1 oz.....	..... 1 Tsp.....	2 oz.....	..... 2 Tsp.....	....	4. Season mixture with seasoned salt and pepper.
						5. Preheat oil in deep fat fryer to temperature on package directions.
						6. Dip fish fillets into seasoned flour mixture. Coat well. Discard flour mixture when finished. Tip: Place breaded portions on bun pan lined with cooling rack and allow to air dry before frying.
						7. Fry for 4-5 minutes or until golden brown and internal temperature is 145° F for at least 15 seconds. *CCP: Internal temperature of product must register 145 F for 15 seconds at completion of cooking process.*

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Fried Catfish, Unbreaded (Continued)

						8. Serve at once. Portion one fillet per serving. (Prepare in batches to maintain quality.) *CCP: Hold and maintain product at a minimum temperature of 135 F. check temperature every 30 minutes. Discard any leftovers.*

Serving: 1 fillet provides 4 oz meat/meat alternate.

Yield: 50 Servings: 50 fillets
100 Servings: 100 fillets

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	267		Iron	1.25	Mg	Protein	20.53	G	Percent ⇒	Protein	30.76%
Cholesterol	57	Mg	Calcium	8.45	Mg	Carbohydrates	17.51	G	Of ⇒	Carbohydrates	26.23%
Sodium	294	Mg	Vitamin A	14	RE	Total Fat	12.67	G	Calories ⇒	Total Fat	42.72%
Dietary Fiber	1.34	G	Vitamin C	1.4	Mg	Saturated Fat	2.25	G	From ⇒	Saturated Fat	7.60%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Fried Catfish, Breaded (208)

(Fried Catfish, Breaded MC208)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Catfish, breaded, 1.5 oz strip	.....	100 strip.....	.....	200 strip.....	.....	1. Prepare according to package directions. *CCP: Internal temperature of product must register 145 F for 15 seconds at completion of cooking. Hold and maintain product at minimum temperature of 135° F. Check temperature every 30 minutes. Discard any leftovers.*

Serving: 1 portion Product Statement not available for this product

Yield: 50 servings: 50 portions
100 servings: 100 portions

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Fried Catfish, Breaded (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	396		Iron	105.28	Mg	Protein	26.66	G	Percent ⇒	Protein	26.95%
Cholesterol	103	Mg	Calcium	56.00	Mg	Carbohydrates	30.02	G	Of ⇒	Carbohydrates	30.35%
Sodium	1366	Mg	Vitamin A	354	RE	Total Fat	18.46	G	Calories ⇒	Total Fat	41.99%
Dietary Fiber	1.79	G	Vitamin C	0.99	Mg	Saturated Fat	3.32	G	From ⇒	Saturated Fat	3.32%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes: