

Blackened Pacific Dover Sole Fish Tacos

HACCP Process: #2 Same Day Service

Yield: 48 servings

Size of Portions: 1 soft taco with 2 ounces cooked fish, ½ cup shredded cabbage with cilantro, and 1 tablespoon chili lime sauce.

Crediting Information per serving: 2 oz equivalent Meat/Meat Alternate; 1.5 oz equivalent Grains, ½ cup Vegetables (other vegetable subgroup)



INGREDIENTS		48 SERVINGS		DIRECTIONS
	Weight	Measure		
Garlic Powder		2 Tbsp 2 tsp	Preheat convection oven to 350°F. Mix together the garlic powder, chili powder, onion powder, paprika, black pepper, dried thyme, and salt. Spread spice mixture in a shallow pan or dish.	
Chili Powder		2 Tbsp 2 tsp		
Onion Powder		2 Tbsp 2 tsp		
Paprika, ground		2 Tbsp 2 tsp		
Black pepper, ground		1 Tbsp 1 tsp		
Thyme leave, dried		1 Tbsp 1 tsp		
Salt, table		1 Tbsp		
Pacific Dover sole fillets, IQF, thawed	8 lb 10 oz		Working with one fillet at a time, coat both sides of the Dover sole fillets with the dry spice mixture. Place seasoned fillets in a single layer on a sheet pan sprayed with pan release spray.	

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INGREDIENTS

Weight

Measure

DIRECTIONS

Mayonnaise, reduced fat	1 lb 10 oz	3 cups
Mexican style hot sauce		¼ cup
Lime juice		½ cup
Green cabbage, shredded	3 lb 14 oz	
Cilantro, fresh, roughly chopped	4 oz	
Tortillas, whole grain wheat, 8-inch		48 each

Bake in the preheated 350°F oven for 12-15 minutes. CCP: Heat to an internal temperature of 145°F for 15 seconds.

Transfer baked fillets to a steamtable pan. While transferring, use tongs or a gloved hand to gently break apart the fillets into bite-size pieces. Cover and hold hot until service. CCP: Hold for hot service at 135°F or above.

CHEF'S TIP: Fish cooks quickly. Batch cook fish whenever possible and minimize hot holding time for best quality.

While the fish bakes, whisk together the reduced fat mayonnaise, Mexican style hot sauce, and lime juice. Transfer the chili lime sauce to a squeeze bottle. Refrigerate until service. CCP: Hold cold at or below 41°F.

In a large bowl mix together the shredded green cabbage and chopped fresh cilantro. Refrigerate until service. CCP: Hold cold at or below 41°F.

Soften whole grain flour tortillas in a warmer set to low heat.

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To assemble soft tacos on serving line:

- Use a No. 12 scoop to portion 1/3 cup (2 ounces by weight) of blackened Pacific Dover sole into each soft taco
- Drizzle the fish with 1 tablespoon chili lime sauce
- Top with 1/2 cup of the cabbage and cilantro mixture



Approximate Nutrient Analysis Per Full Serving: 312 calories, 12 g fat, 2 g saturated fat, 0 g trans fat, 478 mg sodium, 29 g carbohydrates, 4 g dietary fiber, 21 g protein