

# Baked Hybrid Striped Bass Provencale



**Recipe Name:** Baked Hybrid Striped Bass Provencale **Category:** U.S. Farm-Raised Seafood

HACCP Process:  1 – No Cook  2 – Cook & Same Day Serve  3 – Cook, Cool, Reheat, Serve  4 – SOP Controlled

Ingredients:	For: 24 Servings		Directions: Remove the hybrid striped bass fillets from refrigeration just prior to cooking in batches of 24. CCP below 41 degrees
	Weight	Measure	
Hybrid striped bass fillets	9 lbs	24 @ 6 oz.	Take the portioned hybrid striped bass fillets and dip them, skin side first, in the olive oil. Pre-heat convection oven to 425.
Olive oil	4 fl oz.		Lightly rub some olive oil on the sheet pan and place the fillets on it, skin side down. Drizzle over the excess olive oil, bake for 5 minutes until the flesh is lightly browned.
Yellow onions, sliced	1 ½ lbs	2 lg. onions	For the Provencale garnish, finely slice the onions.
Garlic cloves, fine chopped		2 each	Finely chop the garlic.
Olive oil	2 fl oz.		Pour the olive oil in a cold slope-sided sauté pan, add the onions & garlic and sweat without color until the onions are tender.
Tomatoes, diced	4 cups	4 lg.	Dice the tomatoes and add to the onions & garlic.
Green peppers, diced	2 cups	2 lg.	Dice the green and red peppers, add to the tomato/onions.
Red peppers, diced	2 cups	2 lg.	Stir over a medium heat.
Lemon juice	2 each		Squeeze the juice from 2 lemons and add to the peppers.
Thyme	1Tbsp.	sprig	Stir and add a large sprig of fresh thyme.
Oregano, chopped	1Tbsp.		Add chopped fresh oregano and parsley.
Parsley, chopped	2Tbsp.		Add a pinch of freshly ground white pepper. Bring to a simmer, (CP 165-185 degrees) stirring frequently; add a little tomato juice to adjust the consistency if necessary. Taste and adjust the seasoning accordingly before spooning equal amounts over the baked hybrid striped bass fillets. Return the fillets, covered with the Provencale garnish and continue to bake to an internal temperature of 145 degrees. (CCP) Serve, using an offset spatula immediately.

Serving Size 6 oz.

Pan Size sheet pan

Oven Temperature & Baking Time:

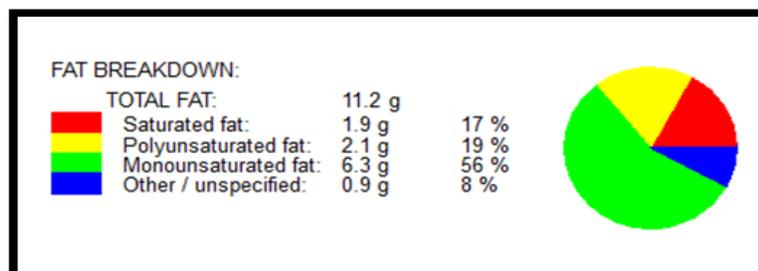
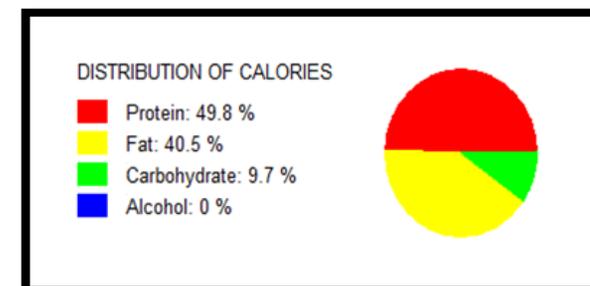
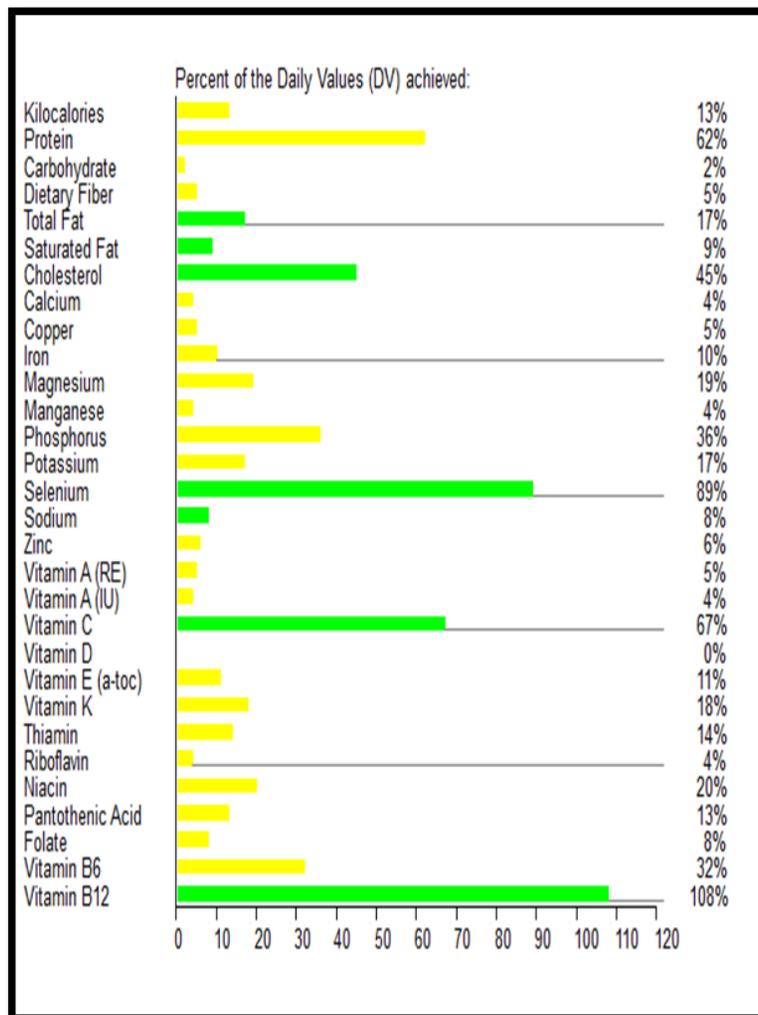
Yield	24 servings	Number of Pans	1	Convection	Temperature 425	Minutes 5 then 5
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## 6-ounce fish portion

Omega-3 content 1.369 g

This recipe provides an excellent source of Omega-3s. Bronzini can be substituted.

<b>Nutrition Facts</b>	
Serving size: 9.41 oz. (267g)	
Servings Per Recipe 1	
Amount Per Serving	
<b>Calories</b> 254	Cal. from Fat 101
% Daily Value*	
<b>Total Fat</b> 11g	<b>15%</b>
Saturated Fat 2g	<b>8%</b>
Trans Fats 0g	
<b>Cholesterol</b> 136mg	<b>45%</b>
<b>Sodium</b> 181mg	<b>8%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein</b> 31g	
Vitamin A 4%	Vitamin C 65%
Calcium 4%	Iron 10%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



### 3-ounce fish portion

Nutrition Facts	
Serving size: 4.71 oz. (133g)	
Servings Per Recipe 1	
Amount Per Serving	
<b>Calories</b> 127	Cal. from Fat 50
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>4%</b>
Trans Fats 0g	
<b>Cholesterol</b> 68mg	<b>25%</b>
<b>Sodium</b> 91mg	<b>4%</b>
<b>Total Carbohydrate</b> 3g	<b>0%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 16g	
Vitamin A 2%	Vitamin C 35%
Calcium 2%	Iron 4%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

