

# Baked Mediterranean Catfish

**Recipe Name: Baked Mediterranean Catfish**

**Category: U.S. Farm-Raised Fish**

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 catfish fillets from refrigeration just prior to cooking in batches of 24. CCP below 41 degrees
	Weight	Measure	
Catfish fillets	9 lbs	24 @ 6 oz.	Take the portioned catfish fillets and dip them, skin side first, in the olive oil. Pre-heat convection oven to 425..
Olive oil	4 fl ozs		Place the fillets, skin side down, on a sheet pan. Drizzle over the excess olive oil and bake for 5 minutes until the flesh is lightly browned.
Yellow onions, sliced	1 ½ lbs	2 lg. onions	For the Mediterranean 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.
Almonds, sliced	1 cup		Toast the sliced almonds.
White wine	1 pint		Deglaze the onions & garlic by pouring in the white wine.
Fish stock or clam juice	1 pint		Add the stock/juice.
Lemon juice	2 each		Squeeze the juice from 2 lemons and add to the stock.
Thyme	1Tbsp.	sprig	Stir and add a large sprig of fresh thyme.
Oregano, chopped	1Tbsp.		Add chopped fresh oregano and the toasted almonds.
White pepper, ground	To taste		Add a pinch of freshly ground white pepper. Bring to a simmer, (CP 165-185 degrees) stirring frequently. Taste and adjust the seasoning accordingly before spooning equal amounts over the baked catfish fillets. Return the catfish fillets, covered with the Mediterranean 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

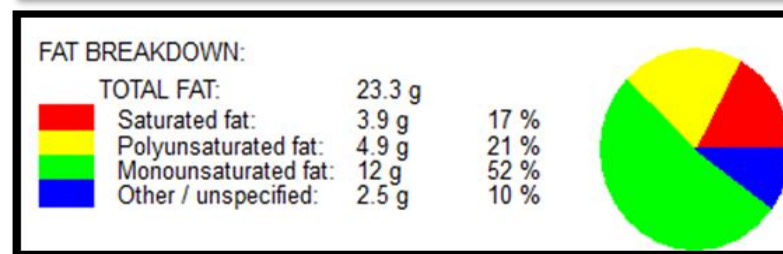
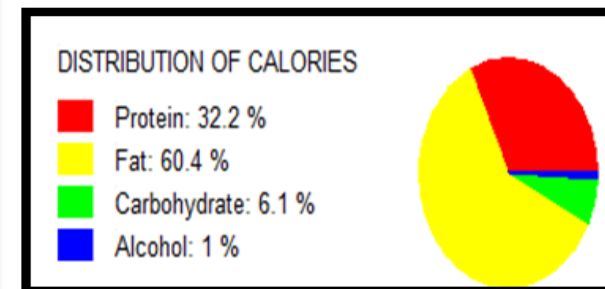
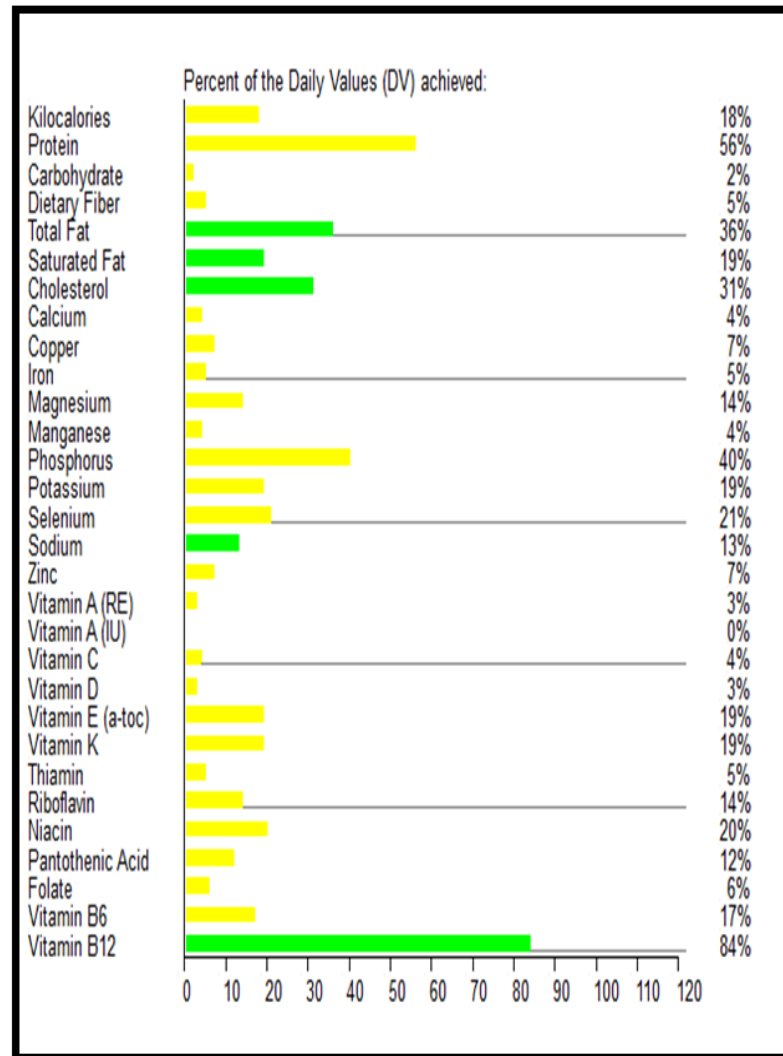
Number of Pans 1

	Temperature	Minutes
Convection	425	5 then 5

# 6-ounce fish portion

Omega-3 content 0.633 g

Nutrition Facts	
Serving size: 9.02 oz. (256g)	
Servings Per Recipe	
Amount Per Serving	
<b>Calories</b> 351	Cal. from Fat 210
% Daily Value*	
<b>Total Fat</b> 23g	<b>35%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fats 0g	
<b>Cholesterol</b> 94mg	<b>30%</b>
<b>Sodium</b> 323mg	<b>15%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
<b>Protein</b> 28g	
Vitamin A 0%	Vitamin C 4%
Calcium 4%	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



### 3-ounce fish portion

Nutrition Facts	
Serving size: 4.51 oz.. (128g)	
Servings Per Recipe	
Amount Per Serving	
<b>Calories</b> 176	Cal. from Fat 105
% Daily Value*	
<b>Total Fat</b> 12g	<b>20%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fats 0g	
<b>Cholesterol</b> 47mg	<b>15%</b>
<b>Sodium</b> 162mg	<b>8%</b>
<b>Total Carbohydrate</b> 3g	<b>0%</b>
Dietary Fiber 1g	<b>4%</b>
<b>Protein</b> 14g	
Vitamin A 0%	Vitamin C 2%
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

