

Broiled U.S. Farm-Raised Hybrid Striped Bass with Black Beans



Recipe Name: Broiled Hybrid Striped Bass with Black Beans **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 in the seasoned olive oil. |
| Olive oil | 4 fl oz. | | Place the striped bass on a sheet pan, ready to be broiled. |
| Yellow onions, sliced | 1 cup | 1 lg. onion | For the black bean puree 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. |
| Black beans, soaked overnight | 1 lb | | Soak the black beans overnight in water to rehydrate. Add to the sweated onions and garlic; stir in over a low heat. |
| Vegetable broth | 1 quart | | Stir in the vegetable broth and bring to a boil; skim off any scum that comes to the surface. Simmer covered. Stir every 5 minutes to prevent scorching and ensure even cooking. |
| | | | Simmer the beans until they are tender; add a small amount of water if the beans soak up all of the vegetable broth. |
| | | | Run the black beans through a food processor to puree. |
| Red Pepper, diced | | 1 lg. pepper | Dice the red peppers. |
| Cilantro, chopped | 1Tbsp. | | Add chopped fresh cilantro and parsley. |
| Parsley, chopped | 2Tbsp. | | Stir in the resulting red pepper mix into the beans, so the red pepper dice are evenly distributed. Hold above 135 degrees (CCP) |
| | | | Broil the hybrid striped bass fillets to 145 degrees. (CCP) Place the black bean mix in the center of the plate; place the broiled striped bass on top. Serve immediately. |

Serving Size 6 oz.

Pan Size: sheet pan

Oven Temperature & Baking Time:

Temperature Minutes

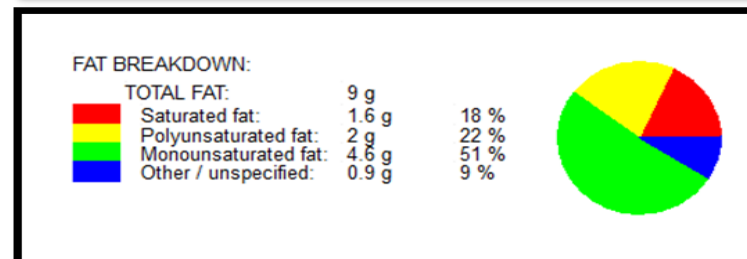
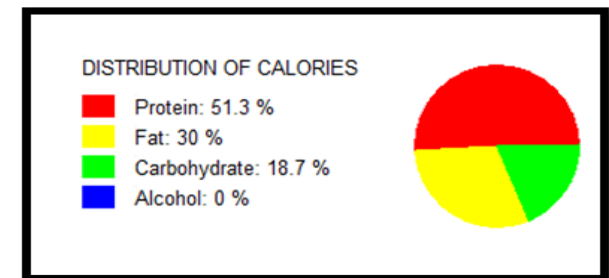
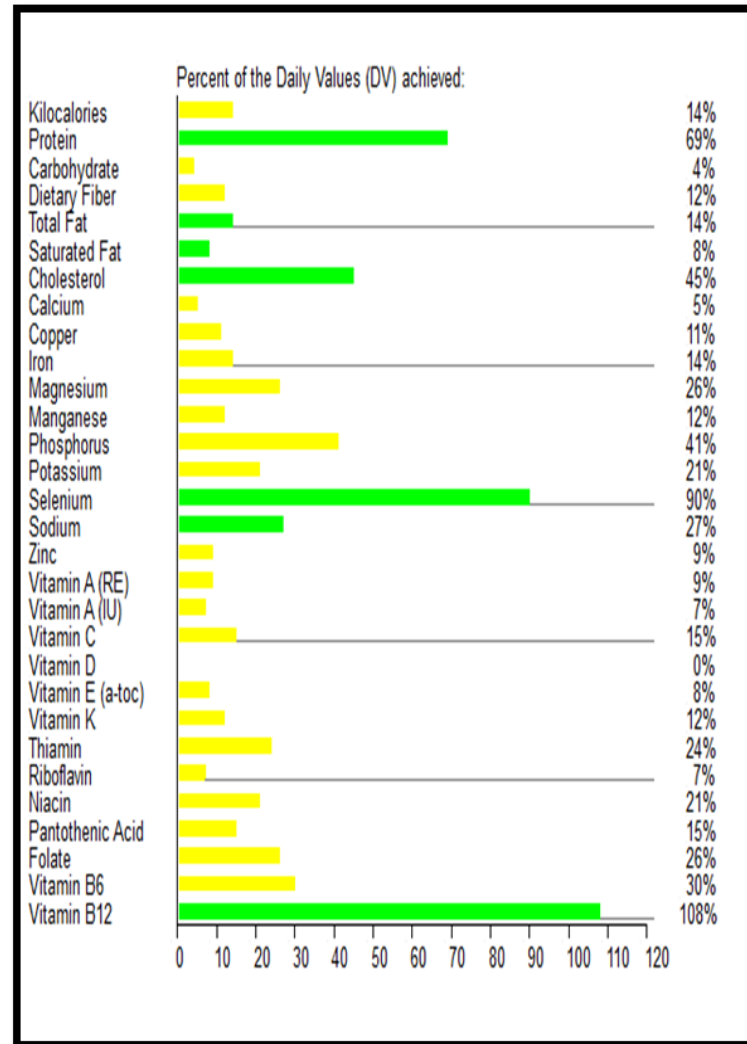
Yield 24 servings

Number of Pans: 1

Convection

6-ounce fish portion
 Omega-3 content 1.398 g

| Nutrition Facts | |
|--|--------------------------|
| Serving size: 8.51 oz. (241g) | |
| Servings Per Recipe 1 | |
| Amount Per Serving | |
| Calories 277 | Cal. from Fat 81 |
| % Daily Value* | |
| Total Fat 9g | 15% |
| Saturated Fat 2g | 8% |
| Trans Fats 0g | |
| Cholesterol 136mg | 45% |
| Sodium 649mg | 25% |
| Total Carbohydrate 13g | 4% |
| Dietary Fiber 3g | 10% |
| Sugars 1g | |
| Protein 35g | |
| Vitamin A 8% | Vitamin C 15% |
| Calcium 4% | Iron 15% |
| * 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: 4.25 (121g) | | | |
| Servings Per Recipe 1 | | | |
| Amount Per Serving | | | |
| Calories | 138 | Cal. from Fat 41 | |
| % Daily Value* | | | |
| Total Fat | 5g | 8% | |
| Saturated Fat | 1g | 4% | |
| Trans Fats | 0g | | |
| Cholesterol | 68mg | 25% | |
| Sodium | 324mg | 15% | |
| Total Carbohydrate | 6g | 2% | |
| Dietary Fiber | 2g | 6% | |
| Sugars | 0g | | |
| Protein | 17g | | |
| Vitamin A | 4% | Vitamin C | 8% |
| Calcium | 4% | Iron | 8% |
| * 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 |

