

Pan-Seared Cornmeal Catfish



Recipe Name: Pan-Seared Cornmeal Catfish

Category: U.S. Farm-Raised Fish

HACCP Process: _____ 1 – No Cook X 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 out of refrigeration right before cooking takes place. Pre-heat convection oven to 425.
Yellow Cornmeal	4 cups		For the catfish coating, mix the cornmeal with the salt, paprika & pepper.
Salt	1 Tbsp.		
Spanish Paprika	1 tsp.		
Ground Black Pepper	1 tsp.		
Vegetable oil spray			Spray a sheet pan with vegetable oil spray.
Vegetable oil			Cover the bottom of a hot pan with vegetable oil.
			Sprinkle the catfish with the cornmeal mix to fully coat the fillets. Pan-sear the catfish filets, bone-side down first for two minutes each side. Transfer onto the sheet pan. Repeat using fresh oil each time.
			Place sheet pan with the 24 servings of catfish in the oven for an additional 5 minutes, or until the internal temperature is 145 degrees.(CCP) The cornmeal should form a light crust on the fish.

Serving Size 6 oz. Pan Size sheet pan

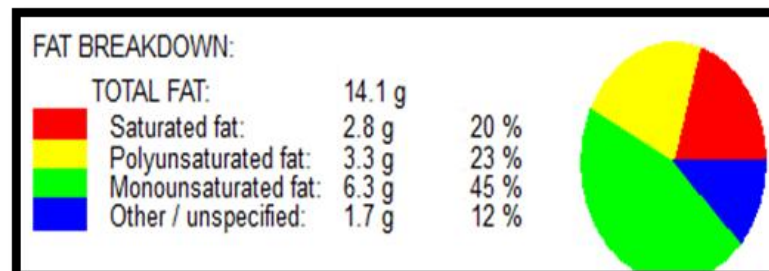
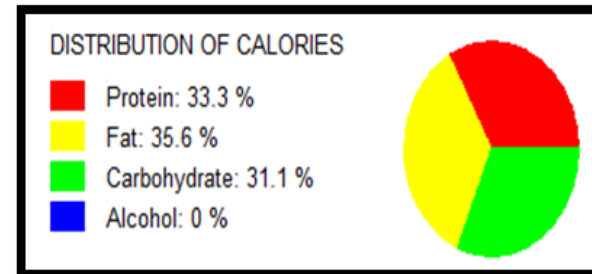
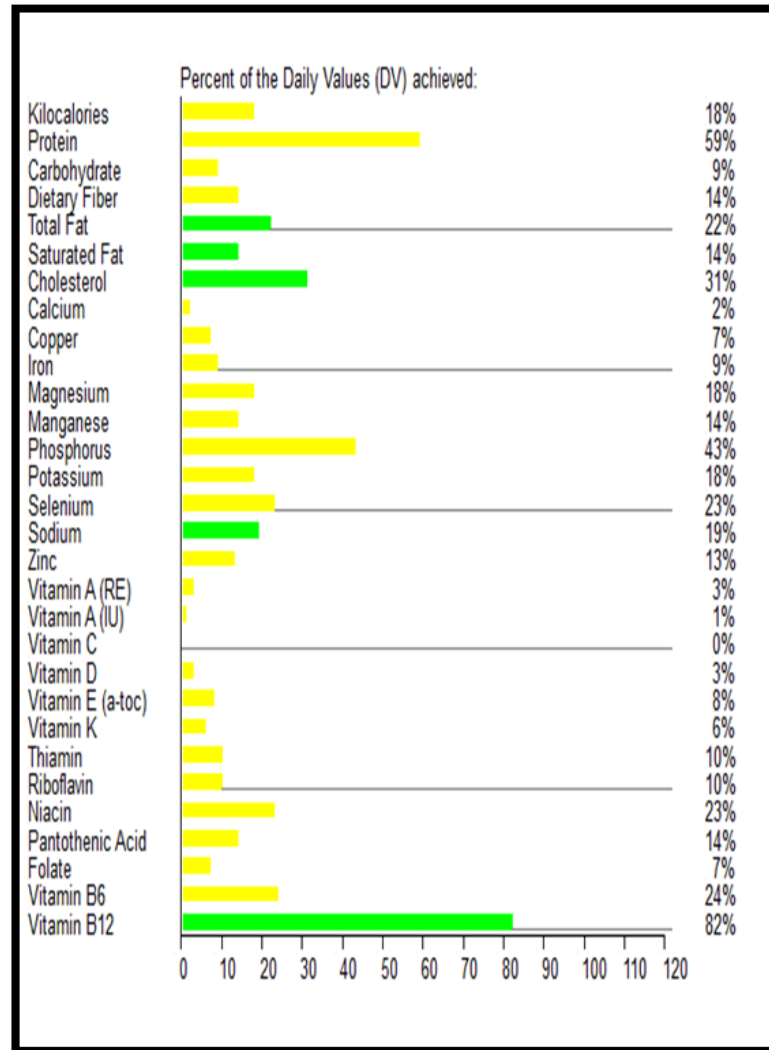
Oven Temperature & Baking Time:

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

Omega-3 content 0.732 g

Nutrition Facts			
Serving size: 7.43 oz. (211g)			
Servings Per Recipe			
Amount Per Serving			
Calories 364	Cal. from Fat 127		
% Daily Value*			
Total Fat 14g	20%		
Saturated Fat 3g	15%		
Trans Fats 0g			
Cholesterol 94mg	30%		
Sodium 459mg	20%		
Total Carbohydrate 28g	8%		
Dietary Fiber 4g	15%		
Sugars 2g			
Protein 30g			
Vitamin A 0%	Vitamin C	0%	
Calcium 2%	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	



3-ounce fish portion

Nutrition Facts			
Serving size: 3.71 oz.. (105g)			
Servings Per Recipe			
Amount Per Serving			
Calories 182	Cal. from Fat 63		
% Daily Value*			
Total Fat 7g	10%		
Saturated Fat 1g	8%		
Trans Fats 0g			
Cholesterol 47mg	15%		
Sodium 229mg	10%		
Total Carbohydrate 14g	4%		
Dietary Fiber 2g	8%		
Sugars 1g			
Protein 15g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	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
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