

# 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 Tsp	
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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	Weight	Measure	
			<p>Bake in the preheated 350°F oven for 12-15 minutes. CCP: Heat to an internal temperature of 145°F for 15 seconds.</p> <p>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.</p> <p>CHEF'S TIP: Fish cooks quickly. Batch cook fish whenever possible and minimize hot holding time for best quality.</p>
Mayonnaise, reduced fat	1 lb 10 oz	3 cups	<p>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.</p>
Mexican style hot sauce		¼ cup	
Lime juice		½ cup	
Green cabbage, shredded	3 lb 14 oz		<p>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.</p>
Cilantro, fresh, roughly chopped	4 oz		
Tortillas, whole grain wheat, 8-inch		48 each	<p>Soften whole grain flour tortillas in a warmer set to low heat.</p>

*Recipe adapted from the John C. Stalker Institute and the Culinary Institute of Child Nutrition*

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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