

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

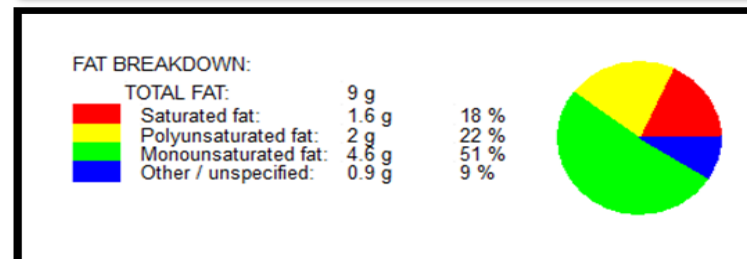
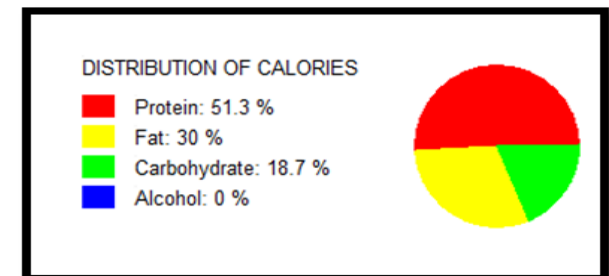
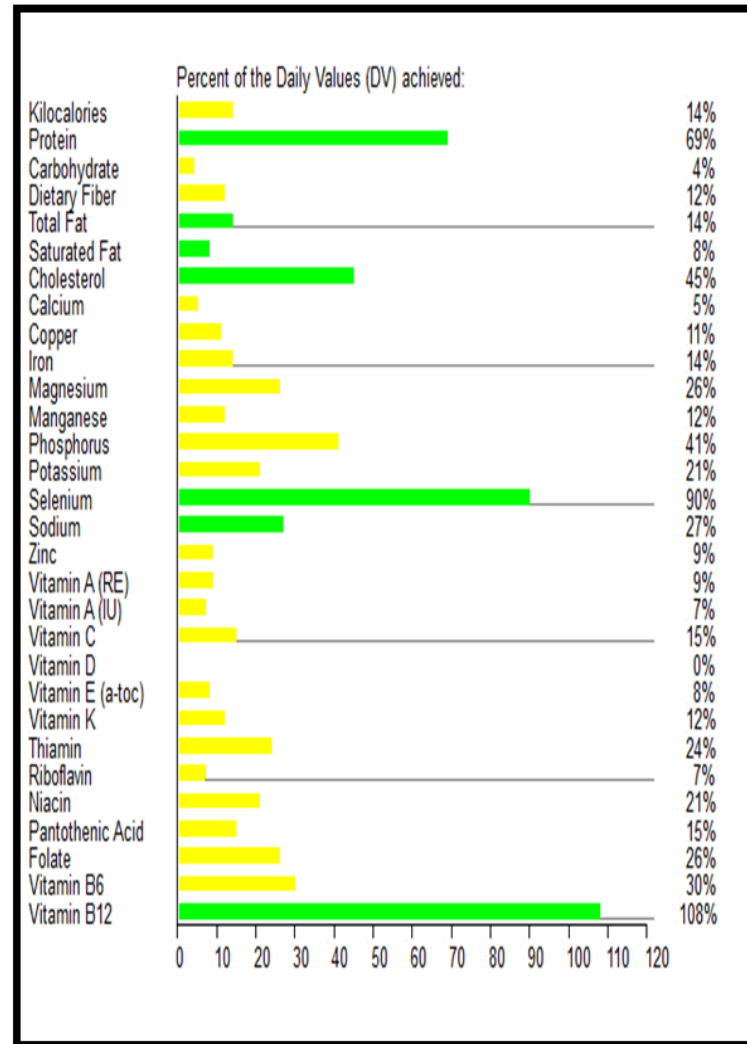
Yield 24 servings

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.	
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