

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 | Minutes |
| | | | | | 425 | 5 to finish |

6-ounce fish portion

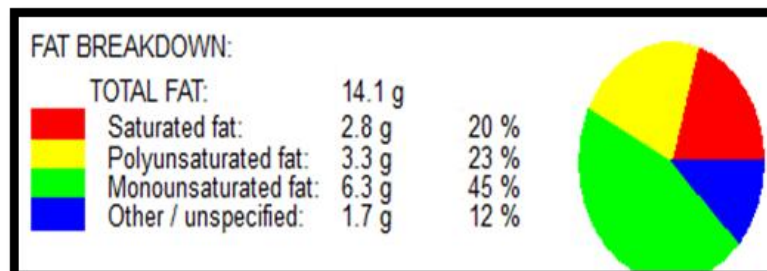
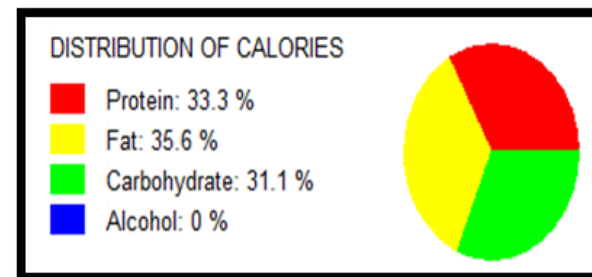
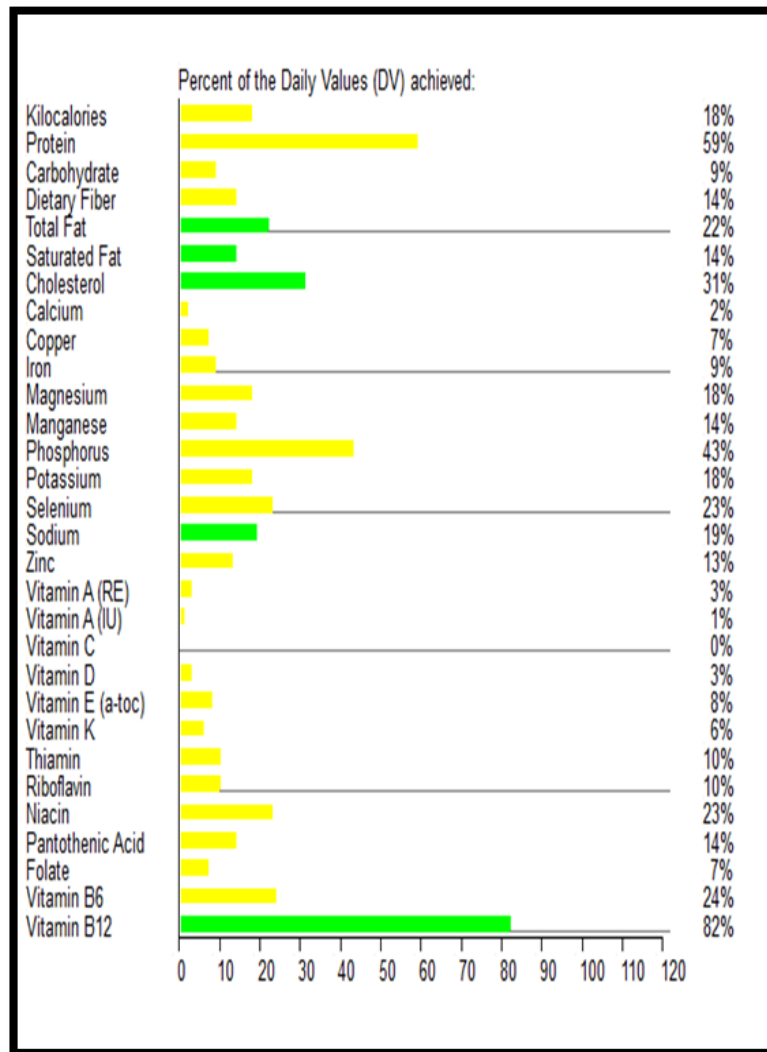
Omega-3 content 0.732 g

| 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 |
| 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 | |

