

Tex Mex Fish



Recipe Rating	
Total Time	50 Minutes
Cooking Time	40 Minutes
Total Labour	10 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Cutting Board
Whisk/Spatula
Mixing Bowl or Pan
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven)
or Tray Service Retherm Cart

Nutrition Facts	
Valeur nutritive	
Per 1 serv (86g) / par 1 serv (86g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	110
Fat / Lipides 4.5g	7%
Saturated / satures .5g	
+ Trans / trans 0g	3%
Cholesterol / Cholesterol	55mg
Sodium / Sodium	370mg
	15%
Carbohydrate / Glucides	1g
	0%
Fibre / Fibres 0g	1%
Sugars / Sucres 0g	
Protein / Proteines	16g
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	0%
Calcium / Calcium	2%
Iron / Fer	4%

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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Tex Mex Rub	1.5 mL	1/3 tsp	3 mL	2/3 tsp
Olive Oil, Extra Virgin	150 mL	5.1 fl oz	300 mL	10.2 fl oz
Haddock, Pieces	25 each	25 each	50 each	50 each

Method



1. In a large bowl, add all ingredients other than olive oil and haddock. Blend with a whisk.

In another bowl, combine the haddock and olive oil, and coat each piece of fish with olive oil. Add in the Tex Mex rub and make sure each piece of fish is coated with the spice mixture.

If the Tex Mex rub is too spicy, adjust the spices by lowering the amount of chili powder.



2. **Bulk:** Transfer to ½ size- 2” deep production pans that have been lined with parchment paper. Cover with plastic wrap and aluminum foil.

Cold Plating: plate on service dish and add sides.



3. **Bulk:** Place pan in Multigen for 40 minutes. Remove and serve.

Cold Plating: Place on the hot side of the tray to retherm prior to service.



4. Serve Hot.

Garnish: **Lemon slice/wedge**

Food Accompany: **Appropriate side dishes like rice pilaf and roasted vegetables**