

# Whitefish with Olive Tapenade



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


Equipment
Chef's knife/Peeler/Cutting Board Spoon ½ size- 2" deep production pans Bulk Retherm Cart (or regular oven) or Tray Service Retherm Cart

Nutrition Facts Valeur nutritive	
Per 1 serv (95g) / par 1 serv (95g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b>	<b>110</b>
<b>Fat / Lipides</b> 4g	<b>6%</b>
Saturated / satures .5g	
+ Trans / trans 0g	<b>3%</b>
<b>Cholesterol / Cholesterol</b>	<b>55mg</b>
<b>Sodium / Sodium</b> 300mg	<b>12%</b>
<b>Carbohydrate / Glucides</b>	<b>less than 0%</b>
Fibre / Fibres 0g	<b>2%</b>
Sugars / Sucres 0g	
<b>Protein / Proteines</b>	<b>16g</b>
Vitamin A / Vitamine A	<b>2%</b>
Vitamin C / Vitamine C	<b>8%</b>
Calcium / Calcium	<b>2%</b>
Iron / Fer	<b>4%</b>


# Whitefish with Olive Tapenade

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Haddock, Frozen (80-90 gm pieces)	25 each	25 each	50 each	50 each
Olive Tapenade	375 gm	13.2 oz	750 gm	1.7 Lbs


## Method




1. Defrost fish (haddock can be replaced with any solid fleshed fish).



2. **Bulk:** Place fish pieces in ½ size- 2” deep production pans that have been prepared with nonstick spray (or coated with butter). Cover each fish piece with a 20 gm portion of tapenade. Cover with plastic wrap and aluminum foil. Place pan in Multigen for 40 minutes.



**Cold Plating:** plate raw fish on service dish with tapenade to cover it, and add sides.



3. **Bulk:** remove from Multigen and serve with a side dish.

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



4. Serve Hot.

**Garnish:** Dill sprig, lemon wedge

**Food Accompany:** A rice dish and appropriate vegetable side or salad