

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 | % Daily Value |
| Teneur | % valeur quotidienne |
| Calories / Calories | 110 |
| Fat / Lipides 4g | 6% |
| Saturated / satures .5g | |
| + Trans / trans 0g | 3% |
| Cholesterol / Cholesterol | 55mg |
| Sodium / Sodium 300mg | 12% |
| Carbohydrate / Glucides | less than 0% |
| Fibre / Fibres 0g | 2% |
| Sugars / Sucres 0g | |
| Protein / Proteines | 16g |
| Vitamin A / Vitamine A | 2% |
| Vitamin C / Vitamine C | 8% |
| Calcium / Calcium | 2% |
| Iron / Fer | 4% |

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| | 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**