



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 / saturés	.5g 3%
+ Trans / trans	0g
Cholesterol / Cholesterol	55mg
Sodium / Sodium	300mg 12%
Carbohydrate / Glucides	less than 0g
Fibre / Fibres	0g 2%
Sugars / Sucres	0g
Protein / Protéines	16g
Vitamin A / Vitamine A	2%
Vitamin C / Vitamine C	8%
Calcium / Calcium	2%
Iron / Fer	4%

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
<p>1. Defrost fish (haddock can be replaced with any solid fleshed fish).</p> 
<p>2. Bulk: Place fish pieces in $\frac{1}{2}$ 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.</p>  
<p>Cold Plating: plate raw fish on service dish with tapenade to cover it, and add sides.</p>
<p>3. Bulk: remove from Multigen and serve with a side dish.</p> <p>Cold Plating: Place on the hot side of the tray to retherm prior to service.</p> 
<p>4. Serve Hot.</p> 
<p>Garnish: Dill sprig, lemon wedge</p>
<p>Food Accompany: A rice dish and appropriate vegetable side or salad</p>