



Oven-Roasted Tilapia With Crema Sauce

USDA Recipe for Schools

Oven-Roasted Tilapia With Crema Sauce is served with a chow-chow–flavored coleslaw and crema sauce.

NSLP/SBP CREDITING INFORMATION:

1 serving provides 2 oz equivalent meat and 5/8 cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Jerk seasoning		1 Tbsp		2 Tbsp	1 Combine jerk seasoning spice, coriander, paprika, red pepper flakes, and salt in a large bowl. Stir well. Set aside for step 3.
Coriander, ground		2 Tbsp		¼ cup	
Paprika		1 Tbsp		2 Tbsp	
Red pepper flakes		1 tsp		2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Tilapia (frozen), thawed	7 lb	50 each	14 lb	100 each	<p>2 Place 25 tilapia portions on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>3 Spread ¼ cup 2 tsp (about 1 oz) spices evenly over each pan. Double amount for 100 servings.</p> <p>4 Bake: Conventional oven: 350 °F for 8–10 minutes. Convection oven: 350 °F for 5–8 minutes.</p> <p>5 Critical Control Point: Heat to 155 °F or higher for at least 15 seconds.</p> <p>6 Set aside for step 13.</p>
*Green onions, fresh, diced	2 oz	¼ cup 2 tsp	4 oz	½ cup 1 Tbsp 1 tsp	<p>7 Coleslaw mixture: Combine green onions, garlic, coriander, apple cider vinegar, honey, and sugar in a large bowl. Stir well.</p>
Garlic, fresh, minced		1 Tbsp		2 Tbsp	
Coriander, ground		2 Tbsp		¼ cup	
Apple cider vinegar		1½ cups		3 cups	
Honey		1½ cups 2 tsp		3 cups 1 Tbsp 1 tsp	
Sugar	8 oz	1 cup	1 lb	2 cups	
*Coleslaw mix, fresh, shredded	4 lb	1 gal 3 qt 1 cup	8 lb	3 gal 2 qt 2 cups	<p>8 Add coleslaw and bell peppers. Toss well to combine.</p>



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Red bell pepper, fresh, chopped	1 lb 4 oz	3¾ cups	2 lb 8 oz	1 qt 3½ cups	
					9 Cover and refrigerate at 40 °F until ready for service. Please note that coleslaw mixture will shrink in size if reserved longer than 5 hours due to vinegar. Set aside for step 13.
Sour cream, nonfat	2 lb 10 oz	1 qt	5 lb 4 oz	2 qt	10 Crema sauce: Combine sour cream, cilantro, lime zest, lime juice, and salt in a large bowl. Stir well.
*Cilantro, fresh, chopped	2 oz	3½ cups	4 oz	1 qt 3 cups	
Lime zest		¼ cup 2 Tbsp 2 tsp		¾ cup 1 Tbsp 1 tsp	
Lime juice		¼ cup 2 Tbsp		¾ cup	
Salt		2 tsp		1 Tbsp 1 tsp	
					11 Cover and refrigerate at 40 °F until ready for service. Set aside for step 13.
					12 Place small plates on a sheet pan (18" x 26" x 1"). For 50 servings, use 4 pans (13 plates on 3 pans and 11 plates on 1 pan). For 100 servings, use 8 pans (13 plates on 7 pans and 11 plates on 1 pan).



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>13 Assembly per plate: First layer: Using a No. 8 scoop, portion ½ cup (about 2½ oz) coleslaw mixture onto each plate.</p> <p>Second layer: Place 1 tilapia portion on top of coleslaw mixture.</p> <p>Third layer: Using a No. 40 scoop, portion 1 Tbsp (about ¾ oz) crema sauce on top of tilapia.</p>
					<p>14 Critical Control Point: Hold for hot service at 135 °F or higher.</p>
					<p>15 Serve 1 plate.</p>



NUTRITION INFORMATION

For 1 plate.

NUTRIENTS	AMOUNT
Calories	229
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	44 mg
Sodium	316 mg
Total Carbohydrate	25 g
Dietary Fiber	1 g
Total Sugars	21 g
Added Sugars included	N/A
Protein	18 g
Vitamin D	95 IU
Calcium	47 mg
Iron	1 mg
Potassium	329 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature green onions	4 oz	8 oz
Red bell peppers	1 lb 10 oz	3 lb 4 oz
Cilantro	4 oz	8 oz
Cabbage	4 lb	8 lb

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

50 Servings	100 Servings
About 21 lb 10 oz	About 43 lb 4 oz
About 2 gal 2 qt 3¼ cups/2 sheet pans (18" x 26" x 1")	About 5 gal 1 qt 2½ cups/4 sheet pans (18" x 26" x 1")

