

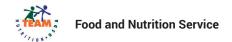
Oven-Roasted Tilapia With Crema Sauce USDA Recipe for Schools

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.

INODEDIENTO	50 SERVINGS		100 SERVINGS		DIDECTIONS
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS
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		1/4 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		
	Weight	Measure	Weight	Measure	DIRECTIONS
Tilapia (frozen), thawed	7 lb	50 each	14 lb	100 each	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.
					3 Spread ¼ cup 2 tsp (about 1 oz) spices evenly over each pan. Double amount for 100 servings.
					4 Bake: Conventional oven: 350 °F for 8–10 minutes. Convection oven: 350 °F for 5–8 minutes.
					5 Critical Control Point: Heat to 155 °F or higher for at least 15 seconds.
					6 Set aside for step 13.
*Green onions, fresh, diced	2 oz	1/4 cup 2 tsp	4 oz	½ cup 1 Tbsp 1 tsp	7 Coleslaw mixture: Combine green onions, garlic, coriander, apple cider vinegar, honey, and sugar in a large bowl. Stir well.
Garlic, fresh, minced		1 Tbsp		2 Tbsp	
Coriander, ground		2 Tbsp		1/4 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	8 Add coleslaw and bell peppers. Toss well to combine.



INGREDIENTS	50 SERVINGS		100 SERVINGS		
	Weight	Measure	Weight		DIRECTIONS
*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		1/4 cup 2 Tbsp 2 tsp		³/₄ cup 1 Tbsp 1 tsp	
Lime juice		1/4 cup 2 Tbsp		³ / ₄ 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).

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

NUTRITION INFORMATION

For 1 plate.

NUTRIENTS Calories	AMOUNT 229
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Added Sugars included Protein	7 g 2 g 44 mg 316 mg 25 g 1 g 21 g N/A 18 g
Vitamin D Calcium Iron Potassium N/A=data not available.	95 IU 47 mg 1 mg 329 mg

SOURCE

USDA Standardized Recipes Project.

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

