

Coconut Thai Curry Alaska Pollock with Brown Rice

Meat/Meat Alternate-Grains

Main Dish

64 Servings			
Ingredients	Weight	Measure	Directions
Alaska pollock block	16.5 pounds	1 block	<p>Simply place each unwrapped frozen block into a 4-inch full-size hotel pan and slack out in the refrigerator overnight. If the block doesn't quite fit down into the pan when frozen, it will drop down when it has slacked out.</p> <p>Cover the hotel pan with parchment paper and then seal the pan tightly with foil. Bake in a pre-heated 425°F convection oven for 1 hour.</p> <p>Remove the foil, reduce the oven temperature to 400°F, and bake for an additional 30 minutes, or until the internal temperature just reaches 165°F. Do not overcook. CCP: Cook to a minimum internal temperature of 165°F.</p> <p>Some natural liquid from the fillets may remain in the pan, which can be kept for additional moisture, or poured off if desired. CCP: Hold hot at 135°F or higher.</p>
Canola oil		2 tablespoons	
Thai yellow curry paste	12 ounces		
Coconut milk	3 pounds		
Yellow onions, ½-inch julienne	1 pound		
Carrots, ¼-inch bias cut	14 ounces		
Green beans, cut into 2-inch lengths	12 ounces		
Red bell pepper, 1-inch dice	12 ounces		
Lime juice		1 cup	
Sugar		¼ cup	
Brown rice, steamed		4 gallons	
Thai basil, cut into chiffonade (thin strips)		1 quart	
			<p>Heat a large saucepan over medium heat. Add the canola oil and the yellow curry paste and fry the curry paste for about 2 minutes. Whisk in the coconut milk. Add the yellow onions, carrots, and green beans. Simmer for 10 minutes, then add the red bell pepper and simmer for another 3 minutes. Stir in the lime juice and sugar.</p> <p>Pour the yellow curry with vegetables over the cooked Alaska pollock and break up until the sauce is evenly distributed while keeping the fish chunky. CCP: Hold hot at 135°F or higher.</p> <p>Assembly: For each portion place a 1 cup scoop of steamed brown rice into a bowl. Top with 1 cup (7.5 oz. weight) of the Coconut Thai Curry Alaska Pollock.</p> <p>Sprinkle 1 Tbsp. fresh Thai basil over the curry.</p>

Serving Size	1 Serving Provides
1 portion	3 oz. equivalents meat/meat alternate, 2 oz. equivalents grains

Nutrients Per Serving					
Calories	340	Cholesterol	53 g	Dietary Fiber	9 g
Total Fat	7 g	Sodium	445 mg	Sugars	2 g
Saturated Fat	4.5 g	Total Carbohydrates	50 g	Protein	20 g