

Torta de Alaska Pollock Verde

Meat/Meat Alternate-Grains-Beans/Peas-Other Vegetable

Main Dish

64 Servings			
Ingredients	Weight	Measure	Directions
Alaska pollock block	16.5 pounds	1 block	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.
Green salsa, prepared		3 quarts	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. 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. Pour off any liquid in the pan. Pour the green salsa over the baked Alaska pollock and break up until the salsa is evenly distributed while keeping the fish chunky. CCP: Hold hot at 135°F or higher.
Canola oil		¼ cup	Heat a saucepan over medium heat and add the canola oil and garlic. Cook the garlic for about 2 minutes and stir in the ground cumin. Add the black beans and water. Bring to a simmer. Cook, simmering, for 5 minutes. Blend with an immersion blender into a coarse puree. CCP: Hold hot at 135°F or higher.
Garlic, minced		2 tablespoons	
Cumin, ground		2 tablespoons	
Black beans, canned, low sodium, drained	9 pounds		
Water		1 quart	
Red onion, ¼-inch julienne		2 quarts	
Apple cider vinegar (or to cover onions)		1 quart	
Sugar		2 teaspoons	Combine all ingredients in a container and stir until the sugar dissolves. Press the onions down into the brine. Add more vinegar if the onions are not submerged. Refrigerate for at least 30 minutes, or up to 5 days. CCP: Hold cold at 41°F or below.
Salt		2 teaspoons	Split the whole grain bolillo-style bun in half down the center. Spread ¼ avocado over the cut side of the top bun. Spread ¼ cup refried black beans on the cut side of the bottom bun. Place 3 oz. Alaska pollock over the black beans. Top with ¼ cup shredded lettuce and 2 Tbsp. pickled red onions. Place the top bun over the fillings. Slice the sandwich in half on a bias and serve.
Bolillo-style buns, whole grain rich		64 each	
Avocados, small, ripe, quartered		16 each	
Iceberg lettuce, finely shredded		1 gallon	

Serving Size	1 Serving Provides
1 portion	3 oz. equivalents meat/meat alternate, 2 oz. equivalents grains, ¼ cup beans/peas, ¼ cup other vegetable

Nutrients Per Serving

Calories	396	Cholesterol	53 g	Dietary Fiber	14 g
Total Fat	11.5 g	Sodium	537 mg	Sugars	10 g
Saturated Fat	1 g	Total Carbohydrates	48 g	Protein	25 g