

Vietnamese Turmeric Alaska Pollock with Chilled Noodles

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>Pour off any liquid in the pan. CCP: Hold hot at 135°F or higher.</p>
Whole wheat thin spaghetti	8 pounds		<p>Cook the thin spaghetti until al dente. Drain and shock in cold water until chilled. Drain chilled spaghetti. CCP: Hold cold at 41°F or below.</p>
Canola oil		½ cup	<p>Heat a saucepan over medium heat. Add the canola oil and shallots, and sauté until the shallots begin to brown. Stir in the garlic and ginger, and cook for another 3 minutes. Stir in the ground turmeric and cook for another minute. Add the lime juice, fish sauce, sugar and salt, and continue to simmer for another 5 minutes. Stir in the chopped dill.</p> <p>Pour the sauce over the baked 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>
Shallots, minced	4 ounces	1 cup	
Garlic, minced	2.5 ounces	¼ cup	
Ginger, fresh, minced or paste	2.5 ounces	¼ cup	
Turmeric, ground		2 tablespoons 1 teaspoon	
Lime juice		1 ¼ cup	
Fish sauce		½ cup	
Sugar	2 ounces	¼ cup	
Dill, fresh, chopped		½ cup	
Lime juice		1 quart	
Garlic, minced		1 tablespoon	<p>For the Nuoc Cham dipping sauce: Whisk together the lime juice and garlic in a container, and let sit for 5 minutes to mellow the garlic. Add the fish sauce, water, sugar and fresh chilies, and whisk until the sugar has dissolved. CCP: Hold cold at 41°F or below.</p>
Fish sauce		½ cup	
Water		3 cups	
Sugar		1 1/3 cups	
Thai bird chilies or fresh serrano chilies, minced		4 each	

Dill, fresh, rough chop	1 quart	<p>Assembly on the line: Place 1 cup chilled noodles in each portion bowl. Place 3 oz. turmeric Alaska pollock in the center of the noodles. Top with 1 Tbsp. each fresh dill, sliced green onions, and chopped peanuts (optional). Serve with 1 oz. Nuoc Cham dipping sauce on the side.</p>
Green onions, thinly sliced on a bias	1 quart	
Peanuts, dry roasted, lightly salted, chopped (optional)	1 quart	

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

Nutrients Per Serving					
Calories	351	Cholesterol	53 g	Dietary Fiber	7 g
Total Fat	6 g	Sodium	593 mg	Sugars	7 g
Saturated Fat	1 g	Total Carbohydrates	53 g	Protein	25 g