



Last Update: 1/21/2008

Portion Size: 1 Fillet

| <u>Ingredients:</u> | <u>Yields:</u> 1 Fillets | 2 Fillets | 4 Fillets |
|-----------------------------|-----------------------------|-------------------------------|-------------------------------|
| | <u>Portions:</u> 1 1 Fillet | 2 1 Fillet | 4 1 Fillet |
| Olive Oil | 1 3/8 Teaspoon | 2 5/8 Teaspoon | 1 Tablespoon + 2 1/4 Teaspoon |
| Garlic, Fresh <i>MINCED</i> | 2 5/8 Teaspoon | 1 Tablespoon + 2 1/4 Teaspoon | 3 Tablespoon + 1 1/2 Teaspoon |
| Rosemary, Dried | 5/8 Teaspoon | 1 3/8 Teaspoon | 2 5/8 Teaspoon |
| Thyme Leaves, Dried | 5/8 Teaspoon | 1 3/8 Teaspoon | 2 5/8 Teaspoon |
| Salt | 1/8 Teaspoon | 3/8 Teaspoon | 5/8 Teaspoon |
| Ground Black Pepper | 1/4 Teaspoon | 1/2 Teaspoon | 7/8 Teaspoon |
| Salmon Fillet, Raw, 4 oz | 1 Fillets | 2 Fillets | 3.99996 Fillets |

Pre-Prep:

Procedure:

1. Combine oil, garlic, rosemary, thyme, salt and pepper for marinade. Mix until well-blended.
2. Line sheet pans with parchment paper. Lightly spray with vegetable oil spray (not listed).
3. Coat fish with marinade. Place on sheet pans. CCP-- Hold refrigerated at internal temperature of 40 degrees F. or below for use.

For Batch Cooking:

4. CCP-- Bake, uncovered, in a 375 degree F. standard (325 degree F. convection) oven for 15 to 18 minutes or until fish is firm, flakes easily and minimum internal temperature is 145 degrees F. (for 15 seconds).
5. Arrange fish in single layer in hotel pans. CCP-- Hold hot (140 degrees F. or above) for service.

For Room Service:

6. Lightly spray sizzle pan with vegetable oil spray (not listed). Transfer fish to pan.
7. CCP-- Bake in a 550 degree F. standard (500 degree F. convection) oven for 6 to 6 1/2 minutes or until fish is firm, flakes easily and minimum internal temperature is 145 degrees F. (for 15 seconds).
8. Transfer each fish fillet to a warmed plate for immediate service.

Portion: Serve 1 fillet.

Shelf Life: If left over, do not reuse.

Replaces #38773