



Pureed Baked Cod Fish

Ingredients

Baked Cod Fish	20 oz.
SimplyThick® EasyMix™	2 (12g) Honey Packets OR 4 Strokes
Stock	3 oz.
Fine Cracker Meal	2 tsp

Yield: 5 servings

Special Equipment Needed: Blender, Fish Food Mold, and Rubber Spatula

Wash hands before beginning preparation. SANITIZE surfaces & equipment.

- 1 Mix stock with SimplyThick gel to create a pudding-like consistency.
- 2 Place the baked cod into a food processor, and begin processing. Slowly add the thickened stock until the correct pureed consistency is achieved.
- 3 **Optional:** Remove the baked cod from the food processor, and add the cracker meal. Using a fork, mix cracker meal into the pureed fish until a mashed-potato like consistency is achieved.

Note: Be aware that all products being pureed will have different amounts of liquid present. Use your training to make necessary adjustments to the amount of thickened stock and cracker meal used to reach the mashed potato-like consistency.

- 4 Cover and reheat in oven in standard pans.
- 5 Spoon the final product into molds sprayed with food release, and turn out onto plate.
- 6 Add gravy or sauce as appropriate to the finished products.

Source: Chef Allen Alvarado – Suncrest

Critical Control Points (CCP):

- Reheat to a minimum internal temperature of 165°F for 15 seconds
- Maintain at a minimum internal temperature of 135°F for no longer than 4 hours
- Discard any leftover portions

If you have any questions pertaining to the SimplyThick products, please don't hesitate to contact us: 800.205.7115 / www.simplythick.com

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