

Alaska Pollock Spring Rolls



Ingredients	Measure	Directions
Once-frozen, Wild Alaska Pollock portions (unbreaded, 2.6oz each)	50 portions	<ol style="list-style-type: none"> Spray sheet pan with cooking spray. Place frozen Wild Alaska Pollock portions on a pan. Cook portions according to manufacturer's instructions and until the internal temperature just reaches 165°F and breading is crispy. Do not overcook! Refrigerate portions uncovered, until internal temperature reaches a minimum of 40 °F; then cover with plastic wrap and refrigerate. Cook rice noodles according to manufacturer's instructions. Reserve 1 cup of noodle water and drain noodles well. Place noodles in a shallow pan and add reserved water until noodles are just moistened. Cover with a plastic wrap and refrigerate at least 2 hours overnight. Prepare <i>Pickled Carrots</i>: Combine water, rice vinegar, sugar, salt, and chili flakes in a saucepan and bring to a simmer, stirring occasionally to dissolve the sugar. Place carrots in a bowl and pour heated mixture over the carrots, submerging them completely, cool to room temperature. Cover a sheet pan with plastic wrap and set aside. Drain <i>Pickled Carrots</i> and rice noodles well, and set aside. Dipping Sauce Combine lime juice, fish sauce, rice vinegar, cilantro, and garlic stirring well to dissolve sugar. Set aside. Soften spring roll wrappers one at a time by soaking in water, approximately 15 seconds, until they are soft and pliable. Do not over soak. Place one spring roll wrapper on a cutting board. Place 2 tbs of <i>Pickled Carrots</i> horizontally in the center of the spring roll wrapper. Remove Wild Alaska Pollock portions from the refrigerator and cut each portion lengthwise into three pieces. Place three Alaska pollock portion pieces on top of the carrots. Top fish portion with 2 springs of cilantro, 2 mint leaves, 2 tbs of rice noodles, and ¼ cup shredded romaine. Holding the edge of the spring roll wrapper closest to you, pull that edge up and over the filling, rolling once tightly. Fold sides of wrapper and continue rolling resulting in the edges being tucked into a tight roll. Place damp paper towels on the sheet pan lined with plastic wrap. Place the completed spring rolls on the damp paper towels, cover with more damp paper towels as you go, ensuring that the rolls do not dry out. Cover sheet pan with plastic wrap for holding.
Cooking spray (olive or canola oil)		
Rice noodles (thin)	6 ¼ cups	
Pickled Carrots:		
Water	13 1/3 cups	
Rice vinegar	1 ¼ cups	
Granulated sugar	1 ¼ cups	
Kosher salt	2 ½ tsp	
Chili flakes	2 ½ tsp	
Carrots, shredded	6 2/3 cups	
Traditional Spring Roll Dipping Sauce:		
Lime juice	10 cups	
Fish sauce	3 ¾ cups	
Rice vinegar	1 ¼ cups	
Cilantro, chopped	1 ¼ cups	
Garlic, minced or paste	¾ cup + 1 tbs	
Spring roll wrappers	50	
Cilantro	1 bunch	
Mint	1 ¼ bunches	
Romaine lettuce, shredded	12 ½ cups	

Serving Size	1 Serving Provides	Yield
1 serving = 1 spring roll	2 ounce equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup dark green vegetable.	50

Nutrients Per Serving		
Calories 140 kcal	Saturated Fat 0 g	Iron 1 mg
Protein 13 g	Cholesterol 45 mg	Calcium 23 mg
Carbohydrate 19 g	Vitamin A 3,818 IU	Sodium 302 mg
Total Fat 1 g	Vitamin C 3 mg	Dietary Fiber 1 g