

Vietnamese Turmeric Alaska Pollock With Chilled Noodles



Ingredients	Weight	Measure	Directions
Alaska Pollock Block	16.5 lbs	1 block	<ol style="list-style-type: none"> 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. 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. CCP: Hold hot at 135°F or higher. 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. 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. 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>For the Nuoc Cham dipping sauce:</p> <ol style="list-style-type: none"> 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>Assembly on the line:</p> <ul style="list-style-type: none"> 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.
Whole Wheat Thin Spaghetti	8 lbs		
Canola Oil		½ cup	
Shallots, Minced	4 oz	1 cup	
Garlic, Minced	2.5 oz	¼ cup	
Ginger, Fresh, Minced Or Paste	2.5 oz	¼ cup	
Turmeric, Ground		2 tbs 1 tsp	
Lime Juice		1 ¼ cup	
Fish Sauce		½ cup	
Sugar	2 oz	¼ cup	
Dill, Fresh, Chopped		½ cup	
Lime Juice		1 quart	
Garlic, Minced		1 tbs	
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	
Green Onions, Thinly Sliced		1 quart	
Peanuts, Dry Roasted, Lightly Salted, Chopped (Optional)		1 quart	

Serving Size	1 Serving Provides	Yield
1 bowl	3 oz. equivalents meat/meat alternate, 2 oz. equivalents grains	64 Servings

Nutrients Per Serving	
Calories 351	Saturated Fat 1g
Protein 25g	Cholesterol 53mg
Carbohydrate 53g	Sodium 595mg
Total Fat 6g	Dietary Fiber 7g