

LUNCH FISH RECIPES

ENGLISH FRIED FISH FILETS



QUANTITY	INGREDIENTS	PREPARATIONS
INGREDIENTS TO ASSEMBLE		

METHOD FOR PREPARATION

CULINARY NOTES:

Allergens:

HOT FISH DISH	ASSIGNED VESSEL
Station: Position: Production: Period: Lunch Yield: Shelve Life: 1 Day	
	SIZE



PLATED / PRESENTATION / INGREDIENTS



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FINAL PRESENTATION

LEMON CAPER TILAPIA



QUANTITY	INGREDIENTS	PREPARATIONS
INGREDIENTS TO ASSEMBLE		

METHOD FOR PREPARATION

CULINARY NOTES:

Allergens:

HOT FISH DISH	ASSIGNED VESSEL
Station: Position: Production: Period: Lunch Yield: Shelve Life: 1 Day	
	SIZE



PLATED / PRESENTATION / INGREDIENTS



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FINAL PRESENTATION

SESAME CRUSTED TUNA/CABBAGE SLAW

QUANTITY	INGREDIENTS	PREPARATIONS
INGREDIENTS TO ASSEMBLE		

METHOD FOR PREPARATION

CULINARY NOTES:

Allergens:

HOT FISH DISH	ASSIGNED VESSEL
Station: Position: Production: Period: Lunch Yield: Shelve Life: 1 Day	
	SIZE



PLATED / PRESENTATION / INGREDIENTS



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FINAL PRESENTATION

GRILLED SALMON & CHERRY TOMATO



QUANTITY	INGREDIENTS	PREPARATIONS
INGREDIENTS TO ASSEMBLE		

METHOD FOR PREPARATION

CULINARY NOTES:

Allergens:

HOT FISH DISH	ASSIGNED VESSEL
Station: Position: Production: Period: Lunch Yield: Shelve Life: 1 Day	
	SIZE



PLATED / PRESENTATION / INGREDIENTS



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FINAL PRESENTATION

BLACKENED SNAPPER & CORN SALSA



QUANTITY	INGREDIENTS	PREPARATIONS
INGREDIENTS TO ASSEMBLE		

METHOD FOR PREPARATION

CULINARY NOTES:

Allergens:

HOT FISH DISH	ASSIGNED VESSEL
Station: Position: Production: Period: Lunch Yield: Shelve Life: 1 Day	
	SIZE



PLATED / PRESENTATION / INGREDIENTS



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FINAL PRESENTATION

MEDITERRANEAN CODFISH



QUANTITY	INGREDIENTS	PREPARATIONS
INGREDIENTS TO ASSEMBLE		

METHOD FOR PREPARATION

CULINARY NOTES:

Allergens:

HOT FISH DISH	ASSIGNED VESSEL
Station: Position: Production: Period: Lunch Yield: Shelve Life: 1 Day	
	SIZE



PLATED / PRESENTATION / INGREDIENTS



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FINAL PRESENTATION

LEMON PEPPER SALMON & SPINACH



QUANTITY	INGREDIENTS	PREPARATIONS	METHOD FOR PREPARATION
INGREDIENTS TO ASSEMBLE			CULINARY NOTES:
INCOMPLETE PICTURES			Allergens:

HOT FISH DISH	ASSIGNED VESSEL
Station: Position: Production: Period: Lunch Yield: Shelve Life: 1 Day	
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PLATED / PRESENTATION / INGREDIENTS

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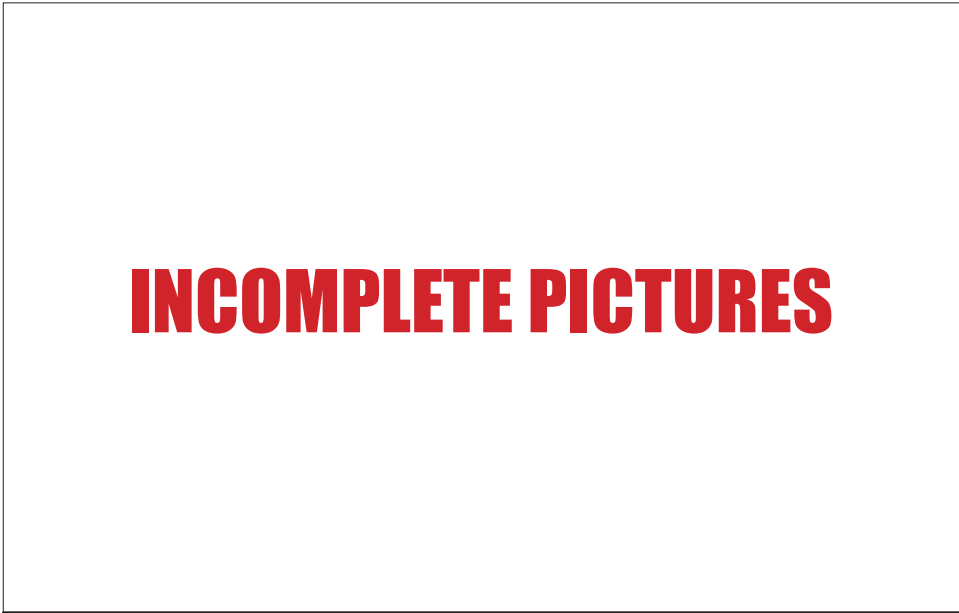
FINAL PRESENTATION

CITRUS CRUSTED TILAPIA



QUANTITY	INGREDIENTS	PREPARATIONS	METHOD FOR PREPARATION
INGREDIENTS TO ASSEMBLE			CULINARY NOTES:
			Allergens:

HOT FISH DISH	ASSIGNED VESSEL
Station: Position: Production: Period: Lunch Yield: Shelve Life: 1 Day	
	SIZE



PLATED / PRESENTATION / INGREDIENTS

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FINAL PRESENTATION

FUTURE FISH ITEM



QUANTITY	INGREDIENTS	PREPARATIONS	METHOD FOR PREPARATION
INGREDIENTS TO ASSEMBLE			CULINARY NOTES:
			Allergens:

HOT FISH DISH	ASSIGNED VESSEL
Station: Position: Production: Period: Lunch Yield: Shelve Life: 1 Day	
	SIZE

PLATED / PRESENTATION / INGREDIENTS

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FINAL PRESENTATION

