

Thai Coconut Cod



Food Category: Entrée

Protein: Fish

Portion Size: 5 oz

Number of Servings: 190

Calories per Serving: 160

Diet Selections: Wellness; Children's; Renal; Diabetic; Cardiac; Soft; High Calorie/Protein; Low Fiber; Pescetarian; No Red Meat; Low Lactose; No Nuts; No Eggs

Ingredients:

70 lb fish
1 cup canola oil
6 lb diced onion
1 cup red curry paste
4 gallons vegetable stock (homemade or 1 cup low sodium veg base and 4 gallons water)
1 gallon coconut milk, light
1 cup lemongrass grated
1/2 cup fresh grated ginger
1 tbsp fish sauce
1/4 cup kosher salt
1 tbsp black pepper
1 cup lime juice
1 cup chopped cilantro
2 cups sliced scallion

Instructions:

1. Heat oil in a large rondo. Add onions and saute until soft.
2. Add curry paste and cook until fragrant.
3. Add vegetable stock, coconut milk, lemongrass, ginger, fish sauce and salt & pepper. Whisk to combine.
4. Bring to a simmer and cook for 10 minutes.
5. Remove from heat and allow to cool.
6. Place fish in a single layer in 2inch hotel pans. Ladle coconut broth over fish.
7. Place pans in a 350 degree oven for 7 minutes or until internal temperature reaches 130 degrees.
8. Remove from oven and scatter cilantro and scallions over fish. Chill to below 41 degrees.

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Nutrition Facts	
190 servings per container	
Serving size	5 oz
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 300mg	13%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 1mcg	6%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 315mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	