

**Recipe Name:** Baked Codfish with Lemon

**Recipe Category:** Dinner Entrée

**Portion Size:** 4 oz.

**Ingredients:** Yields: 8 servings

Ingredients	Notes:
8 (4 oz.) Codfish fillets	Or other white fish
½ teaspoon salt	
¼ teaspoon pepper	
¼ teaspoon paprika	
3 tablespoons of small capers	Optional
¼ cup olive oil	
¼ cup fresh parsley	Wash, trim and chop fine. Or 2 T. dried parsley
16 lemon slices	
½ cup tartar sauce	

**Directions:**

Steps:	Directions:	Critical Control Point / Quality Assurance
1	Preheat oven 375 degrees	
2	Spray baking pan with non-stick cooking spray	
3	Place fish in pan. Brush each with olive oil.	
4	Sprinkle with salt, pepper, and paprika	
5	Top each fillet with 2 lemon slices and sprinkle with capers. Transfer to preheated broiler. Heat on top rack for 3-5 minutes.	Bake 8-10 minutes. Broil for 3 minutes or until lemon slightly browned at edges. Cook until internal temperature reaches 145° F for 15 seconds.
6	Sprinkle each with parsley. Serve while hot. Serve tartar sauce on the side as a condiment.	

**Time Temperature Sensitive food.** Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Cold holding at 41°F or colder or using time alone (less than four hours).

**Texture Modified Diets:**

**Soft & Bite Size:** (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½" particle size prior to mixing. Moisten with tartar sauce as needed. Foods that do not process well should be omitted. Omit: capers and lemon slices. Drizzle with lemon juice.

**Chopped:** **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size prior to mixing. Moisten with tartar sauce as needed. Foods that do not process well should be omitted. Omit: capers and lemon slices. Drizzle with lemon juice.

**Minced and Moist:**(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch prior to mixing. Moisten with tartar sauce as needed. Foods that do not process well should be omitted. Omit: capers and lemon slices. Drizzle with lemon juice.

**Pureed: Smooth and cohesive.** Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add tartar sauce to puree. Do not add to much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding. Foods that do not process well should be omitted. Omit: capers and lemon slices. Drizzle with lemon juice. Serve ½ c. puree fish serving.

**Therapeutic Modified Diets:**

**Lowfat:** No changes needed

**Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled:** No changes needed

**Bland/Anti Reflux:** omit pepper, parsley, lemon and capers

**Liberal House Renal:** Omit salt, lemon and capers

**No Added Salt:** Omit capers

**2 Gram Sodium:** Omit salt and capers

**Gluten Free:** No changes needed. Prepare foods separately to prevent cross contamination.

**Allergy Alerts:** When an "X" is present, this indicates the allergen is present.

Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
		X	X			

**Key:** SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free