

PUREED FISH (3 OZ PORTION)	PORTION SIZE: 1 - #8 Scoop (½ cup)			
INGREDIENTS	NUMBER OF SERVINGS			
	1	6	12	24
Boneless Fish Fillet, <u>cooked</u> (NOT breaded)	3 oz	1 lb 2 oz	2 lb 4 oz	4 lb 8 oz
Water or Broth, <u>hot</u>	1 Tbsp	¼ cup + 2 Tbsp	¾ cup	1 ½ cup
Lemon Juice	¾ tsp	1 ½ Tbsp	3 Tbsp	⅓ cup
Margarine, melted	2 tsp	¼ cup	½ cup	1 cup
<b>RESOURCE® ThickenUp®</b>	¾ tsp	1 ½ Tbsp	3 Tbsp	⅓ cup

**HOW TO PREPARE:**

1. Puree cooked fish with hot liquid, lemon juice and margarine in food processor until smooth in texture.
2. Add **RESOURCE® ThickenUp®** and process briefly until mixed, scraping sides with spatula as needed.
3. Pour into steam table pan coated with non-stick cooking spray.
4. Cover tightly with aluminum foil and/or film and heat to 165°F. Hold for service at internal temperature of 135°F or higher.
5. Portion one #8 scoop (½ cup) per serving.

**NOTE:** Measurements of liquid and **RESOURCE® ThickenUp®** may be adjusted to achieve desired consistency.