



Fish Cakes





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Recipe Items:	1 Portion	5 Portions
PE Fish (PE#21736)	#10 scoop (95 gm)	475 gm (16.75 oz)
PE Whole Wheat Bread (PE#21764)	#10 scoop (95 gm)	475 gm (16.75 oz)
Pickle Juice - clear	2 mL (1/2 tsp)	10 mL (1/3 Fl oz)
Mayonnaise	15 mL (1 Tbsp)	75 mL (2.5 Fl oz)
PE Spinach Mousse (PE#21743)	15 mL (1 Tbsp)	75 mL (2.5 Fl oz)
PE Carrot Mousse (PE#21734)	10 mL (1 tsp)	50 mL (1.7 Fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.

Cold Service - Keep Puree Essentials food cold prior to service, below 4°C or 40°F.



2. In a bowl, combine a #10 Scoop (95 gm) of PE fish, a #10 Scoop (95 gm) of PE Whole Wheat Bread, ½ tsp (2 ml) of pickle juice, and 1 Tbsp (15 ml) mayonnaise.

Mix until consistent and smooth. Transfer to a service dish.



3. Finish the dish by topping with 1 Tbsp (15 ml) PE Spinach mousse and 2 tsp (10 ml) PE Carrot mousse.

Nutrition Facts Valeur nutritive

Per 1 serv (232g) / par 1 serv (232g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	360
Fat / Lipides	17g 26%
Saturated / saturés	3g
+ Trans / trans	0g
Cholesterol / Cholesterol	25mg 16%
Sodium / Sodium	900mg 37%
Carbohydrate / Glucides	38g 13%
Fibre / Fibres	5g
Sugars / Sucres	9g
Protein / Proteines	22g 21%
Vitamin A / Vitamine A	6%
Vitamin C / Vitamine C	2%
Calcium / Calcium	8%
Iron / Fer	25%

Variations: garnish toppings can be replaced with other PE vegetable mousses. Variations to ingredients are not included in nutritional analysis.

Serve hot or cold.

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F.

Cold Service - If serving cold; keep Puree Essentials food temperatures below 4°C or 40°F.

