

FISH CUTLETS (LENTEN)

PRODUCT SPECIFICATION SHEET

Semi-finished Product: "Ground Fish"

Ingredient Unit Gross per portion Net per portion

Pollock fish kg 1.400 1.000

Output: 1 kg semi-finished product

Semi-finished Product: "Peeled Onion"

Ingredient Unit Gross Net

Onion kg 1.200 1.000

Output: 1 kg semi-finished product

Final Product: "Fish Cutlets (Lenten)"

Ingredient Unit Gross Net

Ground fish kg 0.595 0.595

Peeled onion kg 0.066 0.066

White bread kg 0.100 0.200

Table salt kg 0.005 0.005

Ground black pepper kg 0.001 0.001

Drinking water L 0.066 0.066

Bread crumbs kg 0.066 0.066

Output: 1 kg finished product

PRODUCT CHARACTERISTICS

Appearance:

Round cutlets with a smooth surface, free of cracks or tears.

Taste and Aroma:

Characteristic of the listed ingredients, mild and pleasant.

PRODUCTION INSTRUCTIONS (FOR KITCHEN STAFF)

Preparation Process

- 4.500 kg – ground fish
- 1.500 kg – soaked bread (equivalent to 0.700 kg dry bread)
- 0.500 kg – ground onion
- 0.060 kg – salt
- 0.008 kg – black pepper
- 0.350 kg – breadcrumbs (for coating)

Weight per cutlet: 80 g

Output: 6.900 kg

Process:

Clean, wash, and fillet Pollock fish. Pass twice through a meat grinder. Add finely chopped onions and bread pre-soaked in water. Pass the mixture through the grinder again. Add salt and pepper, then mix thoroughly and beat the mass to achieve elasticity.

Form cutlets using a ring mold (6 cm diameter, 3 cm height), coat in breadcrumbs, and shape with a knife. Freeze the formed cutlets for 30 minutes.

Packaging:

Place 4–5 cutlets on a tray and wrap with food film, labeling accordingly.

Approximate package weight: 0.5–0.6 kg.

LABEL INFORMATION

Ingredients:

Pollock fish fillet (72%), wheat bread, onion, drinking water, bread crumbs, table salt, ground black pepper.

Allergens: Highlighted in bold.

Energy value per 100 g: 129.8 kcal

Shelf life & storage:

90 days at temperature not exceeding -18°C . Use insulated packaging during warm seasons.

Cooking instructions:

Fry frozen cutlets in vegetable oil or butter on a preheated skillet over low heat, covered, turning occasionally.

Alternatively, bake in a preheated oven at 180°C for approximately 20 minutes.

Do not refreeze after thawing.

Nutritional Value per 100 g:

- Energy: 493.24 kJ / 129.8 kcal
- Fat: 1.53 g (of which saturated: 0.47 g)
- Carbohydrates: 16.15 g (of which sugars: 0.72 g)
- Fiber: 0.83 g
- Protein: 12.75 g
- Salt: 0.7 g