



PAPER & FOOD SERVICE, INC.

Lobster Crusted Cod Loin

Ingredients **Yield: 10 Servings**

- 10 ea. Cod Loin, 6 oz.
- 8 oz. Claw and Knuckle lobster meat
- 1/4 c. Fresh parsley, chopped
- 4 c. Panko-style bread crumbs
- 1 c. Traditional style bread crumbs (fine)
- 1 c. Melted butter
- t.t. Salt
- t.t. Black pepper, café
- 30 ea. Asparagus, large
- As needed: Hollandaise sauce

Preparation Instructions:

1. Combine bread crumbs, herbs, lobster meat and butter in mixing bowl, then season with salt and pepper.
2. Place cod loins on baking sheet sprayed with food release. Top each loin with approximately 3 oz. of crumb mixture and bake at 375 degree oven for 20-25 minutes or until cod is cooked to an internal temperature of 155 degrees.
3. Peel and steam asparagus and serve with hollandaise sauce.

Ingredients	Product Name	Maines Product Code #	Amount	Cost
Cod Loin, 6 oz.	Hidden Bay	120112	10 ea.	\$17.80
Claw and Knuckle lobster meat	Commodity	133336	12 oz.	\$12.00
Fresh parsley	Fresh	097531	1/4 c.	\$0.35
Panko-style bread crumbs	Kikkoman	326335	4 c.	\$2.56
Traditional style bread crumbs	Chef's Fine	326345	1 c.	\$0.48
Butter	Grassland	000110	1 c.	\$0.85
Salt	Katy's Kitchen	340620	t.t.	\$0.02
Black pepper, café	Culinary Secrets	345631	t.t.	\$0.03
Asparagus, large	Markon	097032	30 ea.	\$3.90
Hollandaise Sauce	Knorr	158891	As needed	\$2.40

Recipe Cost	\$40.39
Portion Cost	\$4.04

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$13.95	\$4.04	\$9.91	28.96%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$14.95	\$4.04	\$10.91	27.02%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$15.95	\$4.04	\$11.91	25.33%