Coconut Thai Curry Alaska Pollock with Brown Jasmine Rice



Preparation Time: 0 minutes
Cook Time: 0 minutes
Servings: 64 portions

Ingredients:
Alaska Pollock:

1 ea. Alaska pollock block (16.5 lb.)

Curry with Vegetables:

2 Tbsp. canola oil

12 oz. Thai yellow curry paste 3 lbs. coconut milk

1 lb. yellow onions, ½-inch julienne 14 oz. carrots, ¼-inch bias cut

12 oz. green beans, cut into 2-inch lengths

12 oz. red bell pepper, 1-inch dice 1 cup fresh lime juice

¼ cup sugar

4 gal. brown Jasmine rice, steamed 1 qt. Thai basil, chiffonade

Description:
Cooking Instructions
16.5 lb. Alaska pollock fillet block
1. Simply place each unwrapped frozen block into a 4-inch full-size hotel pan and slack out in the refrigerator overnight. If the block doesn't quite fit down into the pan when frozen, it will drop down when it has slacked out.
2. Cover the hotel pan with parchment paper and then seal the pan tightly with foil. Bake in a pre-heated 425°F convection oven for 1 hour.
3. Remove the foil, reduce the oven temperature to 400°F, and bake for an additional 30 minutes, or until the internal temperature just reaches 165°F. Do not overcook.
4. Some natural liquid from the fillets may remain in the pan, which can be kept for additional moisture, or poured off if desired.

Curry with Vegetables:

1. Heat a large saucepan over medium heat. Add the canola oil and the yellow curry paste and fry the curry paste for about 2

minutes. Whisk in the coconut milk. Add the yellow onions, carrots, and green beans. Simmer for 10 minutes, then add the red bell pepper and simmer for another 3 minutes. Stir in the lime juice and sugar.

2. Pour the yellow curry with vegetables over the cooked Alaska pollock and break up until the sauce is evenly distributed while keeping the fish chunky. Hold hot at 135°F or higher.

Assembly:

1. For each portion place a 1 cup scoop of steamed brown jasmine rice into a bowl. Top with 1 cup (7.5 oz. weight) of the Coconut Thai Curry Alaska Pollock.

2. Sprinkle 1 Tbsp. fresh Thai basil over the curry.