



EGG HARBOR

SEAFOOD

THE TASTE OF FRESH | BY RASTELLI

Breaded Tilapia



**SWEET FLAVORED
TILAPIA** folded in a crisp
breading that fries to a
golden brown.

AVAILABLE:

3/5 oz. Portions 1/10 lbs.

FRESH FACTS:

- Tilapia remains moist and tender, holds up well on the serving line
- Use this product in sandwiches or create your own luncheon special

Product of China

the taste of fresh serving suggestions

FRIED FISHERMAN'S CLUB SANDWICH



ESTIMATED COST TO PRODUCE

\$ _____ PER PORTION

2 pcs. **Breaded Tilapia Fillets**

6 slices thick smoked bacon

4 slices jersey fresh tomato

Shredded leaf lettuce

4 slices of sharp cheddar cheese

4 thick sliced sour dough bread
(toasted)

Dijon Tartar Sauce

1/2 tsp. Dijon mustard

1/2 cup Fresh made tartar sauce (mayonnaise, diced gherkins,
lemon juice, capers, black pepper)

Dash of hot sauce

Combine all ingredients until well blended and chill before serving.

DIRECTIONS

Fry Breaded Tilapia in fryer for 4- 5 minutes or until golden brown. While fish are frying, start to assemble sandwich with toasted sourdough bread. Next, spread Dijon Tartar Sauce on top and bottom of toast. Place Tilapia fillet on toast and finish assembling sandwich with sharp cheddar cheese, smoky crisp bacon and sliced fresh tomatoes. **Yields 2 servings**

FRIED FISH AND CHIPS PLATTER



ESTIMATED COST TO PRODUCE

\$ _____ PER PORTION

4 pcs. **Breaded Tilapia Fillets**

1 large baking potato, sliced
into thin chips

Salt and pepper to taste

1-2 cups coleslaw

1/2 cups fresh zesty tartar sauce
(tartar sauce above with Cajun spice
and a splash of hot sauce)

DIRECTIONS

Begin placing sliced potato pieces in water until ready to use. Next, prepare zesty tartar sauce and set aside until ready for use. Begin to deep fry Tilapia in fryer set at 350 degrees for 4-5 minutes or until golden brown. While fish are frying, start to fry fresh cut potato chips in fryer until golden and crisp. When done, remove and toss with salt and pepper. Assemble platter with fried fish and potato chips, along with a side of coleslaw and zesty tartar sauce. **Yields 2 servings**