



TILAPIA GARDINO

Oven-roasted tilapia topped with yellow carrots, green beans, broccoli, red pepper, and creamy Alfredo sauce served with garlic wine butter sauce.

Yield: 24 Servings

ITEM CODE	DESCRIPTION	1 SERVING	24 SERVINGS
354180	Tilapia Fillet, 7-9 oz., thawed	1 ct.	24 ct.
108308	GFS Iodized Salt	1 tsp.	1 tbsp.
225037	Trade East Ground Black Pepper	1 tsp.	1 tbsp.
Recipe	Caribbean Vegetable Topping	3 oz.	72 oz.
Recipe	Maitre D' Butter	2 oz.	48 oz.
319228	Diced Green Onions	1 tbsp.	1½ cups
771309	Lemons, sliced into wedges	1 ct.	24 ct.

Preparation Instructions

Wash hands. Season the tilapia with salt and pepper. Spread the vegetable topping evenly over the tilapia and bake at 350°F to desired doneness. In a warm sauté pan, melt the Maitre D' Butter. Place the tilapia on a warm serving plate and drizzle with melted butter. Sprinkle with diced green onions and garnish with a lemon wedge.

CARIBBEAN VEGETABLE TOPPING

Yield: 62 Ounces

ITEM CODE	DESCRIPTION	AMOUNT
101740	Caribbean Vegetable Blend, thawed	48 oz.
245860	Primo Gusto Alfredo Sauce, thawed	9 oz.
460095	Primo Gusto Shredded Parmesan Cheese	5 oz.
424307	Kosher Salt	1 tbsp.
225037	Trade East Ground Black Pepper	1½ tsp.

Preparation Instructions

Wash hands. Place the Mediterranean vegetables in a food processor fitted with a steel blade. Pulse the vegetables into ¼-inch pieces. Transfer to a stainless steel bowl. Add the Alfredo sauce, Parmesan cheese, salt and pepper and mix thoroughly. Transfer to a covered container, label, date, and refrigerate until needed, up to four days.

MAITRE D' BUTTER

Yield: 64 Ounces

ITEM CODE	DESCRIPTION	AMOUNT
299405	GFS Unsalted Butter, softened	4 lb.
816906	Roasted Garlic Concentrate	5 tbsp.
319228	Diced Green Onions	½ cup
272396	Markon Cello-Wrapped Parsley, chopped	½ cup
	Dry White Wine*	8 flz.

Preparation Instructions

Wash hands. Wash all fresh produce under cool running water; drain well. Place butter in bowl of an electric mixer fitted with a paddle attachment. Set mixer on medium speed and gradually add garlic, green onions, and parsley until mixed thoroughly. Place 1-pound portions of butter on sheets of parchment paper and roll into 2-inch cylinders. Wrap rolls in plastic to preserve flavor and refrigerate up to one week, or freeze up to six months.

**Available through the retail market.*

Costs: Selling price: \$10.99, Cost per Portion: \$4.20, Profit: \$6.79, Food Cost: 32%

Dinnerware: Steelite Albalite Plate, 10"