



**Lean
On
Me**

Good things
come from
Sysco[™]
Sysco Northern New England

Summer Time Fish & Chips



Entrée Cost: \$2.20
Min. Selling Price: \$6.99
Profit:
\$4.79

Wait staff description:

Our featured special this evening is a light and flaky traditional fish and chips served with farm raised Striped Pangasius, fresh chips and tartar sauce, a great value for 6.99

Recipe on back

COST BREAKDOWN

	PLATE/SERVING	TOTAL	%
PRICE:	\$6.99	\$6.99	
COST:	\$2.20	\$2.20	31.53
PROFIT:	\$4.79	\$4.79	68.47

You can view the Lean On Me Archive on our website at: www.sysconne.com.

Ask your Marketing Associate for more details!

Ingredients

SUPC	DESCRIPTION	BRAND	SEQ	QTY	TYPE	UNIT COST	XCOST
5258944	PANGASIUS STRIPED FIL 5 7 OZ	PACKER	1	6.00	OZ	\$0.21	\$1.24
7347636	EGG LIQUID CNTRY BLEND ESL	SUNFRSH	2	2.00	OZ	\$0.12	\$0.23
4417911	BREADING MIX REDI BREADER	MODMAID	3	3.00	OZ	\$0.07	\$0.20
5407051	POTATO CHIP NAT FRY 1/8"	LAMB	4	4.00	OZ	\$0.06	\$0.26
1223361	LEMON CH FRESH	PACKER	7	1.00	EA	\$0.04	\$0.04
1908342	PARSLEY BUNCH FDSVC	SYS IMP	8	1.00	EA	\$0.06	\$0.06
5099098	SAUCE TARTAR NE STYLE	KENS	9	2.13	OZ	\$0.08	\$0.17

Serves 1
for \$6.99

Directions

1. Slice the Striped Pangasius into four long strips.
2. Fry the potato chips until crisp, keep warm.
3. Dredge the fish in the egg and coat with the redi breader. Deep fry at 350* until golden brown.
4. On a warm plate place chips and top with the fried fish, garnish with the tartar sauce, lemon wedge and parsley sprig.

Chef's Suggestions

The Striped Pangasius has a naturally light, flaky texture that allows for a variety of preparations. It tastes great breaded and fried, sautéed or baked. The mild flavor carries sauces and spices very well allowing for many applications. Try it lightly breaded and pan sautéed, served with our new all natural Mandarin Orange sauce, SUPC #7358563.