



**Lean
On Me**

Good things
come from
SyscoTM

Sysco Northern New England

Baked Fillet Of Haddock



Entrée Cost: \$3.20
Min. Selling Price: \$9.99
Profit:
\$6.79

**Parmesan and Herb Crumbs
Harvest Rice Pilaf and Vegetable Medley**

Recipe on back

COST BREAKDOWN

Wait staff description:

Our featured entrée this evening is a line caught haddock fillet, topped with Parmesan and herb crumbs, serves with a harvest rice pilaf and vegetable medley.

	PLATE/SERVING	TOTAL	%
PRICE:	\$9.99	\$9.99	
COST:	\$3.20	\$3.20	32.04
PROFIT:	\$6.79	\$6.79	67.96

Ingredients

SUPC	DESCRIPTION	BRAND	SEQ	QTY	TYPE	UNIT COST	XCOST
5270947	HADDOCK FIL REFRESH S/B 10 16Z	PACKER	1	7.00	EA	\$0.28	\$1.93
6092811	RICE PILAF HARVEST VEG BLEND	UNC BEN	2	3.50	OZ	\$0.17	\$0.58
3533544	VEGETABLE BLEND CHFCUT GERMANY	SYS CLS	3	4.00	OZ	\$0.09	\$0.36
4043105	BREAD CRUMB ITALIAN	PROGRSO	4	1.00	OZ	\$0.12	\$0.12
6160154	CHEESE PARMESAN SHRD IMP ZIP	AREZZIO	5	1.00	TB	\$0.02	\$0.02
3856150	BUTTER SOLID UNSLTD	SOMR MD	6	0.50	OZ	\$0.14	\$0.07
1223361	LEMON CH FRESH	PACKER	7	1.00	EA	\$0.06	\$0.06
1908342	PARSLEY BUNCH FDSVC	SYS IMP	8	1.00	EA	\$0.06	\$0.06

Directions

1. Portion haddock @ 7 oz., season with salt and pepper. Combine the bread crumbs and parmesan cheese sprinkle over the top the haddock fillet, top with the butter and bake at 350* for 10 12 minutes.
2. Prepare the rice according to package directions, reserve and keep warm.
3. Sauté the vegetables, season with salt and pepper.
4. On a warm plate place the haddock fillet, rice pilaf and vegetable blend. Garnish with a lemon wheel and fresh parsley.

Serves 1
for \$9.99

Chef's Suggestions

Omit the Parmesan cheese and bread crumbs, bake the fillet and garnish with Campbell's Insignia Lobster Sherry Bisque **SUPC# 5079949** for an upscale and more profitable entrée. Baked Fillet of haddock served with a lobster sherry sauce, rice pilaf and vegetable medley~~\$12.99.

For a Mediterranean twist top with our Arrezzo Tomato Bruschetta **SUPC# 6530448** mixed with Kalamata Olives **SUPC# 5429766** and fresh basil **SUPC# 1679919**.