

Laos-Style Alaska Pollock Laap (Lettuce Wrap)

Meat/Meat Alternate

Main Dish

64 Servings			
Ingredients	Weight	Measure	Directions
Alaska pollock block	16.5 pounds	1 block	<p>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.</p> <p>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.</p> <p>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. CCP: Cook to a minimum internal temperature of 165°F.</p> <p>Pour off any liquid in the pan and break up the Alaska pollock slightly. Chill immediately. CCP: Cool to 70°F within 2 hours, and then to 41°F or below within 4 hours. CCP: Hold cold at 41°F or below.</p>
Canola oil		1 cup	<p>Heat a saucepan over medium heat. Add the canola oil and when it begins to shimmer, add the sliced shallots and garlic. Fry the shallots and garlic, stirring occasionally, until just golden brown. Use a slotted spoon to remove to a pan lined with paper towels to drain. Set aside.</p>
Shallots, thinly sliced		6 cups	
Garlic cloves, thinly sliced		1/3 cups	
Lemongrass paste		2 tablespoons	<p>Stir 2 Tbsp. lemongrass paste into the remaining hot oil. Remove the saucepan from the heat. Set aside.</p>
Lime juice		1 quart 1 cup	<p>Combine the lime juice, water, fish sauce, sugar, serrano chilies, lemongrass paste and garlic, and whisk until the sugar has dissolved.</p> <p>Pour the dressing into the saucepan with the lemongrass oil. Whisk to combine.</p>
Water		1 cup	
Fish sauce		1 cup	
Sugar		1 cup	
Serrano chilies, halved and thinly sliced		4 each	<p>Pour the final sauce over the chilled Alaska pollock and break up until the sauce is evenly distributed while keeping the fish chunky. CCP: Hold cold at 41°F or below.</p>
Lemongrass paste		2 tablespoons	
Garlic, minced		1 tablespoons	
Large leaves of Bibb or Iceberg lettuce,		192 each	<p>For each portion place 3 large leaves of lettuce "cups" on a plate. Pile 3 oz. of the chilled dressed Alaska pollock in the center of the leaves. Top with about 1 Tbsp. of the Fried Shallots and Garlic combination.</p>
Fried Shallots and Garlic (see above)			
Spearmint leaves, chiffonade		1 quart	<p>Sprinkle with 1 Tbsp. each of chiffonade spearmint leaves, chopped cilantro, and julienne</p>

Fresh cilantro, rough chop	1 quart	red onion.
Red onion, thin julienne	1 quart	CCP: Hold cold at 41°F or below.

Serving Size	1 Serving Provides
1 portion	3 oz. equivalents meat/meat alternate

Nutrients Per Serving					
Calories	140	Cholesterol	53 g	Dietary Fiber	1 g
Total Fat	4 g	Sodium	617 mg	Sugars	6 g
Saturated Fat	0.5 g	Total Carbohydrates	11 g	Protein	16 g