

# REDFISH ON 1/2 SHELL - PREP (8-10 wz)

**Yield:**

**Shelf Life:** 4 days

**Equipment:** Gloves, chef knife, 1/3 pans with lids

**Ingredients:** Redfish on 1/2 shell fillet

**Procedure:**

1. Using a full size plastic hotel pan filled with ice and water, rinse each redfish fillet in the ice bath in order to remove any loose scales and slime. Using gloved hands, feel for scales.
2. Using the rounded edge of a knife, scrape the meat of the fillet to ensure there are no scales.
3. Place the first fillet scale side down in a 1/3 pan, then stack the next fillet meat to meat.
4. Label, Date, and Rotate.

**\*\*\* See " Video - De-scaling Redfish "\*\*\***

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**F/A:**

**HR:** 1/3 pans with lids; Refrigerated.

**SL:** 4 days