



Parker House Schrod (Fresh Catch of the Day)

READY IN



27 min.

SERVINGS



6

CALORIES



1456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 packages active yeast dry
- ☐ 0.5 pound butter melted
- ☐ 0.3 pound buttery crushed finely
- ☐ 48 ounce fillets baby cod
- ☐ 1 large eggs
- ☐ 6 cups flour all-purpose
- ☐ 1 teaspoon juice of lemon
- ☐ 1 cup butter softened 2 sticks
- ☐ 1 cup milk

- ☐ 0.5 cup olive oil
- ☐ 2 teaspoons paprika
- ☐ 6 servings bell pepper
- ☐ 2 teaspoons salt
- ☐ 6 servings salt
- ☐ 0.5 cup sugar
- ☐ 0.5 cup white wine
- ☐ 2 teaspoons worcestershire sauce

Equipment

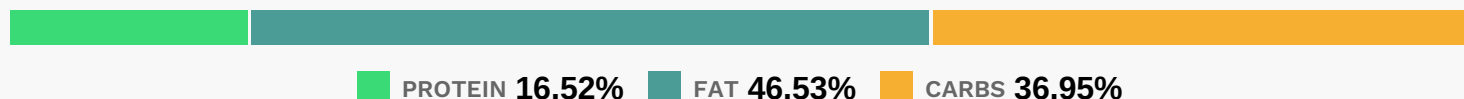
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ roasting pan
- ☐ broiler
- ☐ spatula
- ☐ rolling pin

Directions

- ☐ Marinate fish in milk, lemon juice, Worcestershire sauce, salt and pepper, olive oil, and paprika for 2 hours (the longer the better).
- ☐ Preheat oven to 400 degrees F.
- ☐ Remove from marinade and dip each fillet into cracker crumbs. Cover all surfaces well.
- ☐ Place fillets in buttered baking pan.
- ☐ Drizzle with melted butter.
- ☐ Pour white wine into pan, being sure not to drizzle directly onto fish.
- ☐ Bake until flaky, approximately 10 minutes. Do not overcook.

- ☐ Place under broiler for a few minutes to finish and give color.
- ☐ In a large bowl, combine 2 1/4 cups flour, sugar, salt, and yeast; add 1/2 cup margarine or butter (1 stick). With mixer at low speed, gradually pour 2 cups hot tap water (120 degrees F to 130 degrees F.) into dry ingredients.
- ☐ Add egg; increase speed to medium; beat 2 minutes, scraping bowl with rubber spatula. Beat in 3/4 cup flour or enough to make a thick batter; continue beating 2 minutes, occasionally scraping bowl. With spoon, stir in enough additional flour (about 2 1/2 cups) to make a soft dough.
- ☐ Turn dough onto lightly floured surface and knead until smooth and elastic, about 10 minutes, working in more flour (about 1/2 cup) while kneading. Shape dough into a ball and place in greased large bowl, turning over so that top of dough is greased. Cover with towel; let rise in warm place (80 to 85 degrees F.) until doubled, about 1 1/2 hours. (Dough is doubled when 2 fingers pressed into dough leave a dent.)
- ☐ Punch down dough by pushing down the center of dough with fist, then pushing edges of dough into center. Turn dough onto lightly floured surface; knead lightly to make smooth ball, cover with bowl for 15 minutes, and let dough rest.
- ☐ Preheat oven to 400 degrees F.
- ☐ In 17 1/4-inch by 11 1/2-inch roasting pan, over low heat, melt remaining 1/2 cup margarine or butter; tilt pan to grease bottom.
- ☐ On lightly floured surface with floured rolling pin, roll dough 1/2 inch thick. With floured 2 3/4-inch round cutter, cut dough into circles. Holding dough circle by the edge, dip both sides into melted margarine or butter pan; fold in half. Arrange folded dough in rows in pans, each nearly touching the other. Cover pan with towel; let dough rise in warm place until doubled, about 40 minutes.
- ☐ Bake rolls for 15 to 18 minutes until browned.

Nutrition Facts



Properties

Glycemic Index:49.18, Glycemic Load:82.41, Inflammation Score:-10, Nutrition Score:49.520869255066%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 1456.27kcal (72.81%), Fat: 74.48g (114.58%), Saturated Fat: 28.86g (180.4%), Carbohydrates: 133.09g (44.36%), Net Carbohydrates: 126.85g (46.13%), Sugar: 24.13g (26.81%), Cholesterol: 214.67mg (71.56%), Sodium: 1919.59mg (83.46%), Alcohol: 2.06g (100%), Alcohol %: 0.41% (100%), Protein: 59.51g (119.02%), Selenium: 122.46µg (174.94%), Vitamin C: 98.3mg (119.15%), Vitamin B1: 1.57mg (104.71%), Vitamin A: 5162.09IU (103.24%), Folate: 353.39µg (88.35%), Phosphorus: 763.53mg (76.35%), Vitamin B3: 14.83mg (74.13%), Vitamin B2: 1.11mg (65.28%), Manganese: 1.12mg (56.03%), Vitamin B6: 0.94mg (47.1%), Iron: 8.37mg (46.5%), Vitamin E: 6.24mg (41.57%), Vitamin B12: 2.46µg (41.02%), Potassium: 1416.68mg (40.48%), Magnesium: 125.16mg (31.29%), Fiber: 6.24g (24.95%), Vitamin B5: 1.9mg (18.95%), Vitamin K: 19.31µg (18.39%), Zinc: 2.75mg (18.35%), Vitamin D: 2.66µg (17.7%), Calcium: 171.49mg (17.15%), Copper: 0.31mg (15.39%)