

Ocean Perch



Serving Suggestion



- Portion control with application versatility
- Wild-caught
- Individually quick frozen or shatterpack

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Ocean Perch *(Sebastes marinus)*

A value alternative to lake perch, ocean perch fillets are perfect for use in a variety of applications. While popular in deep-fried fish baskets, many ethnic recipes also have a strong appeal for ocean perch.

FEATURES/BENEFITS

- The meat is lean, moist, and flaky - yet moderately firm.
- Fillets are mild-tasting, with a hint of sweetness.
- Flexible portioning and ease of use.
- A low calorie, healthy fish alternative.

APPLICATIONS

Ocean Perch adapts to a variety of cooking methods such as baked, deep fried, pan-fried, or sautéed. The firm texture of ocean perch also makes it suitable for soups, chowders, and stews, and its flavor will hold up to a variety of sauces. Suggested flavor complements: basil, chive, cilantro, dill, garlic, lemon, onion, orange, rice wine, shallot, sesame, soy sauce, tarragon and tomato.



HANDLING/PREPARATION

THAWING

Standard: Remove desired frozen fillets and place on plate in refrigerator overnight.

Quick: Remove desired frozen fillets and place in a colander, run under cold water for approximately 5-10 minutes.

COOKING SUGGESTIONS

Deep Fry: Coat with desired batter and breading and deep fry at 350°F for approximately 3 minutes, or until golden brown and fish flakes easily when tested with a fork.

Bake: Grease baking dish. Brush fillet with butter or oil to keep moist. Bake at 425°F in a conventional oven until fish flakes easily when tested in center with a fork. Do not overcook.

Food Safety Guidelines recommend cooking fish until the internal temperature reaches 145°F.

Reorder No.	Description	Portion Size	Case Pack
610062	Ocean Perch Fillets, SKLS, BNLS, IOF	2-3 oz.	1/10 lb.
499374	Ocean Perch Fillets, SKON, SP	4-6 ct./lb.	4/10 lb.
499382	Ocean Perch Fillets, SKON, SP	6-8 ct./lb.	4/10 lb.
499412	Ocean Perch Fillets, SKON, SP	8-12 ct./lb.	4/10 lb.
175731	Ocean Perch Fillets, SKON, SP	8+ ct./lb.	4/10 lb.

KEY: SKLS = Skinless SKON = Skin-on BNLS = Boneless SP = Shatterpack

For more information, contact your Gordon Food Service® Customer Development Specialist

042013



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