

Tilapia



Serving Suggestion



- Portion control with application versatility
- Farm-raised, boneless, skinless
- Individually quick frozen

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Tilapia *(Oreochromis niloticus)*

Tilapia is a wonderfully creative alternative for your whitefish offerings. With its increasing popularity, this fish provides versatility in preparing a wide variety of delectable menu options.

FEATURES/BENEFITS

- This fish delivers pure white fillets, accompanied by a delicate, mild, and sweet flavor profile.
- Its lean and flaky texture takes on the flavor of its cooking methods, seasonings, and sauces.
- Consistent quality, matched with year-round availability.
- This delicious fish provides a versatile, cost-effective source in developing menu creativity.

APPLICATIONS

Tilapia can be baked, broiled, pan-fried, or sautéed. Suggested flavor complements: almond, caper, chili, chive, dijon, garlic, ginger, lemon sauce, lime, parsley, panko, cracked pepper, sea salt, tarragon, thyme, tomato, and white wine sauce.



HANDLING/PREPARATION

THAWING

Remove fillets and place in bowl of cool water until completely thawed or place in refrigerator for 24 hours until thawed.

COOKING SUGGESTIONS

Bake: Preheat oven to 425°F. Place fillet in lightly oiled shallow baking dish. Season with salt, pepper, and butter or margarine. Bake 6-10 minutes per inch of thickness of fillet until it is opaque throughout.

Broil: Preheat broiler. If desired, season fish with salt, pepper, and lemon juice. Place pan containing fish 4 to 5 inches from heat, and broil 6 to 10 minutes per inch of thickness of fillet.

Pan-Fry: Fry a single layer of fillets in a skillet with hot oil at 350°F until golden brown or until fish flakes easily. Transfer to plate lined with paper towels to drain, and serve immediately.

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

Reorder No.	Description	Portion Size	Case Pack
791230	Tilapia Fillets, IQF	3-5 oz.	1/10 lb.
791240	Tilapia Fillets, IQF	5-7 oz.	1/10 lb.
825061	Tilapia Fillets, IQF	7-9 oz.	1/10 lb.

KEY: IQF = Individually Quick Frozen

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

042013



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