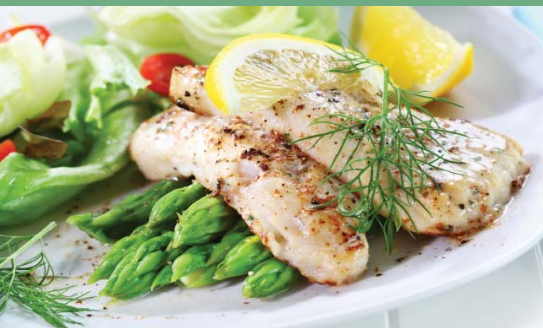


# Alaskan/Pacific Pollock



Serving Suggestion



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

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# Alaskan/Pacific Pollock *(Theragra chalcogramma)*

*This versatile whitefish is commonly used in fish fries, fish -n-chips, and fried sandwiches, pollock provides consistent quality and availability year-round.*

## FEATURES/BENEFITS

- The flavor profile exhibits a mild taste with a flaky, firm texture.
- Economical whitefish value options for fish wraps, tacos, and fish fry baskets.
- Exhibits a delicate taste which is easily complemented with herbs, sauces, and light spices.
- High in protein, low in fat, carbohydrates and cholesterol.

## APPLICATIONS

Pollock is suitable prepared when deep fried, pan-fried, baked, or sautéed. Suggested flavor complements: beer battered with tartar sauce, cilantro, coriander seed, garlic, jalapeno, lemon, lime, onion, orange, sweet chili, tarragon, tomatillo, 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 15 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 fish with butter or oil to keep moist. Bake at 375°F in conventional oven until fish flakes easily when tested in center with fork. Do not overcook.

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

Reorder No.	Description	Portion Size	Case Pack
447951	Alaskan Pollock Fillets, IQF	2-4 oz.	1/25 lb.
476919	Alaskan Pollock Fillets, IQF	4-6 oz.	1/25 lb.
523488	Alaskan Pollock Fillets, SP	2-4 oz.	3/15 lb.
487252	Alaskan Pollock Fillets, SP	4-6 oz.	3/15 lb.
760021	Alaskan Pollock Fillets, SP	6-8 oz.	3/15 lb.
624230	Pacific Pollock Loins, IQF	2 oz.	1/10 lb.
494390	Pacific Pollock Loins, IQF	3 oz.	1/10 lb.
494400	Pacific Pollock Loins, IQF	4 oz.	1/10 lb.
537896	Pacific Pollock Fillets, IQF	2-4 oz.	4/10 lb.
862193	Pacific Pollock Fillets, IQF	4-6 oz.	4/10 lb.

**KEY:** IQF = Individually Quick Frozen SP = Shatterpack



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

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