



Alaskan/Pacific Pollock

(Theragra chalcogramma)

This versatile white fish is commonly used in fish fries, fish-n-chips, and fried sandwiches, our Pollock provides consistent quality and availability year-round.



FEATURES/BENEFITS

- The flavour 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, or sautéed. Suggested flavour complements: beer battered with tartar sauce, cilantro, coriander seed, garlic, jalapeño, lemon, lime, onion, orange, sweet chili, tarragon, tomatillo, and tomato.

HANDLING/PREPARATION

THAWING: Keep frozen until ready to use. Thaw under refrigeration for up to 24 hours.

COOKING SUGGESTIONS

SAUTÉED: Melt butter in large skillet over medium-high heat. Season pollock fillets on both sides. Place fillets in pan and cook for 10 minutes per inch of thickness, measured at thickest part, or until fish flakes when tested with a fork. Flip fillets halfway through cooking to brown on both sides.

PAN FRY: Fry frozen pollock fillet on high heat to desired doneness.

DEEP FRY: Coat with desired batter and breading and deep fry at 176°C for approximately 3 minutes, or until golden brown and fish flakes easily when tested with a fork.

Food Safety Guidelines recommend cooking fish until the temperature reaches 63°C.

NUTRITION FACTS:

Serving Size 4 OZ. (113g), Calories 80, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 80mg, Sodium 97mg, Carbohydrates 0g, Sugar 0g, Fiber 0g, Protein 22g.

COUNTRY OF ORIGIN: China



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