



Blue Gill

(*Lepomis macrochirus*)

Our Blue Gill is native to a wide area of North America including St. Lawrence - Great Lakes and the Mississippi river basin; from Quebec to northern Mexico. This is a very popular fillet for fish fries.



FEATURES/BENEFITS

- Freshwater fish, and a member of the Sunfish family.
- Available in IQF Fillets.
- Round shaped fillet, skin-on, pin bone in.
- Sweet tasting with a firm texture.
- Easily adaptable to a large variety of palates.
- Blue Gill is caught world wide along with North America.

APPLICATIONS

Primarily used for fish fries.

HANDLING/PREPARATION

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

COOKING SUGGESTIONS

FRY: Pat the fillets dry with a paper towel. Blend flour, lemon peel, salt and pepper. Add water. Chill batter for 30 minutes. Heat 2" of oil in a fry pan to 375°F. Coat fish in flour. Dip in batter. Fry for 3 minutes.

DEEP FRY: Pat the fillets dry with paper towel. In a bowl, mix egg, flour and milk until the batter is smooth. Allow to stand for 15 minutes. Dip the fish in the batter, and then fry in hot oil until both sides are browned.

BROIL: Adjust broiling rack of your oven to hold the fish about 4" from heat. Preheat the broiler. Brush the fish fillets liberally with lemon juice, then sprinkle with salt and pepper. Coat the bottom of the broiling pan with melted butter, then arrange the fish. Baste with Italian salad dressing. Broil for 4-5 minutes or until the fish starts to turn brown. Turn, baste and broil the fish for an additional 4 minutes, or until they flake easily when tested with a fork.

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

NUTRITION FACTS:

Serving Size 3.5 OZ. (100g), Calories 94, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 93mg, Carbohydrates 0g, Sugar 0g, Fiber 0g, Protein 21g.



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