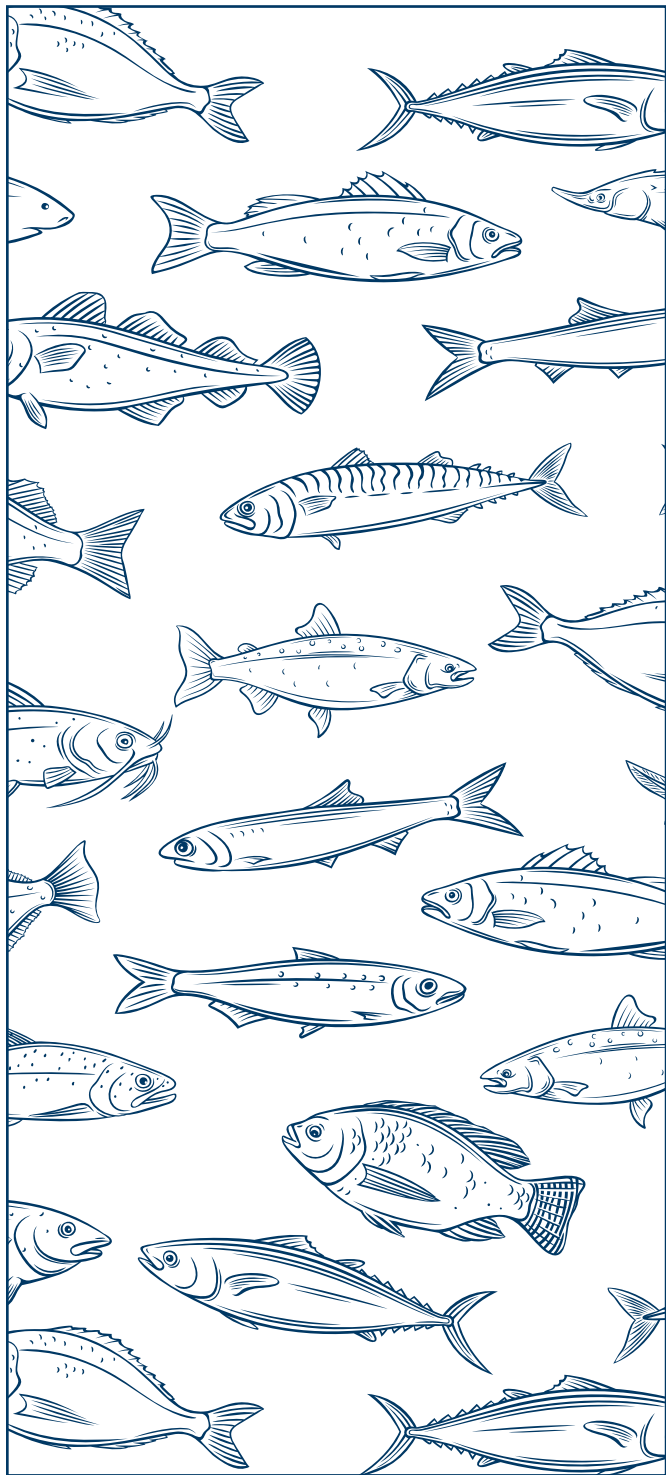
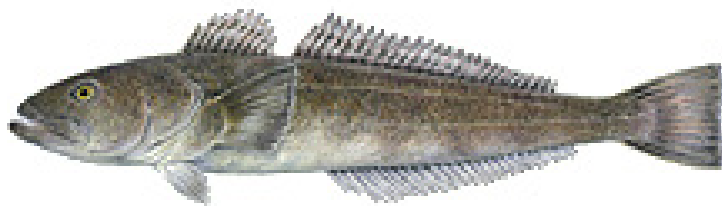




Chilean Sea Bass

(Dissostichus eleginoides)

Our Chilean Sea Bass has a fabulous taste. Its high fat content keeps it moist during cooking and gives it a rich, moist, tender flavor profile which melts in your mouth.



FEATURES/BENEFITS

- The whiteness of the “large flake” cooked flesh combined with the high oil content provides a unique flavor and texture profile unlike similar whitefish such as cod, haddock or halibut.
- Wild-caught, vacuum packed- portions are skinless and boneless.
- Meat from Chilean Sea Bass is “Snow White”.
- Taste profile is mild with a subtle nutty, buttery flavor.

APPLICATIONS

Serve this Chilean Sea Bass as a premium entrée. It has a rich melt-in-your-mouth flavor.

HANDLING/PREPARATION

THAWING: Keep frozen until ready to use. Thaw under refrigeration for up to 24 hours. Remove from the vacuum pack. It also may be submerged in water with vacuum pack intact to thaw as well.

COOKING SUGGESTIONS

BROIL/GRILL: Broil or grill until done. If grilling, skinless fillets must be handled carefully so they don't fall apart on the grill while cooking.

POACH/SAUTÉ: Poach or sauté until done. Avoid adding heavy sauces that compete with the fish's own full flavor.

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

NUTRITION FACTS:

Serving Size 3.5 OZ. (100g), Calories 184, Total Fat 14.2g, Saturated Fat 3.2g, Trans Fat 0g, Cholesterol 49mg, Sodium 56mg, Carbohydrates 0g, Sugar 0g, Fiber 0g, Protein 13.2g.

COUNTRY OF ORIGIN: Chile



IPM selects only the finest quality suppliers in the world to pack our product. Continual inspection and selection during process ensures that you receive a premium product.

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