



Haddock

(Melanogrammus aeglefinus)

As a popular relative of the cod family, Haddock is considered a premium whitefish. Choose any of our haddock selections to provide delicious and exceptional menu options, to achieve the right solution for your application.



FEATURES/BENEFITS

- White flesh accompanied by a slightly sweet taste provide a wonderful, melt-in-your-mouth appeal.
- Excellent alternative to Cod, Hake, or Grouper; famous for its "Fish n Chip" application.
- Lean meat has a firm yet tender texture with a delicate flake.
- Easily adaptable to a large variety of palates, and many world-wide cuisine profiles.

APPLICATIONS

Its moist flavor adapts to a variety of cooking methods such as baked, broiled, deep fried, pan-fried, sautéed, or poached. Suggested flavor complements: bacon, beer batter, butter, caper, chervil, chives, cream, egg, garlic, lemon, onion, olive, parsley, potato, scallion, shallot, tomato, thyme, and white wine sauces.

HANDLING/PREPARATION

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

COOKING SUGGESTIONS

BAKE: Preheat oven to 425°F. Place frozen haddock in a single layer on a nonstick baking sheet. Bake for 15-20 minutes.

DEEP FRY: Preheat oil to 375°F. Place frozen haddock into a fryer basket. Fry for 7-8 minutes.

PAN-FRY: Fry frozen haddock on high heat, flipping once the opaqueness has reached halfway up the side of the fillet.

STEAM: Place frozen haddock into the steamer. Steam for 6 minutes.

POACH: Place frozen haddock into room temperature cooking oil. Bring to a simmer, then turn the heat on low. Cover haddock and cook for approximately 15 minutes.

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

NUTRITION FACTS:

Serving Size 3.5 OZ. (100g), Calories 87, Total Fat 1g, Saturated Fat 0.2g, Trans Fat 0g, Cholesterol 46mg, Sodium 75mg, Carbohydrates 0g, Sugar 0g, Fiber 0g, Protein 19g.

COUNTRY OF ORIGIN: China



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