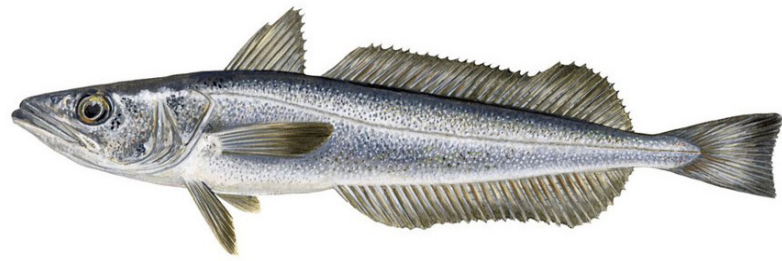




Hake/Capensis

(Merluccius capensis)

Our Hake lends itself to any recipe that requires white fish, and is the perfect choice for preparing a tasty, nutritious, healthy meal.



FEATURES/BENEFITS

- These wild-caught Hake are a South Atlantic cold-water whitefish.
- The fillets are shatter packed, frozen at sea, deep skinned and boneless.
- The loins are 1 time (1x) individually quick frozen.
- This is a firm, white flesh fish with a slightly sweet taste.

APPLICATIONS

Primarily used for deep fried fish and chips it is also great for broiled entrées requiring a mild white flake fin fish. Lends itself to any recipe that requires white fish.

HANDLING/PREPARATION

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

COOKING SUGGESTIONS

BROIL: Place the pan under the preheated broiler and cook for 5-7 minutes. Do not turn while cooking but watch them carefully. The thin fillets will cook quickly. Remove from under the broiler when the fillets are opaque and flaky.

BAKE: Bake for 40-50 minutes at 250°F with a pat of butter.

DEEP FRY: Coat with your favorite batter and cook for 350°F for 3-4 minutes or until golden brown.

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

NUTRITION FACTS:

Serving Size 3.5 OZ. (100g), Calories 80, Total Fat 0.5g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 6.3mg, Sodium 50mg, Carbohydrates 0g, Sugar 0g, Fiber 0g, Protein 16.6g.

COUNTRY OF ORIGIN: South Africa



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.

DISTRIBUTED BY LIMSON TRADING, INC.
NORWALK, CT 06854 USA
LIMSONTRADING.COM / 08/23/v3