



# Smelt

(*Osmerus mordax*)

Our IQF Smelt is a menu favorite for versatile and inexpensive portion costs. They are loaded with healthy nutrients, and are also low in mercury.



## FEATURES/BENEFITS

- Wild-caught in the Canadian waters of Lake Erie.
- Available in Dressed Style: Single frozen, skin-on head and guts removed.
- Available in Tempura Batter: Single frozen, skin-on head and guts removed coated and par fried.
- Mild taste. Fatty fish.
- Fish oil contains essential fatty acids and pro-vitamin A.
- Contains all natural bones; completely edible due to insignificant size of bones.

## APPLICATIONS

Primarily used for fish fries but is used in fish soup, stews, and jellies.

## HANDLING/PREPARATION

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

## COOKING SUGGESTIONS

### DRESSED SMELTS:

**BROIL:** Place fish on well-oiled shallow baking pan. Place 3-4" below hot broiler at 550°F. After 3 minutes in broiler, sprinkle fish with salt and pepper. Brush with melted butter. Broil 5-8 minutes longer or until golden brown. Turning is unnecessary.

### BATTERED SMELTS:

**DEEP FRY:** Deep fry from frozen state at 350°F for approximately 2-3 minutes. This makes a unique, sweet & crispy tempura batter.

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

## NUTRITION FACTS:

Serving Size 3.5 OZ. (100g), Calories 77, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 70mg, Carbohydrates 0g, Sugar 0g, Fiber 0g, Protein 14g.

**COUNTRY OF ORIGIN: U.S.**



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 / 6/22/v1