

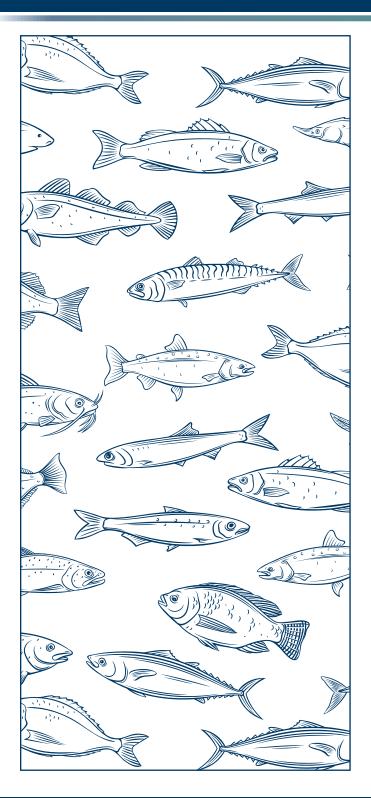
Smelt

(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 Omg, Sodium 70mg, Carbohydrates 0g, Sugar 0g, Fiber 0g, Protein 14g.

COUNTRY OF ORIGIN: U.S.

