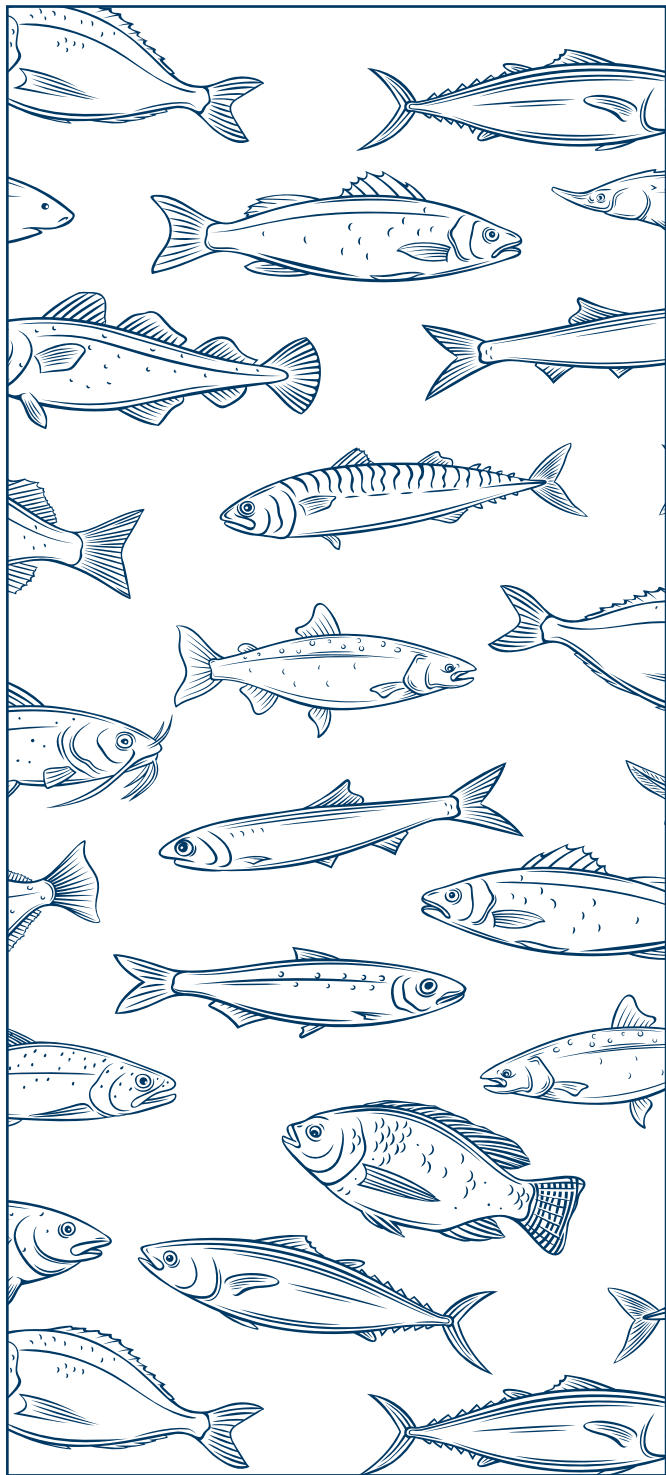




# Swai

*(Pangasius hypophthalmus)*

Our Swai is farm-raised and harvested from ponds in Southern Vietnam. The farmers follow Global Aquaculture practices to preserve the environment as well as the quality of the fish.



## FEATURES/BENEFITS

- White fillets with a firm, delicate texture.
- Raised in surface-floating cages to eliminate bottom feeding flavor issues.
- Mild flavor without any "freshwater raised" algae off-odors or taste.
- Excellent alternative to domestic Catfish, Pollock, Sole and Grouper.
- Swai is often referred to a "Basa" by other users within the U.S. Market.
- Naturally lower in calories, cholesterol and saturated fat compared to U.S. grown catfish.
- Year-round availability with minimal price fluctuations.

## APPLICATIONS

Primarily used for fish fries and pan-roasted applications.

## HANDLING/PREPARATION

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

## COOKING SUGGESTIONS

**SAUTÉ:** Rinse and pat fillets dry with a paper towel. Season/marinate according to your recipe. Heat skillet with a small amount of oil or butter. Cook over medium heat; do not crowd pan. Brown first side and turn over to finish cooking. Cook time is approximately 2-3 minutes per side or until flesh is white and flaky.

**DEEP FRY:** Preheat oil to 350°F. Rinse and pat fillets dry with a paper towel. Season/bread according to your recipe. Fry until golden brown, approximately 3-5 minutes.

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

## NUTRITION FACTS:

Serving Size 4 OZ. (112g), Calories 70, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 55mg, Sodium 480mg, Carbohydrates 0g, Sugar 0g, Fiber 0g, Protein 14g.

**COUNTRY OF ORIGIN: Vietnam**



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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