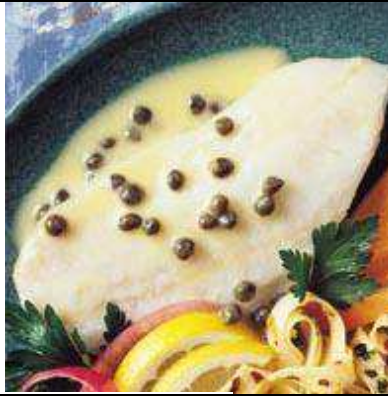


# IQF Alaskan Pollock 2-4z



## **PRODUCT DESCRIPTION**

Pollock's mild flavor and tender white flesh make it popular for food service preparations, especially fish and chips and light, low calorie menu specials.

**Dilgard Item #**  
**06223**

**Vendor Item #**  
**450391**

## **INGREDIENTS**

Alaskan Pollock

## **Storage/Shelf Life**

12 months frozen

## **Packaging Qty**

1, 25 LB

## **Piece Count**

133 servings per case

## **Product Benefits**

IQF form +Very mild flavor +Versatile product +Boneless +Skinless +Ideal for high volume feeders +Multiple menu applications +Easy to work with +Safe and easy to eat +Preferred by consumers +White meat fillets +Low cost protein +Glazed +Utilize on steam table or as entrée +Blends with all sauces +Excellent eye appeal +Most plentiful of all bottomfish +Protected from dehydration

## **Preparation**

For the following cooking methods, allow 10 minutes of cooking time per inch of thickness, measuring fish at thickest part, or until Pollock flakes easily when tested with a fork. **BAKE:** Season Alaskan Pollock with salt, pepper and herbs or dip in seasoned bread crumbs. Place in buttered baking dish and bake at 400°F. **SAUTE:** Dip Alaskan Pollock in seasoned flour. Sauté in oil, butter or margarine over medium heat, until lightly browned on both sides. **POACH:** Fill large skillet with 2-3 inches of water. Season with salt, onion, lemon, bay leaf and peppercorns. Bring to boil. Add Alaska Pollock and cover tightly with a lid. Reduce heat and simmer until done. **SIMMER:** For stews and chowders, add serving-size pieces of Alaskan Pollock during final 10 minutes of cooking. Simmer, covered, 10 minutes, until done, taking care not to over-stir.

*Serving  
Suggestions:*

+Parmesan Baked Alaskan Pollock  
+Lemon Garlic Alaskan Pollock  
+Honey Mustard Alaskan Pollock  
+Sour Cream & Herb Alaskan Pollock  
+Alaskan Pollock au Gratin  
+Cantonese Style Alaskan Pollock  
+Pepper Crusted Alaskan Pollock  
+Fish 'n Chips  
+Fish Tacos

