

Cello Haddock



PRODUCT DESCRIPTION

100% natural haddock fillets.

Dilgard Item #
40461

Vendor Item #
21005140

INGREDIENTS

haddock

Storage/Shelf Life

547 days -15°F to -14°F

Packaging Qty

10, 5 LB

Piece Count

Approximately 20 servings per case

Product Benefits

Processed and immediately iced at the peak of freshness. Cooks to a pure, white color for maximum eye appeal.

Preparation

Cooking Directions: For best results cook from frozen. Can be cooked from frozen or thawed. To thaw, place the fillet on a sheet pan in a single layer, cover with plastic wrap and refrigerate for 24 hours or thaw in sealed bag under cool running water. Preheat conventional oven to 400 to 425°F. Sprinkle fillet with lemon juice, salt and pepper or other spices of your choice. Bake frozen fillet for 10 minutes, turn over and bake an additional 10 minutes. If thawed, reduce cooking time to 5 minutes per side. Fish is cooked when the internal temperature reaches a minimum of 160°F. Adjust cooking time depending upon product's natural thickness and appliance characteristics.

*Serving
Suggestions:*

Ideal for **baking, broiling, poaching** grilling, sautéing and deep frying.

