

# Pacific Rockfish



- >> WILD, OCEAN-CAUGHT
- >> DEEP-SKINNED
- >> ONCE FROZEN
- >> SKINLESS/BONELESS



## Pacific Rockfish

Wild and delicious Trident Pacific Rockfish are harvested from the clean, icy waters of the North Pacific. The result is a choice white fillet featuring a firm, meaty texture and a mild, nutty sweet flavor.

All natural and IQF, each Pacific Rockfish fillet is deep-skinned and pin-boned to save you time and money. And with a selection of convenient portion sizes to choose from, Trident Pacific Rockfish work easily into a wide variety of recipes and menu concepts. Try a seafood stew with Pacific Rockfish or pan-fry bread crumb-coated fillets for a Rockfish Parmesan. Poach Pacific Rockfish and sprinkle with fresh herbs and lemon zest or go for the health conscious crowd with a simple Broccoli Stuffed Rockfish bake.

## Features & Benefits

### >> BONELESS AND SKINLESS

Deep skinned, saves time and money

### >> INDIVIDUALLY QUICK FROZEN

Preserves freshness, cook to order

### >> ALL NATURAL

No Additives

### >> COOKS QUICKLY

Outstanding taste & texture

### >> SINGLE FROZEN

Maintains premium texture and flavor

## Species Information

Pacific Rockfish is a deepwater species prized for its firm, meaty texture. The fish turns snow-white when cooked, with a fine flake and a delicate, mild flavor. Versatile and sweet, it's often marketed as Pacific Ocean Perch.

## PACK INFORMATION

ITEM #	DESCRIPTION	PACK SIZE	APPROX. PORTIONS PER CASE	GTIN #
Pacific Rockfish Fillet—Deep Skinned, Boned, IQF				
411513	Under 2 oz. Rockfish Fillet IQF	1/10 lb.	80	0 00 28029 11513 0
411316	2–4 oz. Rockfish Fillet IQF	1/10 lb.	53	0 00 28029 11316 7
411317	4–6 oz. Rockfish Fillet IQF	1/10 lb.	32	0 00 28029 11317 4
411318	6–8 oz. Rockfish Fillet IQF	1/10 lb.	23	0 00 28029 11318 1
DIMENSION: (L x W x D) 15.88" L x 12" W x 5" D		GROSS WEIGHT: 11.2 lb.		CUBE: .55 TI HI: 12 x 7
411319	8+ oz. Rockfish Fillet IQF	1/25 lb.	50	0 00 28029 11319 8
DIMENSION: (L x W x D) 24" L x 13" W x 6.63" D		GROSS WEIGHT: 28.45 lb.		CUBE: 1.20 TI HI: 6 x 6



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## HANDLING INSTRUCTIONS

Keep frozen until ready to thaw.

Thawing Instructions: Remove all packaging. Place on tray or plate. Cover with a plastic wrap or wax paper and thaw in refrigerator for 16–24 hours. Keep thawed product refrigerated and use within 2–3 days.

## COOKING INSTRUCTIONS

Remove all packaging.

Oven temperatures vary. Cook to an internal temperature of 145°F.

From thawed, allow 10 minutes of cooking time per inch of thickness at 350°F until fish flakes easily when tested with a fork.

From frozen, double the cooking time.

Fish is best when the flesh has just turned opaque and is still moist throughout.

Nutrition Facts	
Serving Size 1 piece (113 g/4 oz)	
Amount Per Serving	
<b>Calories</b>	150
Calories from Fat	25
% Daily Value*	
<b>Total Fat</b> 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 95mg	4%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 28g	56%
Vitamin A 6%	Vitamin C 0%
Calcium 2%	Iron 2%

INGREDIENTS: Rockfish. Contains Fish (Rockfish)