

Pacific Swordfish



>> WILD, OCEAN-CAUGHT

>> BONELESS

>> VACUUM PACKED



Pacific Swordfish

One of the best recognized fish in the sea, swordfish is also a favorite on the menu. Long-line caught and sashimi grade, Trident Pacific Swordfish arrive as premium-cut steaks, individually vacuum-packed and frozen to preserve their moist texture and sweet taste. With its ivory-white color and firm flake, Trident Swordfish hold up well on the grill and they're rich in heart-healthy Omega-3's.

A versatile match for so many profiles, Trident Pacific Swordfish work harmoniously with all cuisines from around the world. Butterfly the steaks and turn into French Swordfish Paillards with a Citrus Salad; or pound and roll them into Swordfish Involtini A La Siciliana. Grill steaks and top them with an Orange or Soy Glaze; or bake and top with Lemon Thyme and Asparagus. How about a Spicy Indian Swordfish Marsala? Or skewer up a delicious Greek Swordfish Souvlaki and it's sure to be a hit.



Features & Benefits

>> WILD, LONG-LINE CAUGHT

Highest quality guaranteed

>> INDIVIDUALLY VACUUM-PACKED

Preserves freshness

>> PORTION CONTROL

Consistent cost and cook time

Species Information

Pacific Swordfish can grow up to 14 feet in length and weigh up to 1,200 pounds. They can be found in the tropical, subtropical and temperate zones of the Pacific. Swordfish are characterized by a long, flat bill in contrast to the smooth, round bill of Marlins. They are also known for their ivory white flesh color, firm and meaty texture, along with a slightly sweet taste.

PACK INFORMATION

ITEM#	DESCRIPTION	PORTION SIZE	PACK	APPROX. PORTIONS PER CASE	GTIN#
437638	Steaks "Sashimi Grade"	4 oz.	1/10 lb.	40	0 28029 37638 8
437824	Steaks "Sashimi Grade"	6 oz.	1/10 lb.	27	0 28029 37824 5
432377	Steaks "Sashimi Grade"	8 oz.	1/10 lb.	20	0 28029 32377 1
437875	Steaks "Sashimi Grade"	10 oz.	1/10 lb.	16	0 28029 37875 7
452327	Mixed Grill: Swordfish, Halibut & Salmon	8 oz	1/10 lb.	20	0 28029 52327 0
412585	Mixed Grill: Swordfish, Halibut & Salmon	12 oz	1/10 lb.	13	0 00 28029 12585 6
10 LB. CASE DIMENSION: (L x W x D) 15" L X 9.94" W X 6.25" H CUBE .54					
TI HI 12 X 7 GROSS S. 11.6 LB					

HANDLING & COOKING INSTRUCTIONS

For best results, remove all packaging and refrigerate below 38°F for 8–10 hours or overnight.

Allow 10 minutes of cooking time per inch of thickness on thawed product.

BAKE: Place swordfish in baking dish in a preheated oven at 400°F. Brush with butter or sprinkle with herbs if desired.

GRILL: Place swordfish on well-greased grill a few inches above hot coals. Turn once halfway through cooking time. Brush swordfish with oil, butter, margarine or marinade several times during cooking.

SAUTÉ: Sauté swordfish in oil or butter over medium-high heat. Turn swordfish for even browning halfway through cooking.

BROIL: Broil swordfish 4 inches from heat. Brush swordfish with oil, butter, margarine or marinade several times during cooking.

We strive to produce a fully "boneless" product. As with all fish, however, occasional bones might still be present.

Nutrition Facts — SWORDFISH	
Serving Size (113 g/4 oz)	
Amount Per Serving	
Calories	120
	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 100mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	32%
Vitamin A 2%	Vitamin C 4%
Calcium 0%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: Swordfish. Contains fish (Swordfish).



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