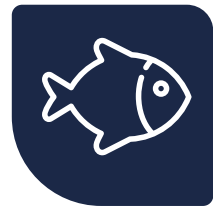




SWAI



- Farm Raised
- Fillets, Portions/Strips
- IQF / IVP / IWP
- Packaging: Food Service & Retail
- Origin: Vietnam



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SWAI / PANGA

(Pangasianodon Hypophthalmus)

Swai is very versatile species making it possible to prepare using various cooking methods. Mild taste provides the opportunity to personalize the flavor profile during the cooking process as fillets take on the flavor that is introduced during cooking.

FEATURES/BENEFITS:

- White fillets, mild and sweet flavor
- Delicate texture
- Year-round availability
- Cost effective source of protein



QUALITY ASSURANCE:

- Annual plant and 3rd party inspection on all production to ensure quality standards
- Production guidelines in place to meet local and global health requirements
- Sustainably produced and harvested

HANDLING/PREPARATION:

THAWING:

To safely thaw fillets, remove from packaging, place on a plate, cover and leave under refrigeration overnight. To rapid thaw, place fillet in a sealed bag and immerse in cool water. Do not refreeze after thawing.

COOKING SUGGESTION:

Swai can be baked, broiled, grilled, sautéed or pan-fried.

Bake: Preheat oven to 425°F. Place the Swai in lightly oiled shallow baking dish. Season to taste. Bake 6-10 minutes per inch of thickness of fillet until it is opaque throughout.

Broil: Preheat broiler. If desired, season to taste. Place pan containing fish 4 to 5 inches from heat, and broil 6 to 10 minutes per inch of thickness of fillet.

Grill: Preheat grill to medium-high heat (375°F). Cover fillets with oil for best results. Place the fillets on the grill, cook for about 3-5 minutes on each side depending on thickness of the fillet.

Pan-fry: Fry a single layer of fillets in a skillet with hot oil at 350°F until golden brown or until fish flakes easily. Transfer to plate lined with paper towels to drain, season to taste and serve immediately.

Cooking times and temperatures may vary.

Food safety guidelines recommend cooking fish until the internal temperature reaches 145°F.

SUGGESTED SEASONING/SAUCES:

Almond, caper, chili, chive, dijon mustard, garlic, ginger, lemon sauce, lime, parsley, panko, cracked pepper, sea salt, tarragon, thyme, tomato, and white wine sauce.

Description	Portion Size	Carton & Packaging Options
Fillets, Skinless & Boneless, IQF	2-3, 3-5, 5-7, 7-9, 9-11 oz	1 x 15 lb
Fillets, Skinless & Boneless, Shatter Pack	6-8, 8-10, 10-12, 12-14 oz	1 x 22 lb & 4 x 10 lb
Fillets, Skinless & Boneless, IQF	2-3, 2-5, 3-5, 5-8 oz	1 lb, 2 lb, 1 kg Retail Ready Bag

Packaging applications available for retail & food service in our Early Dawn® brand.

