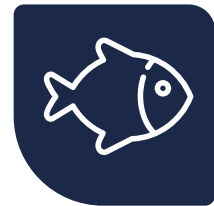




# TILAPIA



- Farm Raised
- Fillets, Portions, Gutted & Scaled, Whole Round
- IQF / IVP
- Packaging: Food Service & Retail
- Origin: China, Vietnam, Taiwan, South America



## AJC

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## Tilapia

(*Oreochromis spp.*)

Tilapia offers several alternative preparation methods providing a wide range of appetizing menu options for those looking for an alternative to other white fish species.

### FEATURES/BENEFITS:

- Tilapia meat is white, mild and sweet tasting
- Slightly firm with flaky texture
- Consistent quality and year-round availability
- Cost effective source of protein for food service and home preparation



### 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:

Tilapia can be baked, broiled or pan-fried.

**Bake:** Preheat oven to 425°F. Place the tilapia in lightly oiled shallow baking dish. Season to taste, and add butter or margarine. 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.

**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
Gutted & Scaled	350/550, 550/750, 750/950 g	1 x 10 lb & 1 x 40 lb
Fillets, Skinless & Boneless, IQF	2-3, 3-5, 5-7, 7-9, 9-11 oz	2 x 5 lb & 1 x 10 lb & 1 x 10 kg
Fillets, Skinless & Boneless, IVP	3-5, 5-7, 7-9, 9-11 oz	2 x 5 lb & 1 x 10 lb & 1 x 10 kg
Fillets, Skinless & Boneless	2-3, 2-5, 3-5 oz	1 lb, 2 lb, 1 kg Retail Ready Bag

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

