



www.cport.net

POLLOCK *Theragra chalcogramma*

GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

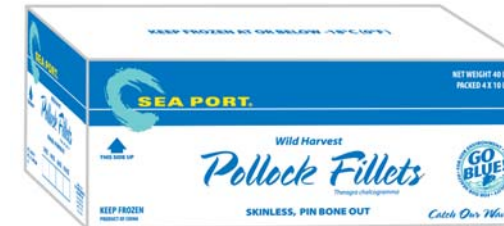
ALASKA POLLOCK



Russian Fishery (processed in China)

Catch Our Wave® to Sustainability

Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: www.un.org/en/globalissues/environment). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.



Product Presentation	Boneless, Skinless Fillets
Size, oz/piece	1/2, 2/4, 4/6, 6/8, 8/10 oz
Pack	4/10 LB IQF

For full package details, visit our website.

Alaska Pollock has a delicate mild flavor. When cooked, the flesh of the fish is snow-white. It is lean and tender with excellent flaking quality. It should not be confused with Atlantic Pollock which is a darker, more oily meat that typically has a "fishier" flavor. For Health & Nutrition benefits go to: www.cport.net

SEASONALITY



FLAVOR



TEXTURE



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Oven Roasted Pollock with Cherry Tomatoes and Fresh Basil

INGREDIENTS:

- 2 pints cherry tomatoes
- 1 tablespoon extra-virgin olive oil
- 12 to 15 garlic cloves, peeled
- Coarse salt
- Cracked black pepper
- 1/2 cup loosely packed basil leaves, torn into halves and thirds
- 1 1/2 pounds Pollock fillets

DIRECTIONS:

Preheat oven to 425 degrees F. In a 9 by 13-inch baking pan, combine tomatoes, oil, garlic, salt, pepper and 1/2 the basil. Roast for 15 minutes. Remove from oven, gently stir. Nestle fish in pan with tomatoes, place back in oven and continue roasting 7 to 10 minutes more or until fish is no longer translucent and tomatoes are just beginning to burst. Remove from oven. Divide fish among serving plates. Add remaining basil to tomatoes. Taste and adjust seasonings. Spoon over fish in equal portions.

Preparation and cooking time: 30 mins Serves 4

<http://www.foodnetwork.com/recipes/kathleen-daelemans/oven-roasted-cherry-tomatoes-with-basil-and-whitefish-recipe/index.html>

Nutrition Facts

Serving Size 3.5 oz (100g)

Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value**	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 330mg	14%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 12g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%

**Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: Pollock, Sodium Tripolyphosphates (to retain moisture), Salt.

METHOD OF HARVEST: Wild Harvest; Trawl
COUNTRY OF ORIGIN(S): Russia, USA, Processed in China **FAO 61**

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