HOUSTON SEAFOOD COMPANY

Whole Tilapia

Oreochromis niloticus

Country of Origin:	China
Wild or Farmed:	Farm raised
Pack size:	1x40 LB
Case Weight (Net):	40 lbs.
Case Weight (Gross):	44 lbs.
Case Dimensions:	14.25” x 22.5” x 8.5”
Ti x Hi	7 x 5
Fresh or Frozen:	Frozen
Sustainablility Rating:	4 star BAP





Best Aquaculture Practices
★ Processor
★ Farm
★ Hatchery
★ Feed
CERT # P12345
bapcertification.org

Key Notes:

100% nt wt, Scaled and Gutted

Tilapia is very lean and has a mild flavor, and slightly firm and flaky texture.

Description	HSC Product codes:	GTIN
Tilapia, 350/550 clean & gutted	002486	10636880000884
Tilapia, 550/750 clean & gutted	002488	10636880000877
Tilapia 750/up clean & gutted	002491	10636880001942

Cooking Tips:

Preheat the oven to 400 degrees F. Rinse the fish and pat it very dry. Make two slashes into the skin on each side of the fish. Whisk together the cider vinegar, mustard, and dill in a medium-sized bowl. Place two cloves of garlic and a sprig of parsley into the cavity of each fish. Place the fish in the bowl and turn to coat in the vinegar mixture. Use two pieces of foil to form two sections in a baking dish. Rub the foil with olive oil. Place one fish in each section and drizzle the remaining vinegar mixture into the fish cavity and the slashes on the top side of the fish. Bake 15-20 minutes until the fish flakes easily with a fork

For more information or help with placing an order;
Please contact our sales team.
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