

FROZEN POLLOCK



NUTRITION

- Pollock is high in protein and has 40% of your daily requirement in 6-ounces or 3/8ths of a pound.
- Pollock along with most other fish is high in Omega-3 fatty acids, selenium and phosphorous, all of which are great for brain function
- It is very high in B vitamins, which are great for your hair, skin and reducing your allergy response to everyday irritants

PREPARATION

- Pollock has a fishier flavor and scent than most fish
- Pollock can be:
 - Baked – 350°F for 20 minutes and could be with or without breadcrumb topping
 - Steamed – Seal in parchment paper with vegetables, herbs and a tablespoon of liquid, bake on 350°F for about 20 minutes
 - Poached – Add to a soup and cook in the broth
 - Broiled – Turn the oven up to 425 and cook for about 5-10 minutes

STORE

- Raw or cooked Pollock will last up to 4 days in the refrigerator
- Raw Pollock will last up to 3 months in the freezer

FROZEN POLLOCK



NUTRITION

- Pollock is high in protein and has 40% of your daily requirement in 6-ounces or 3/8ths of a pound.
- Pollock along with most other fish is high in Omega-3 fatty acids, selenium and phosphorous, all of which are great for brain function
- It is very high in B vitamins, which are great for your hair, skin and reducing your allergy response to everyday irritants

PREPARATION

- Pollock has a fishier flavor and scent than most fish
- Pollock can be:
 - Baked – 350°F for 20 minutes and could be with or without breadcrumb topping
 - Steamed – Seal in parchment paper with vegetables, herbs and a tablespoon of liquid, bake on 350°F for about 20 minutes
 - Poached – Add to a soup and cook in the broth
 - Broiled – Turn the oven up to 425 and cook for about 5-10 minutes

STORE

- Raw or cooked Pollock will last up to 4 days in the refrigerator
- Raw Pollock will last up to 3 months in the freezer

Crispy Baked Pollock

Serves: 4

Prep: 15 minutes | Cook: 20 minutes

Ingredients

- 1 –1 1/2 pound fish fillets, cut into 4-oz portions
- 1 cup traditional breadcrumbs or corn flake cereal
- 2 tablespoons finely chopped parsley
- 1/4 cup all-purpose flour
- 2 large eggs
- 1 teaspoon Cajun spice blend— paprika, cayenne, oregano, thyme, red pepper, garlic powder, onion powder (optional)
- Lemon wedge (optional)
- Salt and pepper, to taste

Directions

1. Heat oven to 425°F.
2. Line a baking sheet with foil and spray with nonstick cooking spray or drizzle with a teaspoon of oil.
3. Sprinkle both sides of the fish with salt and pepper.
4. In a wide bowl, combine breadcrumbs and parsley.
5. In a second wide shallow bowl, add flour.
6. In a third wide bowl, whisk together the egg and seasoning.
7. Dip each piece of fish in the plain flour, then egg mixture, then breadcrumb mixture.
8. Arrange on baking sheet. Bake for about 18 minutes, or until flaky with a fork and golden brown.



Crispy Baked Pollock

Serves: 4

Prep: 15 minutes | Cook: 20 minutes

Ingredients

- 1 –1 1/2 pound fish fillets, cut into 4-oz portions
- 1 cup traditional breadcrumbs or corn flake cereal
- 2 tablespoons finely chopped parsley
- 1/4 cup all-purpose flour
- 2 large eggs
- 1 teaspoon Cajun spice blend— paprika, cayenne, oregano, thyme, red pepper, garlic powder, onion powder (optional)
- Lemon wedge (optional)
- Salt and pepper, to taste

Directions

1. Heat oven to 425°F.
2. Line a baking sheet with foil and spray with nonstick cooking spray or drizzle with a teaspoon of oil.
3. Sprinkle both sides of the fish with salt and pepper.
4. In a wide bowl, combine breadcrumbs and parsley.
5. In a second wide shallow bowl, add flour.
6. In a third wide bowl, whisk together the egg and seasoning.
7. Dip each piece of fish in the plain flour, then egg mixture, then breadcrumb mixture.
8. Arrange on baking sheet. Bake for about 18 minutes, or until flaky with a fork and golden brown.



Nutrition Information

Serving Size: 1, 4oz piece of fish	
Calories	229
Total fat	4 g
Saturated Fat	2 g
Cholesterol	170 mg
Sodium	537 mg
Carbohydrates	9 g
Fiber	2 g
Sugars	1 g
Protein	28 g

Pollock Banh Mi

Serves: 4

Prep: 30 minutes | Cook: 20 minutes

Ingredients

- 1 package (15.2 oz) Pollock
- Cucumber, thinly sliced lengthwise, then in half the other way
- 4 sandwich buns
- Cilantro
- 1/3 cup mayonnaise (optional)
- Salt and pepper, to taste

Pickled Vegetables:

- 2/3 cups water
- 1/2 cup white vinegar
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 1/2 cup carrot and other vegetables of choice, peeled and sliced

Directions

1. Prepare pickled vegetables: combine water, vinegar, sugar, salt, red pepper flak in a small saucepan. Bring to a boil, remove from heat. Stir in vegetables, cover and refrigerate for 30 minutes or more.
2. Heat a teaspoon oil in a frying pan to medium heat. Season both sides of fish. Cook fish about 10 minutes until flaky with a fork
3. Place cucumber slice on each roll bottom half, top with fish, a few pickled vegetable and sprig of cilantro.



Pollock Banh Mi

Serves: 4

Prep: 30 minutes | Cook: 20 minutes

Ingredients

- 1 package (15.2 oz) Pollock
- Cucumber, thinly sliced lengthwise, then in half the other way
- 4 sandwich buns
- Cilantro
- 1/3 cup mayonnaise (optional)
- Salt and pepper, to taste

Pickled Vegetables:

- 2/3 cups water
- 1/2 cup white vinegar
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 1/2 cup carrot and other vegetables of choice, peeled and sliced

Directions

1. Prepare pickled vegetables: combine water, vinegar, sugar, salt, red pepper flak in a small saucepan. Bring to a boil, remove from heat. Stir in vegetables, cover and refrigerate for 30 minutes or more.
2. Heat a teaspoon oil in a frying pan to medium heat. Season both sides of fish. Cook fish about 10 minutes until flaky with a fork
3. Place cucumber slice on each roll, top with fish, a few pickled vegetable and sprig of cilantro.



Nutrition Information

Serving Size: 1/4 of the recipe

Calories	229
Total fat	6 g
Saturated Fat	2 g
Cholesterol	8 g
Sodium	343 g
Carbohydrates	39 g
Fiber	3 g
Sugars	9 g
Protein	7 g

Fish Dip

Serves: About 8
Prep: 20 minutes

Ingredients

- 1 can white or navy beans, rinsed and drained
- 1 1/2 teaspoons lemon zest
- 3 tablespoons lemon juice
- 1/2 pound Pollock, cooked
- 1/8 teaspoon cayenne pepper
- 2 tablespoons olive oil
- 1 teaspoon rosemary (optional)
- 1 large garlic clove
- Salt and pepper, to taste

Fresh Vegetables - peppers, carrots, celery, cucumbers

Directions

1. Grill Pollock, if possible. If not, cook the Pollock in a frying pan over medium high heat for about 5 minutes on each side.
2. Place garlic and rosemary into the food processor until finely chopped.
3. Add olive oil, beans, cayenne, lemon zest and juice until smooth.
4. Add Pollock, salt and pepper. Pulse until combine.
5. Serve with fresh vegetables.



Fish Dip

Serves: About 8
Prep: 20 minutes

Ingredients

- 1 can white or navy beans, rinsed and drained
- 1 1/2 teaspoons lemon zest
- 3 tablespoons lemon juice
- 1/2 pound Pollock, cooked
- 1/8 teaspoon cayenne pepper
- 2 tablespoons olive oil
- 1 teaspoon rosemary (optional)
- 1 large garlic clove
- Salt and pepper, to taste

Fresh vegetables—peppers, carrots, celery, cucumbers



Nutrition Information	
Serving Size: 1/4 cup	
Total calories	63
Total fat	5 g
Saturated fat	1 g
Cholesterol	10 mg
Sodium	14 mg
Carbohydrates	2 g
Fiber	g
Sugar	g
Protein	4 g

Directions

1. Grill Pollock, if possible. If not, sear the Pollock in a frying pan over medium high heat for about 5 minutes on each side.
2. Place garlic and rosemary into the food processor until finely chopped.
3. Add olive oil, beans, cayenne, lemon zest and juice until smooth.
4. Add Pollock, salt and pepper. Pulse until combine.
5. Serve with fresh vegetables.

Nutrition Information	
Serving Size: 1/4 cup	
Total calories	63
Total fat	5 g
Saturated fat	1 g
Cholesterol	10 mg
Sodium	14 mg
Carbohydrates	2 g
Fiber	g
Sugar	g
Protein	4 g