

What makes a premium haddock?

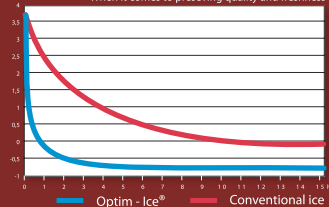


It's not just any fish that can be called 'premium'.

When it comes to preserving quality and freshness of the catch, proper handling, rapid and efficient cooling is essential. Our Optimar[®] Slurry Ice system allows us to chill the fish very quickly to just below 0° C where we can maintain superior freshness without compromising the quality. Any fresher, and you'll have to take it off the line yourself!

Rapid rate of cooling is essential

When it comes to preserving quality and freshness



entertaining

Grilled Vegetable and Haddock Stack

2 large tomatoes
2 large zucchini
1 large sweet potato, peeled
1 large white potato, peeled
1 large red onion
1/2 sweet red pepper
1 lb Léry Charles Premium Haddock Fillets
Salt, pepper and oregano to taste
Seasoned couscous or rice



1. Cut vegetables into slices about 1/4" (5 mm) thick.
2. Cut haddock into 4 or 8 portions.
3. Grill vegetables on an oiled grill over medium heat until tender. Keep warm.
4. Season fish lightly with salt, pepper and oregano. Grill in grill basket about 8 minutes or until fish is opaque throughout.
5. To assemble, line 4 plates with couscous or rice. Build four towers by stacking vegetables dividing evenly, on top of each bed of couscous as follows: tomato, zucchini, sweet potato, white potato, onion, haddock, red pepper.
6. Secure stack with a skewer if desired.
7. Serve warm or at room temperature. Makes 4 servings.

Haddock & Cucumber-Mango Salsa

Salsa
2 cups diced peeled mango
1 cup diced cucumber
1/4 cup finely chopped red onion
3 tbsp finely chopped cilantro
2 tbsp lime juice
1 tbsp honey

Haddock

1 1/2 lbs Léry Charles Premium Haddock Fillets
1/3 cup all purpose flour
Paprika, salt and pepper
1 tbsp olive oil
Lemon wedges



1. For salsa, combine all ingredients. Mix well. Cover and chill at least 1 hour. Salsa can be prepared up to 2 days ahead.
2. Cut haddock into 4 portions.
3. Sprinkle fillets with flour shaking off excess. Sprinkle lightly with paprika, salt and pepper.
4. Heat oil in large frying pan on medium-high heat. Add fish to pan and cook about 3 minutes or until golden. Turn and cook about 3 minutes longer or until fish flakes easily with a fork and is opaque throughout.
5. Serve fillets topped with salsa. Makes 4 servings.

to your health