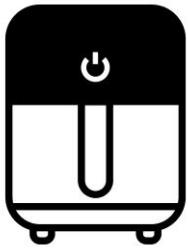


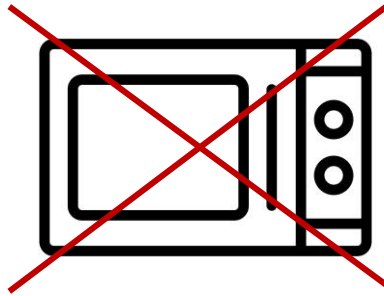
# 2. Oven Baked Breaded Sea Bass & Sea Bream

- Remove all packaging
- Fish is ALREADY cooked in the oven
- Follow below suggestions – NO need to season fish fillets-
- All directions are for **defrosted** items



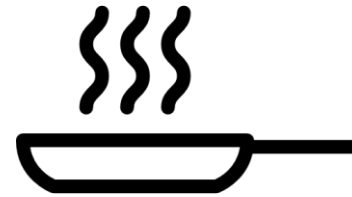
## AIR FRYER

- Preheat Air fryer according to instructions
- Place fillet in center of basket, use parchment paper
- Heat for max **6'** in total- turn side after 3' until golden and crispy



## MICROWAVE

- Not suggested to cook breaded fish in microwave.



## SKILLET

- In a frying pan, place fillet in very low heat
- Pan fry for **10'**.
- Turn the fillet several times until golden and crispy



## PROFESSIONAL OVEN

- Preheat the oven to a temperature of 370°F.
- Transfer the fillet to a foil-lined sheet tray coated lightly with vegetable oil in the oven.
- Bake for about **8'** in medium position with air stream

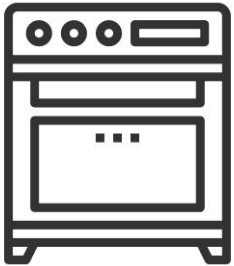
“Light and crispy, this pre-cooked breaded sea bream is quick to prepare for an easy dinner any night of the week.” *International Taste Institute*

*Due to differences in appliances, cooking times may vary and require adjustment.*

# 2. Oven Baked Breaded Sea Bass & Sea Bream



- Remove all packaging
- Fish is ALREADY cooked in the oven
- Follow below suggestions – NO need to season fish fillets-
- All directions are for **frozen** items



## CONVENTIONAL OVEN

- Preheat the oven to a temperature of 392°F
- Transfer the fillet to a foil-lined sheet tray in the oven.
- Bake for about **14'-16'** in medium position with air stream & grill



“Light and crispy, this pre-cooked breaded sea bream is quick to prepare for an easy dinner any night of the week.” *International Taste Institute*

*Due to differences in appliances, cooking times may vary and require adjustment.*

# General Directions about defrosting fish



## The Standard Way to Thaw Your Seafood

\*Thaw frozen fish gradually by placing it in the **refrigerator overnight**. Place the fish on a plate/tray lined with paper towels or a tea towel that will fit on a low shelf in your refrigerator, arranging them in a single layer if possible. The paper towels will absorb the liquid melting off the seafood. Make sure to place your fish in the coldest part of your fridge, where the temperature is below 38°F. Once the fish has thawed — this will **usually take 10-12 hours** — rinse the fish to remove any remaining ice glaze. Then, pat it dry before cooking to remove any excess moisture for best flavor and texture. We recommend cooking your seafood within a day or two of being defrosted.

## The Quick Way to Defrost Fish

We don't suggest to thaw the fish into cold water, as it will lose part of its aroma. Thawing salmon/seafood in the microwave isn't exactly ideal but if the food will be cooked immediately thereafter — **microwave** it on the “defrost” setting and stop the defrost cycle while the salmon is still icy but pliable (suggestion 2', turning halfway). Typically, microwaves defrost at a rate of about 6 to 8 minutes per pound of fish. However, make sure to check the fish occasionally to ensure the microwave is only defrosting the salmon, not cooking it. Stop defrosting once the fish is flexible and cold, not warm. Let stand for 1 minute before proceeding with cooking. Best to use paper towel to dry the fillet from excessive liquids before proceeding.

★Note: You really only need to thaw your salmon if you're working with larger pieces of fish. If you're cooking small salmon filets (4–6 oz.) that come vacuum sealed, you should be fine cooking your salmon straight from frozen. This is because our salmon is flash-frozen, which minimizes ice crystals and helps retain the fish's texture, even when taking it from rock-hard frozen to sizzling hot in a matter of seconds.