

## HOW TO STEAM BERING BOUNTY'S TRUE COD, POLLOCK AND ROCKFISH FROM FROZEN

**BERING BOUNTY LLC'S WILD-CAUGHT & SUSTAINABLE ALASKAN TRUE COD, POLLOCK & ROCKFISH CAN BE COOKED MANY WAYS: BAKE, BROIL, STEAM OR FRY.**

ONE FAST & EASY WAY TO PREPARE BERING BOUNTY LLC'S BERING SEA COD, POLLOCK AND ROCKFISH IS DIRECTLY FROM FROZEN. YOUR EYES ARE NOT DECEIVING YOU - FROM FROZEN! - NO THAWING, NO FALL IN QUALITY, VERY LITTLE WAITING. FISH PERFECTION IN ONLY 11 MINUTES FOR COD, 9 MINUTES TOTAL COOK TIME FOR POLLOCK & ROCKFISH. ALL THESE FISH ARE SKINLESS & BONELESS & YOU DECIDE WHEN YOU COOK IT - THE FRESHNESS LOCKED IN. *SHOULD* YOU HAVE BOUGHT OUR FISH THAWED, OR NEED TO THAW IT FOR A RECIPE: ADD A LITTLE WATER TO THE FISH. PLACE THE FISH IN A COVERED PAN & CUT THE TOTAL TIME TO 2 MINUTES INITIAL STEAMING - DUST THE FISH WITH YOUR FAVORITE SPICES OR FLAVORINGS AND THEN STEAM A FURTHER 3-4 MINUTES.

HERE IS A QUICK 4 STEP RUN-DOWN TO A LIGHTNING FAST, HEALTHY (OUR WHITEFISH IS HIGH IN PROTEIN, LOW-FAT & HAS GREAT OMEGA-3S ) & SATISFYING MEAL **FROM FROZEN**:-

1. HEAT A LARGE FRYING PAN TO MEDIUM HIGH OR PRE-HEAT AN ELECTRIC SKILLET TO 325° - POUR IN OLIVE OIL & RUN IT AROUND THE PAN, COVERING THE SURFACE EVENLY.
2. GO TO THE FREEZER WHERE YOU FIND BERING BOUNTY'S WILD-CAUGHT ALASKAN COD, POLLOCK OR ROCKFISH FILLETS THAT YOU HAVE SO WISELY BOUGHT. REMOVE ANY PACKAGING & SLIDE DIRECTLY INTO PAN - WHITE SIDE UP - *FORMER* SKIN SIDE DOWN. PUT ON LID - IT IS KEY TO THIS METHOD THAT THE FISH IS IN A COVERED PAN. NEVER FLIP THE FISH - JUST LET IT STEAM.
3. LEAVE COD ALONE FOR 7 MINUTES - 6 FOR ROCKFISH OR POLLOCK. ADD SEASONINGS TO YOUR TASTE - FROM LEMON PEPPER TO DILL TO JERK - WHATEVER YOU FANCY.
4. ALLOW COD TO COOK A FURTHER 3-5 MINUTES DEPENDING ON THICKNESS — A MERE 3 MORE MINUTES FOR POLLOCK & ROCKFISH. YOU WILL KNOW WHEN THE FISH IS COOKED AS THE FILLET WILL 'CRACK' — IF UNSURE CHECK FISH REACHES 145\*. THIS METHOD IS FORGIVING: IF HEAT IS TURNED OFF - KEEP THE LID ON - STEAM STILL KEEPS IT VERY MOIST.

THE LOGIC BEHIND COOKING FROM FROZEN IS TO USE THE WATER LOCKED AROUND THE FROZEN FILLET TO STEAM THE FISH - YOU ARE NOT FRYING, BUT STEAMING TO A PERFECT FINISH - ULTRA QUICK: CONVENIENT, SUCCULENT & HEALTHY. THANK YOU FOR SUPPORTING YOUR LOCAL SEAFOOD COMPANY - BERING BOUNTY LLC.

**\* ALWAYS ENSURE THAT THE COD IS COOKED THROUGH THOROUGHLY - COOK TO 145 ° - FOLLOW THIS TECHNIQUE TO THE LETTER & YOU WILL NEVER BE DISAPPOINTED\***

**- 'LIKE' US ON FACEBOOK - TYPE 'BERING BOUNTY LLC' & ALSO CHECK OUT [WWW.BERINGBOUNTY.COM](http://WWW.BERINGBOUNTY.COM) FOR FURTHER RECIPE IDEAS -**

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