

Good things
come from
Sysco[®]



> the **dish** on fish
finfish product catalog

Cod, Haddock, Pollock, Whiting, Perch, Flatfish & Rockfish



**the most trusted
name in seafood.**

Sysco is the largest purveyor of seafood in North America. In fact, if Portico brand were an independent company, it would be the third largest seafood purveyor globally!

the portico pledge.

Our Portico Pledge states there will be no compromise in quality and every seafood product will be packed under the same superior quality specifications, no matter the plant or country where they are packed.



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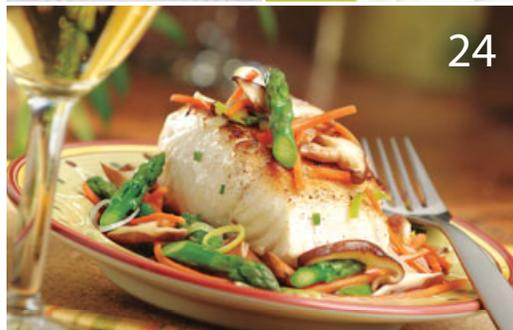
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welcome.



Portico brings foodservice operators the highest quality standards in the industry... delicious, healthy finfish selections that are adaptable to any menu. We offer a wide selection that can meet every finfish need, including:

- > everyday value with *Portico Bounty*
- > best-available value-added products with *Portico Prime*
- > simple, purely natural products with *Portico Simply*

When quality and integrity are expected but not enforced, experience and leadership are your best bets to hedge the risks. That's when the Portico difference matters. The safety and integrity measures that make Sysco and Portico the best choice in seafood include our Point Source Inspection Program (PSIP). This program is conducted by domestic field specialists with physical plant audits, traceability back to the point of origin for optimal accountability, product quality testing, guaranteed net weight and more!

Through the unsurpassed standards of Sysco Quality Assurance, you're guaranteed reliable and consistent finfish.

Risks and Rewards: Sysco Seafood Processing

While the seafood industry may be one of the most regulated sectors, regulations are often not enforced. *While 85% to 89% of the seafood sold in the U.S. is imported, less than 2% is inspected by the FDA.* Further, the minimal regulatory enforcements are primarily focused on food safety without considering economic integrity.

The global nature of seafood sourcing introduces a host of risks for any foodservice operator, and the continued presence of seafood fraud further complicates the industry. Fraud is perpetrated under many disguises, including:

- > Short weights and counts
- > Species substitution
- > Chemical adulteration
- > Improper labeling
- > Illegal transshipments

So, why Sysco, and our #1 selling seafood brand, Portico?

> **Quality.**

Our quality assurance (QA) standards and processes are unparalleled in the industry.

> **Consistency.**

Our product specifications ensure declared weight, sizing and uniformity of usable product.

> **Traceability.**

We require traceability all the way back to the source.

> **Integrity.**

Our commitment to and reputation for guaranteed quality.

> **Competitiveness.**

Our sourcing and scale enables delivery of superior products at value pricing.



Sea. Food. Forever.

Our secret ingredient is quality!

We enforce strict standards and procedures for all of our products. For you, serving the freshest, safest, most consistent seafood means a successful business with satisfied customers. *For Sysco, it means keeping our promise to you.*

+ *Sysco has made a multiple-stage commitment to the World Wildlife Fund*

We have pledged to assess our current seafood supply and to develop ways to improve the sustainability of our seafood-buying practices and standards. By 2015, 100% of the top ten Sysco brand wild-caught seafood species will be sourced from fisheries that are:

- > Certified by the Marine Stewardship Council (MSC)
- > In the MSC Full Assessment process

- > Involved in fishery improvement projects (FIPs) with the WWF

These goals involve partnering with local stakeholders to develop and implement practices for performance levels consistent with MSC standards.





Quality Assurance: The Portico Difference

A few of our safety and integrity measures that make Sysco and Portico the best choice in seafood are:

- > Point Source Inspection Program (PSIP) conducted by domestic field specialists with physical plant audits performed by Sysco personnel at every source point
- > Traceability back to the point of origin for optimal accountability
- > Metal detection for hooks and other debris for additional assurance and safety at all plants
- > Product quality testing above and beyond Hazard Analysis and Critical Control Points (HACCP)
- > Written specifications on file for all Portico products
- > Proper species, regulatory, ingredient and nutritional labeling, including the use of true product names according to the FDA and U.S. Department of Commerce
- > Guaranteed net weight, count, grades and proper use of additives



With these additional, self-imposed measures, Portico provides unrivaled oversight. Our exceptional standards allow for consistency and quality, which translates into value and more importantly, trust for our valued customers.





What Do Customers Want?

Emerging trends, including sustainability, healthy profiles and assertive flavors, have been converging in recent years, making seafood an ideal selection.

In fact, restaurant analytics show a 29% likelihood that patrons at a sit-down restaurant will order a seafood entrée, making it the most likely ordered protein. Seafood means a successful business with satisfied customers.

Consumers Strongly Favor “Wild” over “Farmed”

- > 65% prefer wild seafood vs. 8% who prefer to eat farmed seafood.

Consumers Believe Alaska Seafood is Sustainable

- > 40% strongly agree that Alaska Seafood is environmentally sustainable.

Consumers Choose Seafood for Taste and Health Benefits

- > 67% strongly agree that Alaska Seafood is the healthiest seafood choice.
- > 80% say that flavor is their #1 reason for choosing Alaska Seafood.

Add “Alaska” to Your Menu for added value

- > Fried Alaska Pollock Sandwich
- > Alaska Cod Sandwich
- > Fresh Alaska Halibut
- > Alaska Fish & Chips

Source: ASMI, National Consumer Survey





Leaders of the Pack

Sysco offers a variety of finfish pack styles. Whether you have an immediate need for your product, or need to store and use it later... we've got you covered.

cellopack: Seafood products, normally fillets, that have been wrapped together in cellophane or polyethylene film and typically packed in 5- or 10-pound boxes. Also called cellowrap.

IPW: Individually poly-wrapped.

IQF: Individually quick-frozen.

layerpack: A box of frozen fillets in which the layers are separated by sheets of plastic. Fillets in each layer may overlap and be frozen together.

shatterpack: Another name for a layerpack. A box of frozen fillets packed so that all pieces are separated by layers of plastic sheeting. In a less-than-perfect pack, layers may stick together. To break the layers apart, the box might have to be dropped to "shatter" the layers.

blocks: Frozen, compressed slabs of fish fillets, usually without skin and bone, used as raw material for value-added products. Blocks usually weigh 16½ pounds.

Get schooled on fish cuts!

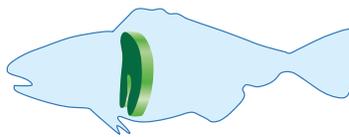


> finfish product forms

whole round



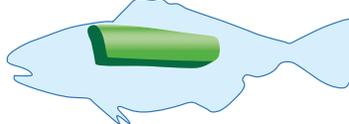
steak cut



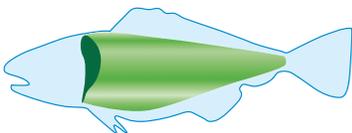
headed & gutted (H&G)



prime loin

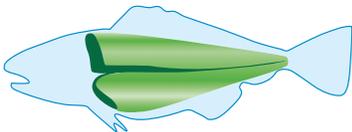


fillet

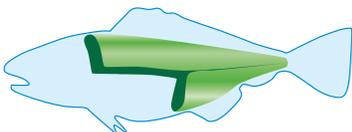


crescent cut

V-Cut



J-Cut



half moon



square cut



Fish-y Definitions

Sysco has a wide range of finfish cuts that make it easy to pick and choose the best options for your seafood menu.

boned: All primary bones have been removed, but some secondary bones may remain.

boneless fillet: Fillets from which the pin bones have been removed.

butterflied: A fish fillet that has been split. A butterflied fillet is cut along both sides with the two pieces remaining joined by a piece of skin and flesh. They are raw, headless, shell- and sand vein-removed.

center cut: The center third of a fillet.

deep-skinned: The fat layer underneath the skin is removed on oily species for milder flavor and an improved shelf life.

fillet: A portion of flesh taken from either side of a fish, cut parallel to the central bones. The main bones, fins and belly flaps are usually removed from finished fillets.

fletch: A fillet cut from large fish like halibut and then further divided into boneless portions.

J-cut: A method of removing pin bones that also removes the nape. J-cut fillets are more expensive than other fillets.

steak: A cross-sectional slice of a fish, usually ½ to 2 inches thick and containing a section of the backbone.

V-cut: A method of removing pin bones by making a V-shaped cut along both sides of the pin bone strip, leaving most of the nape.



cod ~ an american favorite!



<i>Cod Fish & Chip Platter*</i>		
	<i>Per Plate</i>	<i>Food Cost</i>
<i>Cost</i>	<i>\$2.73</i>	<i>30.37%</i>
<i>Price</i>	<i>\$8.99</i>	
<i>Profit</i>	<i>\$6.26</i>	<i>69.63%</i>

As one of America's most popular seafoods, cod has long been considered one of the premium species in the whitefish category. Cod maintains mainstream, national appeal and is a mild whitefish ideal for both classic and contemporary menu applications. With no oil and high vitamin content, cod is nutritious and delicious, rich in vitamins A, D, E and omega 3 fatty acids... simply a winner on your menu!

* 3 - 2 oz. Cod Filet, French Fries, Cole Slaw, Tartar Sauce and Garnish.

Profiling Cod

The Portico cod lineup includes a variety of traditional cuts that range from loins and tails to cellos. Harvested by wild catch only, our cod is sourced from trawl-caught fisheries in both the Atlantic and Pacific. This involves a fishing vessel that tows a large cone-shaped net for two or three hours behind it, capturing fish in paravanes, or underwater kites.

Our cod is then processed for superior quality, making sure it retains its natural moisture content. All Portico products adhere to a standard for purge, keeping it low to increase our customers' yield. Our cod is also subject to stringent specifications for size, uniformity, color and more. Since the Portico cod program is locked in at prices that provide significant advantage compared to the competition, you're always getting the best value around.



Atlantic cod's lean meat has a mild, clean flavor and large, tender flakes. It's less firm than haddock and sweeter than Pacific cod. Raw Atlantic cod is translucent, ranging from white to pinkish. Cooked, it's an opaque white.

Pacific cod when cooked is white, tender-firm, lean and flaky, with a mild taste. The moisture content is a little higher than that of Atlantic cod, making it less firm.



Versatility for **your menu!**

Sysco Atlantic and Pacific cod could be interchangeable, though Pacific cod produces larger, thicker fillets and its moisture content makes it ideal for baking, sautéing or steaming. Because cod is so lean, it cooks quickly and benefits from moist heat. The neutral flavor makes an excellent showcase for herbal accents like tarragon, dill and cilantro.



Recipe ready, our tender cod products can be topped, encrusted, lightly seasoned, battered, or prepared with house signature sauces... menuing cod has never been so easy and profitable! Try adding our very own jalapeño-lime grilled cod recipe to your menu. Cut into chunks to use in tacos, or into squares for sliders, or simply serve the fish with our Avocado-Orange Relish. Get creative with your toppings... the possibilities are endless!



Jalapeño-Lime Grilled Cod Sliders & Tacos with Avocado-Orange Relish

Yield: 24 servings

Marinade and Cucumber, Tomato & Onion Salad

- 6 garlic cloves
- 6 small jalapeño chile peppers, coarsely chopped
- 1½ cups fresh lime juice
- 1 cup plus 2 tablespoons extra virgin olive oil
- 6 tablespoons white tequila
- 2 tablespoons honey
- 2 tablespoons lime zest
- 1½ tablespoons kosher salt
- 9 pounds skinless cod fillets
- 4½ pounds tomatoes, diced
- 3 English cucumbers, thinly shaved with vegetable peeler
- 3 small red onions, thinly sliced
- 2 tablespoons chopped fresh

cilantro leaves plus additional for garnish (optional)

Avocado-Orange Relish

- 6 medium oranges, peeled and segmented, segments cut crosswise in half
- ¼ cup chopped fresh cilantro leaves
- ¼ cup finely chopped red onion
- 2 tablespoons fresh lime juice
- 1½ tablespoons extra virgin olive oil
- ½ teaspoon kosher salt
- Pinch ground cayenne pepper
- 2 medium ripe avocados, cut into ½-inch pieces
- 48 slider buns
- Sliced green onions, for garnish (optional)

1. Prepare marinade: In blender, purée garlic, jalapeños, lime juice, oil, tequila, honey, lime zest and salt until smooth. Makes about 3 cups marinade. Reserve ½ cup plus 1 tablespoon marinade; cover cod with remaining marinade; refrigerate 1 hour. Transfer cod to hotel pan, cover and refrigerate; discard marinade.

2. Prepare Cucumber, Tomato & Onion Salad: Combine tomatoes, cucumbers, onions, cilantro and reserved marinade; cover and refrigerate up to 2 days.

3. Prepare Avocado-Orange Relish: Toss all ingredients except avocados until well combined; gently fold in avocado. Cover and refrigerate up to 2 days. Makes about 3½ cups.

4. To serve, grill 1 cod fillet until internal temperature reaches 145°, turning once halfway through cooking. Cut fillet crosswise in half and serve in buns with Avocado-Orange Relish along with salad.

> features and benefits of Portico cod

Mild flavor, white flesh, large flake, meaty texture, skinless, boneless and IQF

→ *Consumer preferred, in-demand species*

Wild caught/harvested

→ *On-trend seafood preference*

Variety of classic cuts

→ *Product forms for every application*

Attractive cost/value offering

→ *Competitive pricing advantage*

Year-round availability

→ *Consistent uninterrupted product guarantee*

Alaska *Pollock*

With its snow-white fillet that flakes beautifully, pollock is a go-to choice for many applications. It is best used in value-added breaded options such as fish sticks, sandwich fillets and fish & chips.



Pollock is Popular!

Mild, tender and firm, pollock is a popular choice for its versatility and adaptability, accounting for 30% of all U.S. seafood landings by weight. Annual harvests average 1.1 million metric tons, all on a sustainable basis at MSC-certified fisheries.

Mexican Fish Tacos

Yield: 24 servings

- 3 cups sour cream
- $\frac{3}{4}$ cup fresh lime juice
- 2 tablespoons hot sauce
- 5 pounds pollock fillets, cut lengthwise into quarters, then crosswise in half
- 1 quart yellow cornmeal
- $1\frac{1}{2}$ tablespoons ground ancho chile powder
- $2\frac{1}{2}$ teaspoons kosher salt
- 2 teaspoons ground black pepper
- 8 large eggs
- 1 cup flour
- 2 cups vegetable oil
- 48 (6-inch) corn tortillas
- 3 quarts shredded red cabbage
- $1\frac{1}{2}$ quarts crumbled queso fresco
- 1 quart loosely packed fresh cilantro leaves
- Lime wedges for garnish (optional)

1. Combine sour cream, lime juice and hot sauce; cover and refrigerate up to 3 days.
2. Pat fish dry with paper towels. In wide, shallow container, combine cornmeal, chile powder, salt and pepper. In separate wide, shallow container, whisk eggs. Place flour in third shallow container.
3. Dip fish in flour, then in eggs, allowing excess to drip off, then in

cornmeal mixture, turning to coat both sides and patting so mixture adheres; place on parchment-lined sheet trays.

4. For each order, heat some oil over medium-high heat. Cook fish pieces until golden brown and internal temperature reaches 145°, turning once halfway through cooking. Heat 2 tortillas and evenly fill with cabbage, fish, sour cream mixture, queso and cilantro; serve with lime wedges, if desired.

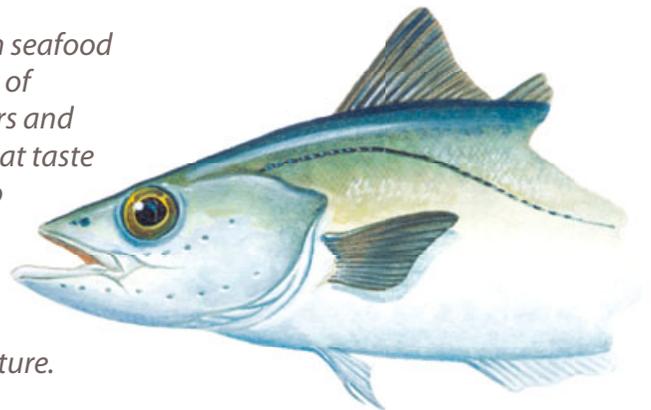
Let off some steam!

- > *"En papillote," meaning "in parchment" in French, is the process of enclosing and baking food in parchment paper. This method of cooking surrounds a food with moisture, which essentially steams the food.*
- > *Steaming food allows you to cook it quickly with the added health benefit of preserving inherent nutrients.*
- > *Steaming goes well with seafood dishes as it retains more of the natural flavors, colors and textures, resulting in great taste without the need for too much added fats.*
- > *Pollock responds well to steaming because of its flaky break-apart texture.*

- > Alaska pollock is one of the top five (5) seafood species consumed in the United States.
- > Since 2001, U.S. commercial landings of Alaska pollock have been well over 2 billion pounds each year.
- > Pollock are mid-water school fish and can live up to 15 years.
- > All pollock are wild-caught ocean fish.



Did you know?

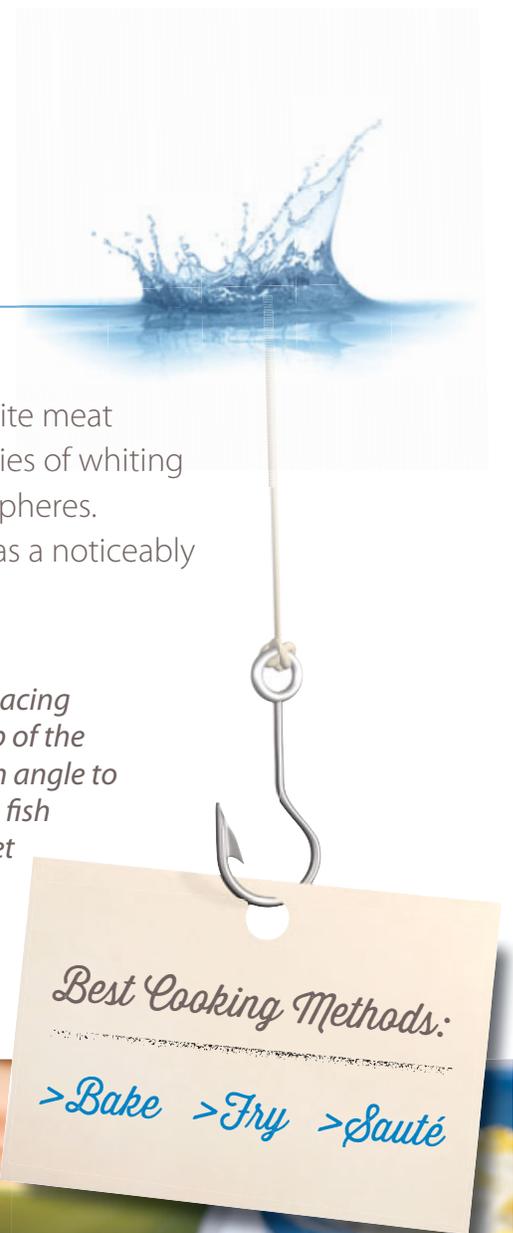


Wonderful Whiting!

Pacific whiting, also commonly known as hake, is the most abundant commercial fish species in the U.S. This delicate white meat fish is a round fish like cod. There are more than a dozen species of whiting found in the cold waters of the northern and southern hemispheres. Textures vary from soft to moderately firm, though whiting has a noticeably softer flesh and less flake than cod, haddock, and pollock.

ChefRef Cooking Tips:

> To enhance a fish's flavor try placing in metal clamps just off the top of the grill. Make sure the fish is on an angle to ensure even cooking. Once the fish has cooked thoroughly, blanket the surface with extra virgin olive oil, fresh lemon, capers and oregano.



Best Cooking Methods:

> Bake > Fry > Sauté



*Try adding
some unique
flavor to
everybody's
favorite
fish dip –
tartar sauce!*



Chipotle-Lime Tartar Sauce

Yield: 4 servings

Ingredients:

- 1 cup tartar sauce
- 1 tablespoon fresh lime juice
- 1 tablespoon Tabasco sauce

Directions:

Mix together and serve!



> staying fresh

There are a couple of simple rules you should know when it comes to storing fish.

1. Take the fish out of its package, rinse under cold water and pat dry.
2. Lay it on a perforated rack so that the fish do not overlap and put that atop a pan filled with crushed ice.
3. Cover the pan with plastic wrap or foil, seal tightly, and refrigerate at a temperature of 30 to 34 degrees.



haddock ~ premium
quality, premium *flavor!*



Widely used as the key ingredient of classic British fish and chips, haddock is a superior quality whitefish found in the North Atlantic. Sometimes called “scrod,” haddock is part of the cod family and shares many of the qualities cod is prized for – firm but tender flesh, a delicate flake, and a slight sweetness. Portico haddock bakes and broils well and makes a surprisingly good addition to fish stews... and it’s versatile! Enhance your menu with our very own Bacon-Wrapped Haddock over Chickpea Mash.

Bacon-Wrapped Haddock over Chickpea Mash

Yield: 24 servings

- 48 slices smoked bacon
(about 2½ pounds)
- 24 skinless haddock fillets
(about 8 ounces each),
halved crosswise
- 6 ounces unsalted butter
- 2 tablespoons minced
garlic clove
- 1½ teaspoons crushed red
pepper flakes
- 2¾ quarts rinsed and drained
canned chickpeas
- 2 tablespoons lemon zest
- 1 tablespoon fresh ground
black pepper
- ¾ teaspoon ground allspice
- 2½ quarts canned diced
tomatoes
- ¼ cup chopped fresh chives
- 1 tablespoon chopped fresh
thyme leaves plus sprigs
for garnish
- Lemon wedges for garnish

1. Cook bacon on parchment-lined sheet trays at 450° until bacon is ¾ cooked through; cool. Wrap each fillet with 1 piece bacon, tucking ends of bacon under fillets to secure.

2. Melt butter over medium heat. Add garlic and crushed red pepper and cook 2 minutes, stirring occasionally. Add chickpeas, lemon zest, black pepper and allspice, and cook 5 minutes, stirring occasionally. With masher, slightly mash chickpeas leaving some whole. Add tomatoes with their juice, chives and thyme, and cook until heated through, stirring occasionally; hold or cool, cover and refrigerate up to 3 days.

3. To serve, bake fish at 375° until fish turns opaque throughout and reaches an internal temperature of 145°. Serve over chickpea mash garnished with lemon wedges and thyme sprigs.



*The versatile
flavor and texture
of haddock make it
interchangeable in
recipes calling for
cod.*



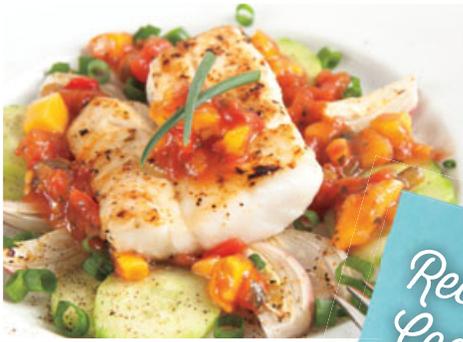
The Power of Perch



Ocean perch is mild tasting, a bit on the sweet side, and has a moderately firm texture. The meat is lean, moist and flaky.

Deep-skinned ocean perch with the fat line removed has the most delicate flavor. The flesh is white, though not as light as cod, and turns opaque when cooked.

Most Atlantic Ocean perch are trawl caught and weigh up to five pounds. Atlantic Ocean perch are not actually perch, they're rockfish that travel in large schools.



Recommended Cooking Techniques:

- > bake
- > fry
- > poach
- > sauté
- > steam



> perfect pairings

The old anecdote “white wine with fish, red wine with meat” came about because it was assumed since meat was generally heavier and “red” in color, it should be paired with red wine and since fish is light and white, it should be paired with a white wine.

Today, this is far more calculated. Such components as taste (salty, sweet, fat, and acidity) and alcohol level are analyzed when pairing wine.



Operators should offer these red and white wines as excellent complements to the flavors of perch.



rockfish ~

a fish by *many names!*



Pacific red snapper is one of several types of fish that make up the rockfish category, which also includes black bass, rock cod and Pacific Ocean perch. A Pacific Northwest staple, rockfish span the oceans from Alaska to New Zealand. Flavor and texture can vary between species, but rockfish is generally lean with a semi-firm texture. Often steamed, fried or baked whole, Portico rockfish also holds up well in chowders.

Caribbean Rockfish with Mango Coconut Sauce*

Yield: 6 servings

- ¼ cup flour
- 1 tablespoon paprika
- 1 tablespoon plus 1 teaspoon McCormick[®] Pumpkin Pie Spice, divided
- 1 teaspoon kosher salt
- ¼ teaspoon crushed red pepper
- 1½ pounds (6x4 oz. fillets) rockfish fillets
- 1 tablespoon vegetable oil
- 1 cup thinly sliced red onion
- 1 can (14½ ounces) petite diced tomatoes, undrained
- 1 can (14 ounces) Thai Kitchen[®] Coconut Milk
- 2 cups frozen mango chunks, unthawed

1. Mix flour, paprika, 1 tablespoon of the pumpkin pie spice, salt and red pepper in shallow dish. Coat rockfish evenly on both sides in flour mixture.

2. Heat oil in nonstick 5-quart saucepan or Dutch oven on medium-high heat. Add rockfish; cook 3 minutes per side or until golden brown. Remove rockfish. Drain excess fat from pan. Add red onion; cook and stir 2 minutes or until



lightly browned. Stir in tomatoes, coconut milk, mango and remaining 1 teaspoon pumpkin spice. Bring to boil. Return fish to pan. Cover.

3. Bake in preheated 350° oven until fish is cooked through. Serve with cooked rice, if desired.

**Recipe provided by McCormick[®]*

This dish is layered with sweet and savory flavors, thanks to the trio of pumpkin pie spice, coconut milk and mangoes.





Poached Halibut with Vegetables

Yield: 24 servings

Halibut Marinade

- ¼ cup minced garlic
- 3 cups olive oil
- 1 cup plus 2 tablespoons fresh lemon juice
- 6 tablespoons each minced fresh lemon grass and rice vinegar
- 2 tablespoons sesame oil
- 1½ tablespoons grated fresh ginger
- 1 tablespoon each kosher salt, fresh ground black pepper and red pepper flakes
- ¾ cup chopped green onions
- 9 pounds halibut, cut into 24 (6-ounce) fillets

Halibut & Vegetables

- ¾ cup olive oil
- 1 tablespoon each kosher salt and ground white pepper
- 3 pounds asparagus, cut diagonally into 1-inch pieces
- 1½ quarts sliced shiitake mushrooms

- 3 medium leeks, quartered lengthwise, then thinly sliced
- 3 cups vegetable or seafood stock
- 1½ cups dry white wine
- 1½ quarts shredded carrots
- 2 shallots, finely chopped
- Chopped chives for garnish

1. Prepare Marinade: Whisk together all marinade ingredients except green onion; stir in green onions. Cover halibut with marinade; refrigerate 1 hour. Transfer halibut to hotel pan, cover and refrigerate; discard marinade.

2. To serve, heat oil over medium-high heat until hot. Sprinkle halibut with salt and pepper. Place halibut, flesh side down, and cook 1 minute per side; remove from skillet.

3. Reduce heat to medium. Add asparagus, mushrooms, leeks, stock, wine, carrots and shallots. Place halibut, skin side down, over vegetables. Cook 5 to 6 minutes or until halibut turns opaque throughout and reaches an internal temperature of 145°.

- 4.** Remove skin, if desired and serve over vegetable mixture; top with additional vegetable mixture and garnish with chives.

ChefRef Cooking Tips:

- > Use wine, sauce, other liquids or moist vegetables to keep thin flatfish fillets from drying out. Avoid sauces and herbs that overpower their delicate taste. Thicker fillets are great for broiling, then served with lightly herbed butter.
- > The firm and meaty flesh of larger species of flatfish is good for rolling or stuffing. Small H&G sole – like rex or gray – can be grilled, baked or stuffed, but not filleted, because fillets would be too small.
- > Halibut is an extremely versatile fish, and the thick, meaty flesh holds up well to a number of cooking methods and is ideal for skewering as kabobs.

Or, try placing the fish in a greased, shallow baking dish. Season with salt, pepper and tarragon; dot with butter and sprinkle with chopped shallots. Cover with sour cream and bake at 375° until fish flakes when tested with a fork. Before serving, garnish with parsley or chives, or sprinkle with paprika.



menu mainstays: *flatfish*

The term flatfish encompasses hundreds of species, most notably sole, halibut and flounder. Common to both the Atlantic and Pacific Oceans, these lean, white-fleshed bottom dwellers have a mild flavor, making them incredibly versatile. Whether poached, grilled, baked, broiled or fried, Portico flatfish are a delicious addition to any menu. Flatfish is often filleted, but some chefs also like working with halibut steaks.

More Finfish Recipes from our Sysco Chefs!

When it comes to fish, the opportunities for menu innovation are infinite. The number one priority when it comes to a customer's seafood dish is freshness. Using only the freshest seafood available, our Sysco Chefs have created the following recipes for inspiration in your kitchen. Seafood is the most likely ordered protein – so make sure you take advantage of this profitable entrée.



Chef Patrick's Oven Roasted Mediterranean Fillet of Haddock

- 6 ounces haddock
- 2 ounces spinach and artichoke dip
- 2 tablespoons chopped tomatoes
- 2 basil leaves, chopped
- 2 tablespoons Caesar blend cheese
- 3 ounces haricot vert
- 4 ounces paella blend rice
- Salt and pepper to taste

Method

Combine the spinach dip, tomatoes, basil and Caesar blend cheese. Top the haddock with the mixture, a little white wine and olive oil and bake at 350° 12-14 minutes.

To Serve

Warm the rice and haricot vert, place the haddock fillet on the plate and pour the reduced sauce around the haddock.

Chef Jason's Asian Style Poached Cod with Ginger

- 6 ounces black cod
- 1 tablespoon yellow onion



- 1 tablespoon ginger purée
- 1 tablespoon ginger (julienned)
- ¼ cup water
- ¼ cup dry white wine
- 1 dash of salt and peppercorns

Sauce

- 1½ teaspoons soy sauce
- 1½ teaspoons rice wine vinegar
- ½ teaspoon sesame oil
- 2 teaspoons granulated sugar
- 1 teaspoon fried garlic

Poaching the Cod

In large pan, heat 2 teaspoons of butter and sauté the onion and ginger until translucent. Add water and dry white wine. Bring to boil with dash of salt and peppercorns. Add cod fillets in serving-size pieces, reduce heat and simmer, covered, until fish flakes easily 6-10 minutes.

Making the Sauce

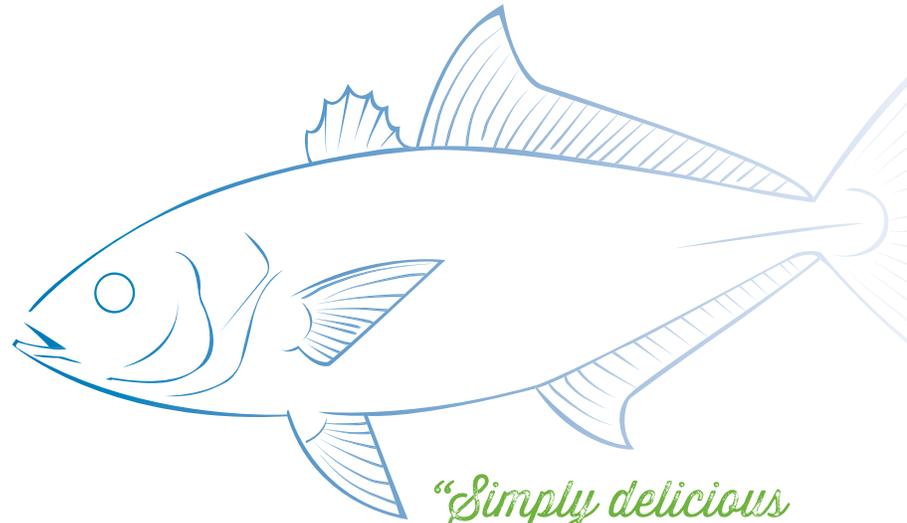
Mix all the ingredients to form the sauce. Set aside.

Putting It All Together

When the fish is done, discard the excess liquid. Pour the sauce over the fish and garnish with fried ginger. Serve with jasmine rice.



*Chef Patrick Britten CEC AAC
Corporate Chef
Sysco Northern New England*



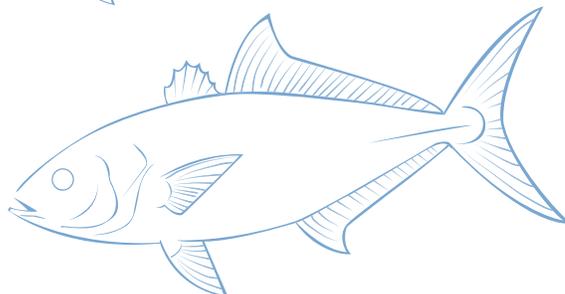
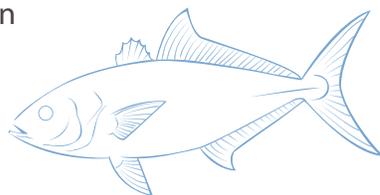
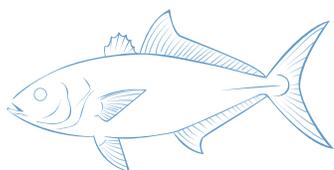
*“Simply delicious
and so very easy to
prepare,” says
Jason.*

Chef Jason’s Honey & Soy Glazed Black Cod

- 1½ tablespoons clover honey
- 1½ tablespoons soy sauce
- ½ teaspoon rice wine vinegar
- 1 ounce unsalted butter
- 2 tablespoons peeled shallots (diced)
- 3 ounces asparagus (thinly sliced)
- 2 ounces shredded carrots
- 2 ounces shiitake mushrooms
- ½ teaspoon cilantro
- 2 6 ounce fillets of black cod
- 2 tablespoons extra virgin olive oil

The Play by Play

Mix the honey, soy and vinegar and set aside. Sauté shallots, carrots and asparagus in butter until al dente. Add the mushrooms and cook until liquid purges. Add cilantro. Sauté cod in the olive oil in a separate pan, skin side down, to crisp the skin. Season the flesh with salt and pepper. Turn the fish and lower the heat. Liberally baste the skin with honey-soy mixture. Cook for another 2-3 minutes. Serve, skin side up, over a bed of vegetables. Drizzle the outer edge with sauce.



*Chef Jason Bechtold
Former Business Review Manager
& Executive Chef at Sysco Charlotte,
now ChefEx Culinary Director
at Sysco Corporate*

The Portico Pledge

- > No compromise in quality.
- > Superb consistency.
- > Fresh, natural flavor.
- > Sustainability is key.

Sysco is the global leader in selling, marketing and distributing food products to restaurants, healthcare and educational facilities, lodging establishments and other customers who prepare meals away from home. Our family of products and services includes equipment and supplies for the food service and hospitality industries.

When the goodness of nature meets the quality of Sysco, the wonders never cease. Sysco has all you'll need to continue the tradition of quality for all of your seafood needs.

