



TILAPIA - CLEANED AND GUTTED

Sunfish | Tilapia mossambica / Oreochromis Mossambicus

Tilapia is traced back to the Nile River, but has been farm-raised for decades. It is globally one of the most cultured fish and is very versatile to cook. Mexicans enjoy it fried with grilled vegetables and topped with lemon juice. A Mesopotamian dish called Masgouf has the fish butterflied and grilled over an open flame. Asians love tilapia steamed with ginger and scallion, topped with hot oil. Tilapia is beloved especially for its low cost, mild sweet flavor, and slightly firm flaky texture.



Packing: 1 x 40 lb, IWP, Farm
 Sizes: 350/550, 550/750, 750/950,
 950/1200 grams/fish



Fishing Method: Farm-Raised



Shelf-life: 24 months from production
 date at frozen 0°F / -18°C or below



Flavor/Dietary information: Sweet and
 mild flavor; Slightly firm flaky texture



Form: Cleaned (Scaled) & Gutted
 Brand: West Bay



Preparation: Grill, Bake, Deep-fry,
 Sauté, Steam



Species Name/ Source:
 Tilapia mossambica / Taiwan



QUALITY | SUSTAINABILITY
RELIABILITY | INTEGRITY



Conservation status: Green



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