



EGG HARBOR

SEAFOOD

THE TASTE OF FRESH | BY RASTELLI

Striped Pangasius



VERSITILE, DESCRIBES IT!

Whether it is the fillet or the rolled portions designed for the volume feeder. Call it Pangasius or Swai this is the perfect solution.

AVAILABLE:

IQF 2-3 oz.	1/15#
IQF 4-6 oz.	1/15#
IQF 6-8 oz.	1/15#
IQF 9-11 oz.	1/15#
IQF Rolled 2.5 - 3.5 oz.	1/15#

FRESH FACTS:

- Solid muscle fillet with mild flavor and texture
- Easy to prepare, just sauce and bake
- Perfect for buffets or luncheon specials
- Rolled Striped Pangasius is a Rastelli Seafood exclusive!

Product of Vietnam

STRIPED PANGASIUS WRAPPED ASPARAGUS WITH TANGERINE BEURRE BLANC SAUCE



1 1/2 tbsp. unsalted butter, melted
 2 tbsp. chopped shallots
 4 (2 by 1-inch) strips fresh tangerine zests

1 lb. medium Asparagus
 4 (4-6 or 6-8 oz) **Pangasius Fillets**
 1/2 cup water
 Splash of white port wine

ESTIMATED COST TO PRODUCE

\$ _____ PER PORTION

Beurre Blanc Sauce

1/2 cup fresh tangerine juice
 1 tbsp. finely chopped shallots
 1 stick (1/2 cup) cold unsalted butter cut into tablespoon size pieces

1/4 tsp. salt
 Pinch of cayenne pepper
 1/2 tsp. fresh lemon juice

DIRECTIONS

Begin by preheating oven to 450 degrees. Brush a 13x9 inch roasting pan with some melted butter and add shallots and zest. Set aside. Next trim asparagus to about 7 inches in length, then begin to peel starting from about 2 inches below tips. Arrange fish fillets, skinned side up, on a work surface and season with salt and pepper. Lay 5-6 asparagus perpendicularly across 1 fillet and wrap fish around them to make a bundle. Repeat process for remaining fish fillets. Transfer bundles, seam-side down in pan and brush top with melted butter. Season with salt and pepper then add water and a splash of wine to bottom of pan. Cover top of pan tightly with foil and bake until fish is just cooked through and asparagus is crisp and tender, about 20 minutes.

Beurre Blanc Sauce: Boil tangerine juice with shallots in a 2-quart heavy sauce pan over moderate heat 4-5 minutes until reduced to about 2 tablespoons. Reduce heat to a simmer, then add 1 tablespoon of butter, whisking constantly. Add remaining butter, 1 tablespoon at a time, whisking until done. When fish is done remove from pan and reduce fish juice in pan to about 2 tablespoons and add to Beurre Blanc sauce. Drain fish and place on platter. Finish by topping fish with Beurre Blanc sauce. **Yields 4 servings**

POACHED ROLLED STRIPED PANGASIUS WITH TOMATO DILL SAUCE



4 pcs. of **Rolled Pangasius Fillets**
 1 tbsp. olive oil
 1 tbsp. sweet butter
 1 cup ripe tomatoes, finely diced
 1 clove garlic, minced

2 sprigs of fresh dill chopped
 1 cup white wine
 1 cup fish stock or water
 Salt and pepper to taste

ESTIMATED COST TO PRODUCE

\$ _____ PER PORTION

DIRECTIONS

Place fish in heavy sauce pan with water and 1/2 of white wine and begin to poach fish about 4-6 minutes or until flaky. While fish is poaching, place 1 cup finely diced tomatoes in preheated sauté pan with 1 tablespoon of olive oil and begin to sauté. Add garlic and fresh dill and cook for 2-3 minutes. Deglaze pan with wine and season with salt and pepper to taste. Finish by adding 1 tablespoon soft butter to sauce. Remove fish when done and place on platter. Top with sauce and serve. Goes great over steamed spinach. **Yields 2 servings**