



**Troyer's**

# 2018 LENT BOOK

Stocked at Troyer Foods

Pricing effective 02/09/18—03/31/18



**WWW.TROYERS.COM**

We reserve the right to change prices due to market conditions. Pricing and product available while supplies last.



**Troyer's**  
**FRESH PRODUCE**

875238	Fresh Peeled Garlic	1/5 lb.
10031	Fresh Bunched Cilantro	30 ct.
10503	Green Carton Cabbage (Retail)	45/50 lb.



21503 Choice Lemons

165 ct.





## 672009 Hot Chicken Breeding

12/10 oz.

Andy's Hot "N" Spicy Chicken Breeding was created for those brave souls that like a fiery kick to their food. This alternative to our Mild Chicken Breeding still has our traditional "Old South" recipe at its core, but we've added an additional mix of spices that give this breeding a Big and Bold flavor that makes your taste buds stand at attention. Andy's Hot "N" Spicy Chicken Breeding will give your chicken a spicy, peppery kick you won't find anywhere else.

## 672099 Yellow Fish Breeding

12/10 oz.

It's a beautiful, warm summer day, blue skies, relaxing breezes, good friends and good food...You've just had a taste of Andy's Yellow Fish Breeding. Colorful, flavorful and enjoyable tastes delight your senses as the natural flavors of your fish or shrimp shine through. Add a glass of lemonade or Iced tea, and enjoy Andy's and the good life.

## 672199 Cajun Fish Breeding

12/10 oz.

Andy's Cajun Fish Breeding gives you that zesty, full flavor taste that New Orleans cuisine is famous for. We've taken our traditional cornmeal based batter and "kicked it up a notch." Andy's Cajun Fish Breeding with its unique combination of spices sprinkled with the perfect touch of southern heat will jazz up your seafood whether baked, broiled, or fried.

## 672509 Red Fish Breeding

12/10 oz.

Andy's Red Fish Breeding is our most popular product. Premium Hungarian Paprika imparts extraordinary flavor plus an appealing hue that's sure to please a hungry crowd. This unique cornmeal based breeding is seasoned perfectly with just the right amount of a peppery bite. Andy's Red Fish Breeding is not spicy, not hot, but just right and golden bright.



[WWW.ANDYSSEASONING.COM](http://WWW.ANDYSSEASONING.COM)

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314527 Skin On Keta Salmon Fillet 28/1.25 lb.

UPC:731149515277

355433 Coconut Breaded Shrimp 12/24 oz. bag

UPC:731149352261

355582 Crunchy Breaded Butterfly Shrimp 12/24 oz. bag.

UPC:731149353541

355472 Firecracker Shrimp w/Spicy Sweet Sriracha Sauce 12/12 oz.

UPC:731149352384

355658 Honey Walnut Shrimp w/Creamy Sweet Honey Sauce 12/10 oz.

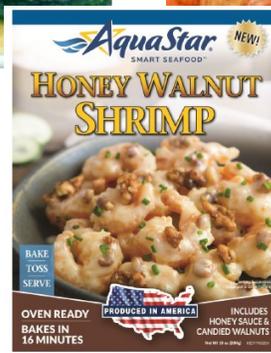
UPC:731149351516

355558 Crunchy Breaded Butterfly Shrimp 12/9 oz.

UPC:731149350731

357950 Reserve Shrimp Ring 12/10 oz.

UPC:731149350885



[WWW.AQUASTAR.COM](http://WWW.AQUASTAR.COM)

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**300109 Catfish Fillet Retail Bag**

**12/1 lb.**

**UPC:075391006498**

A slightly sweet flavor gives depth to the unique moist texture of this reliable, Southern-raised favorite. Sea Best Catfish has a firm texture that's mild, moist and flaky, lending itself to a variety of recipe pairings and almost any cooking technique.

- Farm Raised
- Individually Quick Frozen
- Good Source of Protein
- Individually Vacuum Packed



## COOKING INSTRUCTIONS

### BAKE OR BROIL

*To Thaw:* Remove fillets from vacuum wrap. Place fillets in bowl of cool water until completely thawed or place in refrigerator for 24 hours until thawed.

Simple Preparation Instructions: For best taste and texture, pan fry the catfish fillets.

*Pan Fry:* Fry a single layer of fillets in a skillet with hot oil at 350°F until fish flakes easily. Transfer to plate lined with paper towels to drain, and serve immediately.

*Broil:* Broil 3 inches from heat for approximately 5 to 6 minutes per side until fish flakes easily.

*Bake:* Preheat oven to 425°F. Place fillet (skin-side down) in lightly oiled shallow baking dish. Season with salt, pepper and butter or margarine. Bake 6 to 10 minutes per inch of thickness of fillet until it is opaque throughout.

**CAUTION:** Contents will be hot. Heating times are approximate. They will vary due to the make, model and temperature calibration of your stove or fryer.

**WWW.SEABEST.COM**

We reserve the right to change prices due to market conditions. Pricing and product available while supplies last.



**305981 Tilapia Fillet Retail Bag**

**10/1 lb.**

**UPC:075391967812**

Sea Best tilapia fillets are an excellent introduction to seafood with their mild, palate-friendly flavor and medium texture. Tilapia is ideal for sauces or seasonings, adopting the flavors of the seasonings with which it's paired.

- Farm Raised
- Zero Carbohydrates
- Individually Vacuum Packed
- Individually Quick Frozen
- Excellent Source of Protein
- Naturally Low in Fat



## COOKING INSTRUCTIONS

### BAKE OR BROIL

*To Thaw:* Remove fillets from vacuum wrap. Place fillets in bowl of cool water until completely thawed or place in refrigerator for 24 hours until thawed.

*To Bake:* Preheat oven to 425°F. Place fillet in lightly oiled shallow baking dish. Season with salt, pepper and butter or margarine.

Bake 6 to 10 minutes per inch of thickness of fillet until it is opaque throughout.

*To Broil:* Preheat broiler. If desired, season fish with salt, pepper and lemon juice.

Place pan containing fish 4 to 5 inches from heat, and broil 6 to 10 minutes per inch of thickness of fillet. Test flaking at thickest part of fillet.

*To Pan Fry:* Fry a single layer of fillets in a skillet with hot oil at 350°F until golden brown or until fish flakes easily. Transfer to plate lined with paper towels to drain, and serve immediately.

**CAUTION:** Contents will be hot. Heating times are approximate. They will vary due to the make, model and temperature calibration of your oven or stove.

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**311319 Perch Fillet Retail Bag**

**12/1 lb.**

**UPC:075391013199**

When Sea Best Ocean Perch is on the menu, your family will “perch” themselves at the kitchen table before you can holler, “seafood night!” Sea Best Ocean Perch is lean, moist and flaky with a mild flavor that hints at sweetness. Perch tastes fantastic fried; try dredging in a thick coat of breading or pecans.

- Wild Caught
- Zero Carbohydrates
- Naturally Low in Fat
- Individually Vacuum Packed
- Individually Quick Frozen
- Excellent Source of Protein



## COOKING INSTRUCTIONS

### BAKE OR BROIL

*To Thaw:* Remove fillets from vacuum wrap. Place fillets in bowl of cool water until completely thawed or place in refrigerator for 24 hours until thawed.

Simple Preparation Instructions: For best taste and texture, pan fry the ocean perch fillets.

*Pan Fry:* Fry a single layer of fillets in a skillet with hot oil at 350°F until golden brown or until fish flakes easily. Transfer to a plate lined with paper towels to drain, and serve immediately.

*Bake:* Preheat oven to 425°F. Place fillet (skin-side down) in lightly oiled shallow baking dish. Season with salt, pepper and butter or margarine. Bake 6 to 10 minutes per inch of thickness of fillet until it is opaque throughout.

*Broil:* Preheat broiler. If desired, season fish with salt, pepper and lemon juice. Place pan containing fish 4 to 5 inches from heat and broil 6 to 10 minutes per inch of thickness of fillet. Test flaking at thickest part of fillet.

**CAUTION:** Contents will be hot. Heating times are approximate. They will vary due to the make, model and temperature calibration of your stove or oven.

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**339123 1 lb. Bag VAC-PK Flounder Fillets**

**12/1 lb.**

**UPC:075391012741**

Sea Best Flounder is mild, lean and very impressionable. Its oil content allows accompanying flavors to infuse the flaky meat, and the fillets adapt to the seasoning and sauces your family loves. Its versatility also lends itself to a variety of preparation methods and any number of recipes. With flounder, flavor pairings ranging from mild, smooth butter to tart lemon are all fair game.

- Wild Caught
- Naturally Low Fat
- Individually Vacuum Packed
- Individually Quick Frozen
- Excellent Source of Protein



## COOKING INSTRUCTIONS

### BAKE OR BROIL

*To Thaw:* Remove fillets from vacuum wrap. Place fillets in bowl of cool water until completely thawed or place in refrigerator for 24 hours until thawed.

Simple Preparation Instructions: For best taste and texture, bake or sauté the flounder fillets.

*Sauté:* Season with coarse salt, pepper or herbs. Add two tablespoons oil or butter to skillet. Heat oil over medium or medium-high, but don't allow oil to smoke. Place fillets in skillet and cook (skin-side down) for 1 to 4 minutes. Shake pan occasionally while the fish is cooking to prevent it from sticking. Turn the fish over and cook for another 1 to 4 minutes until fish flakes easily and is opaque in the middle.

*Bake:* Preheat oven to about 425°F. Place fillet in lightly oiled shallow baking dish. Season with salt, pepper, and butter or margarine. Bake 6 to 10 minutes per inch of thickness of fillet until it is opaque throughout.

*Pan Fry:* Fry a single layer of fillets in a skillet with hot oil at 350°F until golden brown or until fish flakes easily. Transfer to a plate lined with paper towels to drain, and serve immediately.

*Broil:* Preheat broiler. If desired, season fish with salt, pepper and lemon juice. Place pan containing fish 4 to 5 inches from heat and broil 6 to 10 minutes per inch of thickness of fillet. Test flaking at thickest part of fillet.

**CAUTION:** Contents will be hot. Heating times are approximate. They will vary due to the make, model and temperature calibration of your stove or oven.

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**339183 1 lb. Bag VAC-PK Ahi Tuna Steaks**

**12/1 lb.**

**UPC:075391002179**

Sink your teeth into rich, firm, restaurant-quality tuna fillets. These thick steaks are overachievers when it comes to satisfying your appetite. Place them on a sandwich, a salad or let them hold their own as the main course. Try grilling these Ahi Tuna steaks for an incredible, healthier alternative to fattier proteins.

- Individually Vacuum Packed
- Individually Quick Frozen
- Excellent Source of Protein



## COOKING INSTRUCTIONS

**BAKE, BROIL OR GRILL**

*To Thaw:* Remove tuna from vacuum wrap. Place fillets in bowl of cool water until completely thawed or place in refrigerator for 24 hours until thawed.

Simple Preparation Instructions: For best taste and texture, grill the tuna.

*Grill:* Preheat grill. Season with salt and pepper. Turn fillets after 3 to 4 minutes. Continue to grill until fish flakes when pierced with a fork.

*Bake:* Preheat oven to 425°F. Place fillet in lightly oiled shallow baking dish. Season with salt, pepper and butter or margarine. Bake 6 to 10 minutes per inch of thickness of fillet until it is opaque throughout.

*Broil:* Preheat broiler. If desired, season fish with salt, pepper and lemon juice. Place pan containing fish 4 to 5 inches from heat and broil 6 to 10 minutes per inch of thickness of fillet. Test flaking at thickest part of fillet.

**CAUTION:** Contents will be hot. Heating times are approximate. They will vary due to the make, model and temperature calibration of your grill or oven.

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357007 Half Moon Shrimp Ring with Sauce	8/16 oz.
UPC:1 00 70041 80143 7	
352034 31/40 Raw EZ Peel Shrimp	20/1 lb.
UPC:070041310338	
351041 41/50 Cooked Tail On Peeled and Deveined Shrimp	5/2 lb.
UPC:070041120418	
351061 61/70 Cooked Tail Off Peeled and Deveined Shrimp	5/2 lb.
UPC:070041520614	
353263 26/30 Tail Off Peel and Deveined Shrimp	5/2 lb.
UPC:70041420266	
353041 26/30 Tail On Peel and Deveined Shrimp	5/2 lb.
UPC:070041820219	
352013 13/15 Raw EZ Peel Tail On Shrimp	10/2 lb.
UPC:02011658186204	

**SHRIMP:**

- Farm Raised Black Tiger
  - Cooked Peeled
  - Cooked In-Shell
  - Raw Peeled
  - EZ Peeled
- Farm Raised Vannamei White
  - Cooked Peeled
  - Cooked In-Shell
  - Raw Peeled
  - EZ Peel
- Freshwater
  - EZ Peel

[www.censea.com](http://www.censea.com)



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300200 Breaded Catfish Nuggets	15 lb.
300410 Catfish Nuggets IQF	15 lb.
300050 5-7 oz. IQF Catfish Fillets	15 lb.



The nugget cut is created by trimming the belly flap portion off of the shank fillets.



Are you looking for a mild-flavored, firm-textured fish fillet to use in that special recipe? Do you want one that is safe, healthy, sustainable and American? Then try US Farm Raised Catfish Fillets from Heartland Catfish Company. We produce only top-quality fillets that are heart healthy and protein rich. It is perfectly suited for any of your favorite fish recipes. Try it fried, grilled, broiled or baked, and you will agree. It's delicious!

[www.heartlandcatfish.com](http://www.heartlandcatfish.com)

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**Item# 301654 4 oz. Portion Brewers Choice Beer Battered Cod Fillet 1/10 lb.**

Legendary Bass Pale Ale creates a truly authentic seafood line with endless fish n chips, appetizers and sandwich applications in a wide variety of popular species.

**Preparation & Cooking Suggestions**

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for about 5 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-14 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 16-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.



**Product Specifications**

**Code:** 10001654  
**GTIN:** 10073538016543  
**Pack:** 1 x 10 LBR  
**Type of Catch:** Wild  
**Brand:** Icelandic  
**GPC Description:** --  
**Gross Weight:** 11 LBR  
**Net Weight:** 10.0 LBR  
**Country of Origin:** US  
**Kosher:** No  
**Gluten Free:** No

**Shipping Information**

**Length:** 15.8125 INH  
**Width:** 7.8125 INH  
**Height:** 8.625 INH  
**Volume:** 0.6166 FTQ  
**TlxHI:** 15 x 5  
**Shelf Life:** 547 DAY  
**Storage Temperature:** -15 FAH / -14 FAH

**WWW.HIGHLINERFOODS.COM**

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**Item# 301827 8 oz. New England Style Battered Samband Cod Fillet 1/10 lb.**

Seafood doesn't get any bigger or better! Our larger than life portions are great for eye catching seafood platters or a unique oversized sandwich delivering the ultimate wow factor in plate coverage.

**Preparation & Cooking Suggestions**

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 7-9 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 18-22 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 25-27 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.



**Product Specifications**

**Code:** 10023827  
**GTIN:** 79149238278  
**Pack:** 1 x 10 LBR  
**Type of Catch:** Wild  
**Brand:** Icelandic  
**GPC Description:** --  
**Gross Weight:** 11.0 LBR  
**Net Weight:** 10.0 LBR  
**Country of Origin:** US  
**Kosher:** No  
**Gluten Free:** No

**Shipping Information**

**Length:** 15.8125 INH  
**Width:** 7.8125 INH  
**Height:** 8.625 INH  
**Volume:** 0.6166 FTQ  
**TlxHl:** 15 x 5  
**Shelf Life:** 547 DAY  
**Storage Temperature:** -15 FAH / -14 FAH



**Item# 355182 31/35 ct. Ale Redhook Battered Tail Off Shrimp 4/2.5 lb.**

Redhook® Ale Beer Battered Seafood offers a rich taste and unique copper color. This popular style of seafood creates a uniquely craveable beer battered experience.

**Preparation & Cooking Suggestions**

**COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY:** Preheat fryer to 330°F and fry for about 2½ minutes. **TO BAKE:** Place frozen shrimp on a lightly oiled sheet pan.

**CONVENTIONAL OVEN:** Preheat oven to 450°F and bake for about 14 minutes. For best results, flip halfway through baking. **NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165° F MINIMUM.**



**Product Specifications**

**Code:** 10004182

**GTIN:** 10073538041828

**Pack:** 1 x 10 LBR

**Type of Catch:** Farmed

**Brand:** Icelandic

**GPC Description:** --

**Gross Weight:** 11.41 LBR

**Net Weight:** 10.0 LBR

**Country of Origin:** US,EC,GT,HN,IN,ID,TH,VN

**Kosher:** No

**Gluten Free:** No

**Shipping Information**

**Length:** 15.813 INH

**Width:** 7.813 INH

**Height:** 8.625 INH

**Volume:** 0.6167 FTQ

**TlxHI:** 15 x 5

**Shelf Life:** 547 DAY

**Storage Temperature:** -15 FAH / -14 FAH

**WWW.HIGHLINERFOODS.COM**

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**Item# 355026 31/35 ct. Sauce & Serve Battercrisp Tail Off Shrimp 4/2.5 lb.**

This top seafood consumption species is a must for every menu! Perfect for signature appetizers, baskets, or entrée preparations, our variety of Shrimp fulfills every menu need while saving on labor, time and ingredients.

**Preparation & Cooking Suggestions**

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 2½- 3 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

**Serving Suggestions**

Toss Battercrisp® Shrimp in a spicy Asian cream coconut sauce and serve on a bed of crunchy noodles. Toss Battercrisp® Shrimp in a mint mojito and lime glaze, serve with fresh greens, citrus wedges and fresh mint. Roll Battercrisp® Shrimp into spicy shrimp or crunchy shrimp avocado rolls and serve with ginger sauce. Combine Battercrisp® Shrimp with shredded lettuce, sliced cucumbers, diced red peppers and creamy cilantro lime sour cream.



**Product Specifications**

**Code:** 1002026  
**GTIN:** 10035493020263  
**Pack:** 1 x 10 LBR  
**Type of Catch:** Farmed  
**Brand:** FPI  
**GPC Description:** --  
**Gross Weight:** 10.9 LBR  
**Net Weight:** 10.0 LBR  
**Country of Origin:** US,EC,GT,IN,ID,TH,VN  
**Kosher:** No  
**Gluten Free:** No

**Shipping Information**

**Length:** 11.8125 INH  
**Width:** 7.8125 INH  
**Height:** 10.125 INH  
**Volume:** 0.5407 FTQ  
**TlxHI:** 15 x 5  
**Shelf Life:** 547 DAY  
**Storage Temperature:** -15 FAH / -14 FAH

**WWW.HIGHLINERFOODS.COM**

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**Item# 314914 8 oz. IVP Skinless Atlantic Norwegian Salmon Fillet 20/8 oz.**

Norwegian Salmon is rich in buttery Salmon flavor and beautiful Salmon color. This Salmon is Non GMO and antibiotic free. The special feed has a high content of fish oil which gives Norwegian Salmon a distinct taste and higher level of Omega 3's.

**Preparation & Cooking Suggestions**

For best results, cook from thawed. Cook until internal temp of 165. Thickness of fillet will affect cook time.



**Product Specifications**

**Code:** 21005324  
**GTIN:** 10073538053241  
**Pack:** 1 x 10 LBR  
**Type of Catch:** Farmed  
**Brand:** Icelandic  
**GPC Description:** --  
**Gross Weight:** 11.6 LBR  
**Net Weight:** 10.0 LBR  
**Country of Origin:** FO  
**Kosher:** Yes  
**Gluten Free:** No

**Shipping Information**

**Length:** 15.5 INH  
**Width:** 7.75 INH  
**Height:** 5.75 INH  
**Volume:** 0.3997 FTQ  
**TlxHl:** 15 x 6  
**Shelf Life:** 547 DAY  
**Storage Temperature:** -15 FAH / -14 FAH

**WWW.HIGHLINERFOODS.COM**

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## Item# 312533 3.6 oz. Whole Grain Potato Crunch Pollock Fillets 46 ct.

Coated with real potato sticks, Potato Crunch provides a uniquely great tasting and exciting line of items. Portion controlled, easy to prepare and CN approved, it is ideal for schools and healthcare.

### Preparation & Cooking Suggestions

Cook from frozen state. Regular oven: Bake at 400F for approx. 27 minutes. Convection oven: Bake at 375F for approx. 22 minutes.



### Product Specifications

**Code:** 53364

**GTIN:** 10070737533642

**Pack:** 1 x 10.35 LBR

**Type of Catch:** Wild

**Brand:** High Liner Foodservice

**GPC Description:** --

**Gross Weight:** 11.0 LBR

**Net Weight:** 10.35 LBR

**Country of Origin:** US,CN

**Kosher:** No

**Gluten Free:** No

### Shipping Information

**Length:** 15.8125 INH

**Width:** 7.8125 INH

**Height:** 8.625 INH

**Volume:** 0.6166 FTQ

**TixHl:** 15 x 5

**Shelf Life:** 547 DAY

**Storage Temperature:** -15 FAH / -14 FAH

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**Item# 334417 Classic Imitation Fresh Crab Meat Flake 12/8 oz.**

UPC:715166044170

Made from wild Alaska Pollock and King Crab; gluten-free, fat free and a source of Omega-3. Flake Style pieces are perfect in cold seafood salads, dips and many other

**Item# 334418 Classic Imitation Crab Leg 12/8 oz.**

UPC:715166044187

The Leg Style pieces can be enjoyed in cold seafood cocktails; as the main ingredient in California sushi rolls, or chopped and used in chowders and other dishes.

**Item# 334401 Classic Imitation Crab Meat Chunk 12/8 oz.**

UPC:715166104010

Made from wild Alaska Pollock and King Crab; gluten-free, fat free and a source of Omega-3; Chunk Style pieces have a firm texture that makes them excellent in hot recipes and also as cold seafood cocktail with dipping sauce.

**Item# 334201 Imitation Lobster Meat 12/8 oz.**

UPC:715166052014

Made from wild Alaska Pollock and real lobster meat; gluten-free, fat free and a source of Omega-3. The Chunk pieces can be used for delicious lobster salads or in hot dishes.

**Item# 334481 Classic Imitation Fresh Crab Meat Flake 8/2.5 lb.**

UPC:715166044040

**Item# 334050 Imitation Lobster Meat 8/2.5 lb.**



**WWW.TRANS-OCEAN.COM**

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## New England Crab Chowder

### Ingredients

- 8 oz. Classic Crab, Flake Style
- 1 yellow onion, julienne
- 1/2 lb. bacon, julienne
- 1 lb. baking potato, diced, leave skin on for rustic appearance (be sure to rinse in water and hold in a bowl of water so not to turn brown)
- 2 tbsp. flour
- 3 cups fish stock, low sodium, store bought clam broth can be used
- 3 cups heavy whipping cream
- 1 pinch cayenne pepper
- 1 laurel leaf
- Kosher salt and table ground black pepper



### Directions

Lightly chop pieces of Crab Classic. Use a thick bottom pot so you will not scorch the cream while cooking. Render the bacon until the julienne pieces are crisp. Remove bacon pieces from rendered fat and reserve for later use. Add the julienne onions and cook until caramel in color. Add the flour to the cooked onions, stir and allow the onion flour mixture to cook for 1 minute. Be sure that all the flour is incorporated and no lumps are present. Add the cayenne pepper and stir. Add the fish stock and bring to a boil stirring until thickened. Once at a boil reduce heat to simmer, add heavy cream and drained potatoes. Add laurel leaf and simmer until potatoes are tender and soup has thickened. Add half the bacon crisps and the Crab Classic to the soup. Allow to heat through. To serve, place in favorite bowls and garnish with remaining bacon crisps and thick slices of crusty artisan bread slices.

**[WWW.TRANS-OCEAN.COM](http://WWW.TRANS-OCEAN.COM)**

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## 305100 Tilapia Fillet Retail Bag

12/10 oz.

UPC:0297014171004

We have all seen tilapia capture a big marketing in relatively short time. It's a clear success – tons of people love their fish super-mild & flaky & the advances in aquaculture are enormous. The quality of the tilapia today has never been better as we see more & more farms in natural bodies of water and moving estuaries.

### FLAVORS:

mild & delicate

### TEXTURES:

delicate & quick-fixing

### PAIRINGS:

Pinot Gris, Madeleine Angevine, Sparkling Riesling



### FISH FACTS:

Tilapia has very low levels of mercury because it is a fast growing and short lived fish that mostly eats a vegetarian diet.

## 311090 Ocean Perch Fillet Retail Bag

12/10 oz.

UPC:029714170908

Pacific Ocean Perch fillets are cut from a wide variety of fish sizes so a bag will tend to have more individual pieces than, say, a bag of Orca Bay salmon. This is actually a plus for the home cook – the fillets cook up with speedy ease & the smaller fillets are ideal for fish tacos, fish & chips, & seafood stews. Awesome “fast meal” fish.

### FLAVORS:

Sweet & Nutty

### TEXTURES:

Thin & Flaky

### PAIRINGS:

Gewurztraminer, Viognier, Pinot Gris, Semillon



### FISH FACTS:

Pacific ocean perch is a very slow growing species, with a low rate of natural mortality (estimated at 0.06), a relatively old age at 50% maturity (10.5 years for females in the Gulf of Alaska), and a very old maximum age of 98 years in Alaska (84 years maximum age in the Gulf of Alaska)

(Hanselman et al. 2003).

[WWW.ORCABAYSEAFOODS.COM](http://WWW.ORCABAYSEAFOODS.COM)

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## 314060 Keta Salmon Fillet Retail Bag

12/10 oz.

UPC:029714170601

Keta is one of the best values in wild Alaska salmon and its mild character keeps it approachable to consumers who are a tad shy of full-flavored seafood. All of our fish is harvested in Alaska – some of it gets frozen and then shipped over to China where it's portioned and packed. Because of this, those bags must list China as the country of origin.

### FLAVORS:

Mild in flavor

### TEXTURES:

Meaty & Lightly colored

### PAIRINGS:

Chardonnay, Pinot Gris, Semillon, Riesling

### FISH FACTS:

Keta salmon, also called chum or dog salmon, is a drier fillet because of its lower fat content and is one of the lesser-known salmon species.



## 339115 10 oz. Atlantic Salmon Fillet Portions Retail Bag 12/10 oz.

UPC:29714171158

The delicate, buttery/mild flavor of Atlantic salmon is the perfect answer to those who shy away from the more assertive notes of wild fish. Raised in clean cold waters and harvested at the absolute peak.

### FLAVORS:

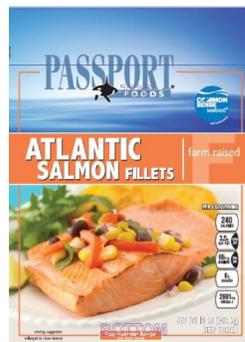
Mild in flavor

### TEXTURES:

Delicate in Texture

### PAIRINGS:

Gewurztraminer, Viognier, Pinot Gris, Semillon



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We reserve the right to change prices due to market conditions. Pricing and product available while supplies last.



304398 40/4 oz. IQF Sole Fillet

1/10 lb.

Delicate, flaky whitefish selections might have the widest appeal of any seafood we offer. They are a breeze for chefs as well because they provide all sorts of enticing options and are quick to prepare.

339211 2-4 oz. Skinless Boneless VP Treated Red Tuna Steak

10/1 lb.

UPC:029714642115

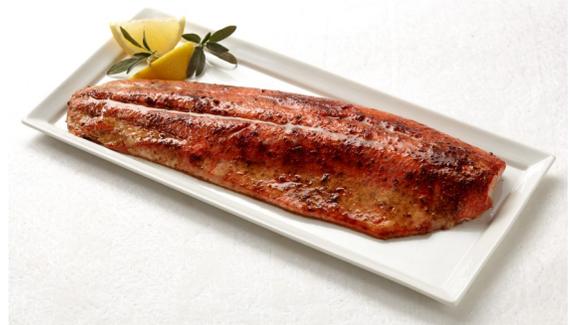
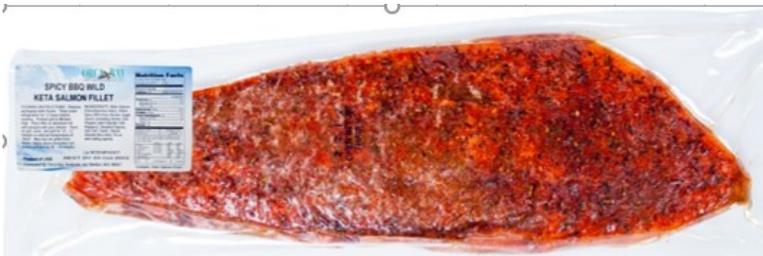
Seared red tuna menu items are a hot property. Diners love the clean notes and vibrant plate appeal.

314720 1-2 lb. Spicy BBQ Keta Salmon Fillet

1/20 lb.

314730 1-2 lb. Maple Bourbon Keta Salmon Fillet

1/20 lb.



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Item# 300010 3-5 oz. Swai Fillets 1/15 lb.

Item# 300016 5-7 oz. IQF Swai Fillets 1/15 lb.

Item# 312579 2-4 oz. Premium Pollock 4/10 lb.

Heron Harbor foodservice products are premium grade seafood proteins that are bulk packed to minimize cost and to deliver the highest value to you and your customers. These products are held to tight specifications on moisture levels, workmanship, and taste.



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Item# 312504 IQF Pollock Fillets 5/4 lb. bags

UPC:756428336602

Item# 300404 IQF Swai Fillets 5/4 lb. bags

UPC:756428344034

Item# 305561 2-5 oz. IVP Tilapia Fillets 5/4 lb. bags

UPC:5642894560

Heron Harbor retail products are premium grade seafood proteins that are packed in “rider” bags to reduce bag printing costs and provides a clear view of the product for your customers.

The 4 lb. bag size provides a great value against other bagged seafood products.



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305305 3-5 oz. IVP Tilapia Fillets 1/10 lb.

305307 5-7 oz. IVP Tilapia Fillets 1/10 lb.

305409 7-9 oz. IVP Tilapia Fillets 1/10 lb.

UPC:756428104416

Farm raised in ponds fed by pure mountain stream waters.

Grown in 100% natural conditions using no hormones or antibiotics. Packed in 10 lb Masters Fillets are individually quick frozen and individually vacuum packed for freshness.

#### **Specifications**

Scientific Name: *Oreochromis Mossambicus*

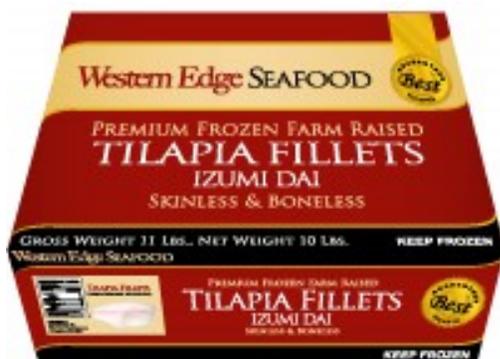
Country of Origin: China

Season: Year Round

Taste: Mild

Texture: Tender

Processing Method: Izum Dai, Natural



[WWW.WESTERNEDGESEAFOOD.COM](http://WWW.WESTERNEDGESEAFOOD.COM)

We reserve the right to change prices due to market conditions. Pricing and product available while supplies last.



311945 4-6 count/ 2-4 oz. IQF PBO Perch 4/10 lb.

311947 2-4 count/4-8 oz. IQF PBO Perch 4/10 lb.

Wild caught in the finest fishing regions of the North Atlantic.

All product is held to strict standards on taste and appearance. Packed in 4 x 10 in 40 lb  
Masters Fillets are individually quick frozen and packed bulk for ease of handling.

#### Specifications

Scientific Name: Sebastes Marinus

Country of Origin: Spain, Portugal, Iceland,  
Norway

Season: May Through November

Taste: Rich Flavor

Texture: Flaky

Processing Method: Natural



[WWW.WESTERNEDGESEAFOOD.COM](http://WWW.WESTERNEDGESEAFOOD.COM)



We reserve the right to change prices due to market conditions. Pricing and product available while supplies last.



312079 4-6 oz. IQF Silver Pollock Fillets 4/10 lb.

312698 4-6 oz. IQF—2x Frozen Gold Pollock Fillets 4/10 lb.

Wild caught in the finest fishing regions of the North Pacific.

All products are held to strict standards on taste and appearance. Packed in 4 x 10 in 40 lb

Masters Fillets are individually quick frozen and packed bulk for ease of handling.

**Specifications**

Scientific Name: Theragra Chalcogramma

Country of Origin: China

Season: March Through November

Taste: Mild

Texture: Light, Flaky

Processing Method: Natural



[WWW.WESTERNEDGESEAFOOD.COM](http://WWW.WESTERNEDGESEAFOOD.COM)



We reserve the right to change prices due to market conditions. Pricing and product available while supplies last.



308005 .8 oz. Heat and Serve Fish Sticks 1/10 lb.

308010 2.7 oz. Breaded Fish Portions 1/10 lb.

### **Zesty Fish Stick Tacos**

#### **Ingredients**

- 24 frozen fish sticks
- 1 pkg. 12 flour 10 in. tortillas (Troyer Item# 765210)
- 3/4 cup mayonnaise
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons taco seasoning mix
- 1 1/2 cups shredded lettuce
- 1 medium tomato, chopped
- Taco sauce, if desired



#### **Directions**

1. Cook fish sticks as directed on package. Heat Tortillas as directed on package.
2. In medium bowl, combine mayonnaise, cilantro and taco seasoning mix; mix well.
3. Carefully cut each warm fish stick into 3 or 4 pieces. Spread one side of each tortilla with mayonnaise mixture. Top half of each with warm fish sticks, lettuce and tomato. Fold other side over filling. Serve with taco sauce.



337503 6 ct. Tray Stuffed Clams

12/15 oz.

UPC:041625615033

Enjoy this deliciously greener version of our New England-style stuffed clam made with only all-natural, succulent chopped clams, breadcrumbs, peppers, celery and seasonings. Ready to serve in natural shells, too.



## SURF & TURF

### INGREDIENTS:

- 1 package of your favorite Matlaw's stuffed clams
- 4 (6 ounce) sirloin steaks
- 2 tablespoons olive oil salt and freshly ground black pepper to taste
- 8 cloves garlic, minced
- 4 sprigs fresh rosemary

### DIRECTIONS:

#### For the Steak

Preheat grill for high heat. Rub each steak lightly with olive or canola oil to ensure the steaks don't stick to the grill. Season with salt and pepper. Rub fresh garlic into both sides of each steak. Let stand for 15 minutes. Place the steaks on the preheated grill, and immediately turn after 30 seconds (this first turn is to ensure that one side is seared). Place the fresh rosemary sprigs on top. Cook 7 minutes per side, or to desired doneness, remembering to remove the rosemary sprigs before turning, and to replace on top of the meat after turning.

#### For the Clams

On the Grill: Remove clams from tray. Wrap clams in a foil pouch – leave the top open for a crispy top or closed for softer, moister clams. Place wrapped clams on the preheated grill until and heat until hot throughout.

In the Oven: Remove clams from tray. Place clams on baking sheet into a preheated 450°F oven. Cook for 30 minutes.



**WWW.MATLAWS.COM**

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# PERCH SELECTIONS

310080 .75-1.25 oz. Medium Yellow Lake Perch 11 lb.

310090 Large Yellow Lake Perch 11 lb.

UPC:0000010090

311003 40-60 gram Zander/Pike Perch 11 lb.

310060 .75-1 oz. White Lake Perch 11 lb.

311024 4-6 ct./2-4 oz. IQF PBO Perch 4/10 lb.

311025 2-4 ct./4-6 oz. IQF PBO Perch 4/10 lb.

## BAKED PARMESAN PERCH

### INGREDIENTS:

- 2 tablespoons dry bread crumbs
- 1 tablespoon grated Parmesan cheese
- 1 tablespoon paprika
- 1 teaspoon dried basil
- 1 pound perch fish fillets
- 1 tablespoon butter or margarine melted



### DIRECTIONS:

In a shallow bowl, combine the bread crumbs, Parmesan cheese, paprika and basil. Brush fish fillets with butter, then dip into the crumb mixture. Place in a greased baking pan. Bake, uncovered, at 500°F for 10 minutes or until fish flakes easily with a fork

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# TILAPIA SELECTIONS

305011	750/950 gram Whole Tilapia	40 lb.
305034	550/750 gram Whole Tilapia	40 lb.
305428	3550/550 gram Whole Tilapia	40 lb.
305718	3-5 oz. IVP Tilapia Fillet	10 lb.

UPC:092542850571

Tilapia is highly valued as a seafood source due to its many beneficial qualities, which are attributed to its wealth of nutrients, vitamins, and minerals, including significant amounts of protein, omega-3.

## HONEY LIME TILAPIA

### INGREDIENTS:

- 4 (4-5 oz.) Tilapia fillets (thawed if frozen)
- Juice and zest of 1 lime
- 1 tablespoon olive oil
- 1 1/2 tablespoon honey
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder



### DIRECTIONS:

1. Assemble marinade by combining lime zest, lime juice, olive oil, honey, salt, pepper, and garlic powder in a gallon-sized zip-top bag or shallow container with a lid. Add fish and marinate in the refrigerator anywhere from 1 hour up to 24 hours\*.
2. When ready to cook, combine flour with salt and pepper on a plate. Remove each fish fillet from the marinade and dredge lightly with the flour on both sides (just a light, light coating).
3. Heat 1-2 Tbsp olive oil in a medium skillet over medium-high heat until shimmering. Cook fillets 2 at a time for 3-4 minutes per side or until opaque and browned (this works best if you don't disturb the fish much while letting it cook).
4. Serve with lime wedges or peach salsa

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# SMELT SELECTIONS

304563 Bulk IQF Round Head On Smelt	11 lb.
304700 Bulk Dressed Smelt	11 lb.
304300 Bulk Battered Dressed Smelt	11 lb.
304001 Dressed Smelt	12/1 lb.

## Oven Fried Smelt

### INGREDIENTS:

- Cooking spray, for the baking sheet
- 1 pound cleaned smelts, washed and patted dry
- 2 eggs, beaten
- 1 1/2 cup seasoned Italian breadcrumbs
- Olive oil, for sprinkling



### DIRECTIONS:

1. Set the oven at 350 degrees F. Spray a rimmed baking sheet with cooking spray.
2. On a counter, from left to right, set wide shallow bowls of smelts, eggs or egg substitute, breadcrumbs, and the baking sheet.
3. Dip each smelt into the egg, then in breadcrumbs. Slightly flatten the smelts as you place them onto the sheet. Sprinkle with olive oil.
4. Bake the smelts for 20 minutes or until golden brown.

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# WALLEYE SELECTION

304563 4-6 oz. IQF Skin On Walleye Fillet

11 lb.

## Pan Fried Walleye

### INGREDIENTS:

- Oil for frying
- 1 1/2 cups round buttery cracker crumbs (40 crackers)
- 1/3 cup sliced almonds
- 2 eggs
- 1 tablespoon water
- 1/2 cup all-purpose flour
- 2 lb. walleye or other pan fish fillets
- 1 teaspoon salt
- 1/2 teaspoon pepper



### DIRECTIONS:

1. Heat 1/4 inch of oil in large skillet over medium-high heat until hot. In pie pan, combine cracker crumbs and almonds; mix well. Beat eggs in another pie pan. Add water; beat well. Place flour in third pie pan.
2. Sprinkle fish fillets with salt and pepper. Dip in flour, then in egg mixture. Coat with cracker crumb mixture. Place fillets, a few at a time, in hot oil. Cook 3 to 5 minutes or until golden brown and fish flakes easily with fork, turning 3 or 4 times. Drain on several layers of paper towels.

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# SWAI SELECTIONS

300825 2-3 oz. Frozen IQF Buffet Cut Swai Fillets 11 lb.

## Seasoned Swai Fillet

### INGREDIENTS:

- 4 (4 oz.) Fillets Swai Fish
- 2 Tablespoons margarine
- 1/4 cup dry white wine
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon ground black pepper
- 1 teaspoon paprika



### DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Spray a shallow pan or baking sheet with cooking spray.
2. Place fish fillets into the prepared pan.
3. Heat margarine in a saucepan over medium heat. Mix white wine, lemon juice, cilantro, garlic, salt, and black pepper into the melted margarine; simmer sauce for 2 minutes. Generously spoon sauce over fish fillets. Sprinkle fillets with paprika.
4. Bake in the preheated oven until fish flakes easily with a fork, 10-12 minutes.

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# PACIFIC COD SELECTION

302496 5 oz. Boneless Skinless IQF Pacific Cod Loin 32/5oz.

## Grilled Orange and Rosemary Cod

### INGREDIENTS:

- 2 sprigs rosemary
- 1 organic orange
- 4 cod fillet
- Salt
- Pepper
- 1 Tablespoon canola oil



### DIRECTIONS:

1. Rinse rosemary and shake dry. Cut 1 sprig into 4 pieces; pluck remaining rosemary and finely chop.
2. Rinse orange, wipe dry and cut 8 thin slices out of the middle (save the rest for another use).
3. Rinse cod fillets and pat dry. Season with salt, pepper and chopped rosemary.
4. Lay 1 piece rosemary and 2 orange slices on each of the fish fillets. Secure with kitchen twine.
5. Coat an aluminum tray with oil. Put fish bundles on a hot grill and cook on each side for 4-5 minutes. Serve immediately.

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*Thank you for choosing  
Troyer Foods!*

**Contact your Sales Representative for your order today!**

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