



## FILLETS FISH

### Fillets Fish

Fish fillets are white, firm and bone free. These beautiful hand cut fillets come straight off the local boats and into our factory. Fillets is one of the most versatile fish. You could follow are suggested recipe or make a stir fry, kebabs, curry or simply roasted in parma ham. Suitable for freezing. 400g.

Boneless or nearly boneless piece of fish cut lengthways from the sides of the fish - and also a verb 'to fillet'. May or may not be skinned.

To fillet a fish remove the head and, using a thin, flexible knife, work firmly from the tail, holding the knife parallel to the backbone. Remove the fillet, then turn the fish over and repeat the process.

### Detailed Product Description

Taj International is a leading exporter of all types of sea foods. Fish Fillet is one of our fillet products.

Taj Fillet - Boneless, Skinless  
Size: 4 to 6 and 6 to 8 oz  
Packing: 10KG or as required  
Labels: Bilingual  
Minimum Order: 1 x 40FT Reefer FCL  
Standard: As per ISO standard (ISOcertified)

**Note:** If required, glazing can be done as per specifications.

If you have any requirements for Fillet, please feel free to contact us.

Note : - Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order



## Detailed Exporting Lead Description

We always supply frozen tilapia fillet and whole tilapia, Frozen tilapia fillet, shallow skinned, boneless, well trimmed,

Quality: Sanitation Safety

Size: 85/140g, 140/200g, 200/250g, 250g+

Packing: 10 X 1kg

Qty/40'fcl: 20,000 kgs fish fillet



## HOW TO COOK FILLET FISH

This is very easy and fast way of cooking fish, faster than steaming and other methods of cooking fish while preserving the freshness.

Lightly season fresh fish fillet with salt and white pepper on both sides. Fillet should be dry

On a cooking pan, add cooking oil and small piece of butter ( about 25-30 grams ) and apply heat. Wait for oil/butter to melt and turn golden brown

Add fish fillet to pan and cook each side for 2 mins ( the time is dependent on the heat strength and the thickness of the fish ) until cooked. To check that fish is cooked, use a chopstick and poke the fish. If it goes through easily without resistance, fish is cooked. Remove fish to plate

To prepare the sauce, in a small pan, add sweet and sour sauce, soya sauce, sesame oil, sugar, shao xing wine and peanut oil and heat up contents until boiling. It is amazing how much meat is available after the fillets have been removed. Remove the gills and clean the gut cavity and you have the makings of a tasty fish soup.

Or, cut the backbones from the heads and fry the backbone in butter. Season with salt and pepper and enjoy.

Then remove the heads from the pair of pectoral fins. Prop the cleaned heads and fins (wings), mouth end facing upwards in a pot, add enough water to just cover the bottom of the pot by half and inch (12mm) and fit a tight lid

Steam on high heat for five to 10 minutes, depending on the size of the heads, before lifting the heads and wings carefully out and standing them - the same way they stood in the pot - on a plate. Don't overcook!

Take a blunt table or butter knife and run it around the fish head and wings to remove skin and scales, it will come off very easily. Remove skin and scales from the plate and put a knob of butter on the top of the fish head and wings and season with salt and pepper before serving. This is simply delicious!

You have a perfectly cooked moist fish with a mellow smoky flavor ready to be devoured. Serve hot with slices of lemon wedges, salad and chutney

Note : This fish tastes best when cooked in a tandoor or on a charcoal barbecue or kumpati. However if these methods of cooking aren't available then use a grill or bake in the oven.

The spices used in the marination for cooking the pomfret differs region wise and the marinade for this particular fish is one which is popular in our home. I use different marinades using yogurt, garam masala and other spices each time I cook fish.

Some of the other seafood recipes I blogged earlier are Andhra Chepa Pulusu (Fish cooked in tangy gravy), Chepa Vepudu (Fish Fry), Spiced Fish Fillets and Royyalu Iguru (Prawns Curry) and Royyalu Mungakaaya Kura (Prawn curry cooked with Drumsticks).



Contact Us

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