Frozen Alaska Seafood Quality

Wild-caught seafood from Alaska is recognized the world over for its naturally unrivaled texture, diverse flavors, and dense nutrient content. This quality must be maintained from deck to dish, requiring complex supply chains and advanced freezing methods to ensure the best possible product is delivered no matter where Alaska seafood is being served.

QUALITY FREEZING

Quality can only be lost or maintained once fish is out of the water, and there is nothing more important in maintaining quality than temperature control, which is why most seafood from Alaska is frozen. Alaska fish are 'fresh-frozen', meaning they are frozen rapidly after capture at the peak of quality. This quick turnaround helps keep the inherent high quality of the fish no matter where in the world it is served.

QUALITY FROM DECK TO DISH

Commitment to quality begins the moment fish are brought on board, and lasts until it is delivered to the customer:

HARVEST
Once harvested, fish are immediately either chilled or processed on-board.

CHILL
Chilling fish protects quality until they reach a processor.

PROCESS LINE
Fish are separated broken down to fillets and other product types.

FREEZE
Fish are frozen in hours or minutes by advanced freezing technology.

GLAZE
Fish are dipped in water to form an ice glaze.

TRANSPORT
Frozen, glazed fish can be taken across the globe with consistent temperature control

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QUALITY BENEFITS OF FREEZING

Freezing seafood quickly after harvest preserves the flavor, texture, and nutrition inherent in the catch.

- **Prevents Nutrient and Flavor Loss**
  Quick freezing prevents the loss of moisture vital to not only the taste of the fish, but which also carry much of the fish's nutrition!
- **Reduces 'Fishiness'**
  Hardening of the fish's muscle and oils by freezing prevents exposure of the fatty acids to the air, which prevents excessive fishy or off flavors.
- **Prevent Spoilage and Maintain Freshness**
  Freezing keeps germs from growing and the fish from spoiling.

FREEZING AND SUSTAINABILITY

Alaska's seafood harvest is carefully managed to ensure fish are utilized in a sustainable fashion. Though the specifics vary by both region and species, the well-being of the environment means that the fisheries themselves are usually only open during certain times of the year.

Freezing leads to an indefinite extension of shelf-life, meaning:

Wild Alaska fish harvested from seasonal fisheries are available year-round

No fish goes to waste

Cook It Frozen

Delicious heart-healthy meals can be on your table in as little as 15 minutes using our COOK IT FROZEN!® techniques – no thawing necessary!

Choosing Frozen Seafood

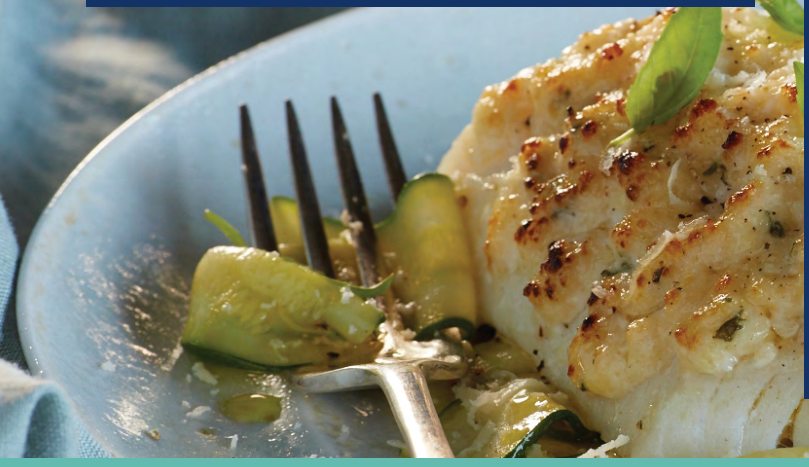
- Avoid torn packaging, fillets that are not hard, or ice crystals. Frozen fish should be rigid—nothing stored at an adequately cold temperature should give or bend.
- Frozen fish should not be stored for more than 6-9 months. Once purchased, use within this time frame.

Transporting Frozen Seafood

- Consistency is key for quality, but promptly getting frozen fish back into a freezer or beginning a thaw as soon as possible will be suitable for most.
- If there is a possible delay in getting the fish back to cold temperatures, put the fish on ice. Most fish counters will be more than happy to help.

Storing Frozen Seafood

- Ensure the freezer is adequately cold, (generally -10 F (--23 C) or colder) and that it shuts adequately.
- Keep fish stored away from the freezer door, especially if it is opened frequently, in order to maintain consistent temperature.
- Avoid putting the fish physically on the cooling components of the freezer to avoid freezer burn.



Defrosting Frozen Seafood

The most effective and recommended thawing temperature is 32-35 degrees F (0-1.67 C), a common temperature range for in-home refrigerators. You should still check that the refrigerator is on its coldest setting.

Quicker thawing can be done by immersion of the frozen product sealed tightly in a stout plastic bag in very cold water. Once the product is thawed, keep it chilled until ready to cook.

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