



# UpperCrust™

natural cut fillets

**Macadamia  
Crustrd Mahi Mahi**  
41028 27/5-6 oz.

*Firm and meaty, exotic Mahi Mahi topped with a tropical combination of macadamia nuts, pineapple and ginger. ZTF*

**Cornbread Crustrd Catfish**  
39312 27/5.9 oz.

*Farm raised catfish crusted with a tasty cornbread coating with just a hint of jalapeno. ZTF*

**Potato Crustrd Cod**  
39726 29/5.5 oz.

*Delicious white, flaky cod portions, crusted with a potato, chive and cheddar blend, delivers a warm, savory, comfortable experience. ZTF*

**Mediterranean Crustrd Salmon**  
41148 29/5.5 oz.

*Tender portions of savory Atlantic Salmon, topped with pine nuts, sun-dried tomatoes and a blend of regional herbs. ZTF*

**Parmesan Crustrd Tilapia**  
41720 29/5-6 oz.

*Top crusted with shredded Parmesan cheese, Italian Herbs and savory bread crumbs. ZTF*

**Chipotle Lime Crustrd Tilapia**  
41734 27/5.9 oz.

*Light and flaky tilapia portions, crusted with crunchy tortilla, chipotle and lime, provides a nice balance between the heat of chipotle and the zesty smooth sweetness of lime. ZTF*

**Coconut Crustrd Tilapia**  
41738 29/5.5 oz.

*Light and flaky tilapia portions, crusted with shredded coconut, fresh diced mangos and papaya provide a sweet and crunchy coating.*

**Cooking Instructions:** For best results, UpperCrust Filets should be defrosted. Place crusted filets on a lightly oiled sheet pan and bake in a preheated oven for the following cooking times. (Filet should reach an internal temperature of 165°F).

**CONVECTION OVEN:**

THAWED - Bake at 375°F for Salmon 14-16 mins, Tilapia 8-10 mins, Cod 10-12., Mahi Mahi 13-15 mins. Bake at 350°F for Catfish 10-12 mins, Snapper 9-11 mins,

FROZEN - Bake at 325°F for Salmon 17-20 mins, Tilapia 14-17 mins, Cod 14-17 mins, Catfish 14-17 mins, Snapper 14-17 mins., Mahi Mahi 375°F 21-23 mins.

**COVENTIONAL OVEN:**

THAWED: Bake at 400°F for Salmon 16-18 mins, Tilapia 14-16 mins, Cod 15-17 mins, Catfish 13-15 mins, Snapper 12-14 mins., Mahi Mahi 375°F 21-23 mins.

FROZEN: Bake at 375°F for Salmon, 36-38 mins, Tilapia 28-30 mins, Cod 34-36 mins, Catfish 27-30 mins, Snapper 27-30 mins. Mahi Mahi 35-37 mins.



Ginsberg's Foods, Inc.  
Route 66 Hudson, New York, 12534  
800/999-6006 or 518/828-4004  
www.ginsbergs.com  
e-mail: info@ginsbergs.com