



(02MEL) Breaded Whiting Fillet PBO -NL

Whiting, a delicate white fish with a mild, slightly sweet flavor, is a beloved choice in seafood cuisine. Its fine, flaky texture and clean taste make it an excellent option for a variety of dishes, from classic fried preparations to refined baked entrees.

A staple in European and North American coastal cuisines, whiting has long been prized for its versatility and affordability. It is particularly popular in British fish and chips, as well as in Southern U.S. seafood traditions. Known for its sustainable abundance in the Atlantic and Mediterranean waters, this fish has been enjoyed for generations as a fresh and flavorful seafood option.

With its light, tender flesh, whiting readily absorbs seasonings and marinades, making it ideal for a range of cooking styles. It is naturally low in fat and high in lean protein, offering a nutritious choice for health-conscious diners. Rich in essential vitamins and minerals, including B12 and selenium, whiting provides both nourishment and great taste in every bite.

Lightly battered and fried, whiting develops a crisp golden crust while maintaining its moist, flaky interior, a preparation especially popular in coastal fish markets. When baked with herbs and a drizzle of lemon, it delivers a delicate and refined flavor, perfect for light and healthy meals. Pan-searing whiting with butter and garlic enhances its natural sweetness, making it a simple yet elegant dish. It also pairs well with bright citrus, fresh herbs, and hearty grains, allowing for a variety of creative culinary combinations.

Whiting's mild flavor, ease of preparation, and adaptability make it a fantastic seafood option for home cooks and professional chefs alike. Whether served in a comforting family meal or an elevated seafood dish, this classic white fish remains a timeless favorite.

Scientific name:

Merlangus Merlangus

Trade name:

Whiting

FAO name:

Whiting

Origen:

NL

Catch area:

Atlantic, Northeast (FAO 027)

Catch method:

Trawls

Nutrition Facts

Portion size	100g
Energy	173 kcal/727 kJ
Fat	1,3g
<i>of which saturated</i>	0,11g
Carbohydrate	26,9g
<i>of which sugar</i>	0,4g
Proteine	13,8g
Salt	0,36g

Taric code:

0304 79 30 00

Assortment:

Seafood

Category:

Fish

Processing:

02. Fillet

Freezing methode:

IQF

SKU group:

2442

Master carton:

Cardboard, Slotted box

Inner packaging:

Plastic, Liner bag

Created on:

06-02-2025 11:24 AM

Created by:

Cornelis Ras

Last Modified:

06-02-2025 11:27 AM

Compliance

Description	Compliant
(EU) 2023/915	true
(EC) 2073/2005	true
(EC) 1935/2004	true
(EC) 10/2011	true
Product free of GMO's	true
Product not irradiated	true

Label information

Description	Present
Keep frozen, do not refreeze	true
Cook before consumption	true
Cool & consume within 24 hrs after defrost	false

Ingredient list:

Whiting (55%) (FISH), breading (45%) (wheat flour (GLUTEN), water, yeast, salt, E415 canola oil)

Allergens:

Fish, Wheat

Shelflife:

24 months after production

Risk category 07 - Breaded and/or Prefried Seafood

Frozen seafood products that have been breaded and pre-fried in an outsourced process. These products are also sold as such and the specifications state that they require further cooking.

Microbiological analysis

Chemical analysis

Product details

Product code	Description	Size	Packaging	Glaze %
2442-001	Breaded Whiting Fillet PBO 70-120g IQF 1 x 5kg -NL	70-120g	1 x 5kg	

Packaging variants

Product code	MC barcode	MC dimensions	Inner barcode	Inner dimensions
2442-001		400 x 340 x 130mm		