

INSPIRATION BROCHURE



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In this brochure, we have brought together various products and recipes for you. We hope they will inspire you.

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**FISH FROM THE
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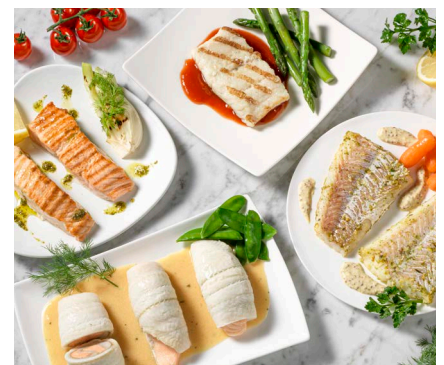
FRESH FISH

FISH ROLLS



HERRING

SHELLFISH



Pre-fried salmon burger ASC

Pre-fried salmon burger with herbs.

25 x 90 g frozen
2338075



Pre-fried fish burger salmon/cod ASC/MSC

Pre-fried fish burger made from salmon and cod and seasoned with herbs

50 x 100 g frozen
2338040



4x FISH BURGERS



Fried fish burger with leeks MSC

Fried fish burger made from Alaska pollock and leeks and seasoned with herbs.

50 x 90 g frozen
2338040



Fried cod burger

Fried cod burger with herbs

50 x 90/110 g frozen
2465040

SMOKED FISH

Steamed mackerel

Whole steamed mackerel,
plain (vacuum).

450 g fresh
1541090

Smoked eel fillet DUPAN

Smoked sustainable eel fillet.

100 g fresh
1551020

Smoked salmon ASC

Smoked Norwegian salmon.

100 g fresh
1571005

**Smoked pepper
mackerel fillet**
Mackerel fillet with smoked
pepper (vacuum).

110/130 g fresh
1541010



Smoked salmon frisee ASC
Smoked salmon frisee.

250 g fresh
1571130

PARTY QUICHES

Party quiches are mini versions of our large quiches. Thanks to their small size, the party quiches are ideal for serving at parties as a starter, a snack or with drinks. Which also means you get to try all the different varieties! The party quiches have a shorter cooking time and are also suitable for air fryers.



1. Salmon with dill, pepper and onions.	2. Lorraine with bacon strips and onions.	3. Goat's cheese with courgette, spinach and wakame.	4. Medi- terranean with chorizo, courgette and tomatoes.	5. Thai surimi crab with ginger, lime leaf and red chilli.
24 x 20/25 g frozen 2841016	24 x 20/25 g frozen 2841006	24 x 20/25 g frozen 2841011	24 x 20/25 g frozen 2841031	24 x 20/25 g frozen 2841026

Almond fish gratin MSC

Alaska pollock coated
with gratin sauce and flaked almonds.

36 x 160 g frozen
2821577



Katwijk fish pot

Katwijk fish pots from our own kitchen,
prepared using various types of fish: cod,
pangasius and salmon.

8 x 120 g fresh
2821530
1 kg fresh
1821125



4x FISH SPECIALITIES



Seafood trio MSC/ASC

A mouth-watering composition of salmon
and plaice fillet, topped off with peeled
prawns and herbs.

80/90 fresh
1821649
30 pcs frozen
2821620



Hake and salmon duo MSC/ASC

A tasty poached duo of hake and
salmon.

40 x 100 g frozen
2821505
40 x 100 g low sodium frozen
2821500

FISH TAPAS



Fish tapas are small portions of fish and shellfish coated in breadcrumbs. Quick to prepare in either the air fryer or the oven, they make a perfect snack to go with drinks.



Breaded prawns

Fried and breaded prawns with herbs.

500 g fresh 1831075
600 g fresh 1831076



Breaded fish bites

Fried and breaded pollock pieces with Bourguignon seasoning.

500 g fresh 1831070
600 g fresh 1831071



Squid rings

Fried and breaded squid rings with herbs.

500 g fresh 1831080
600 g fresh 1831081



Salmon bites

Fried and breaded salmon bites with herbs.

500 g fresh 1831085
600 g fresh 1831086

Fried fish fries premium MSC

Fried fish fries made from Alaska pollock and cod and with herbs.

5 kg frozen
2466060



Fried fish nuggets premium MSC

Fried fish nuggets made from Alaska pollock and cod and with herbs.

5 kg frozen
2466020



4x FISHSNACKS



Fried fish fingers MSC

Fried fish fingers made from Alaska pollock.

90/110 g fresh
1476340



Pre-fried mussels ASC

Breaded and pre-fried mussels.

5 x 1 kg frozen
2325020

Recipe: Crunchy pangasius with potato wedges and grilled vegetables

For 2 people

2 x 90/110 g crunchy pangasius with ravigotte sauce

400 g potato wedges

300 g grilled vegetable mix

4 tbsp olive oil

salty

pepper

paprika powder

garlic powder

1. Preheat the air fryer to 200 °C and heat 2 tbsp olive oil in two pans.

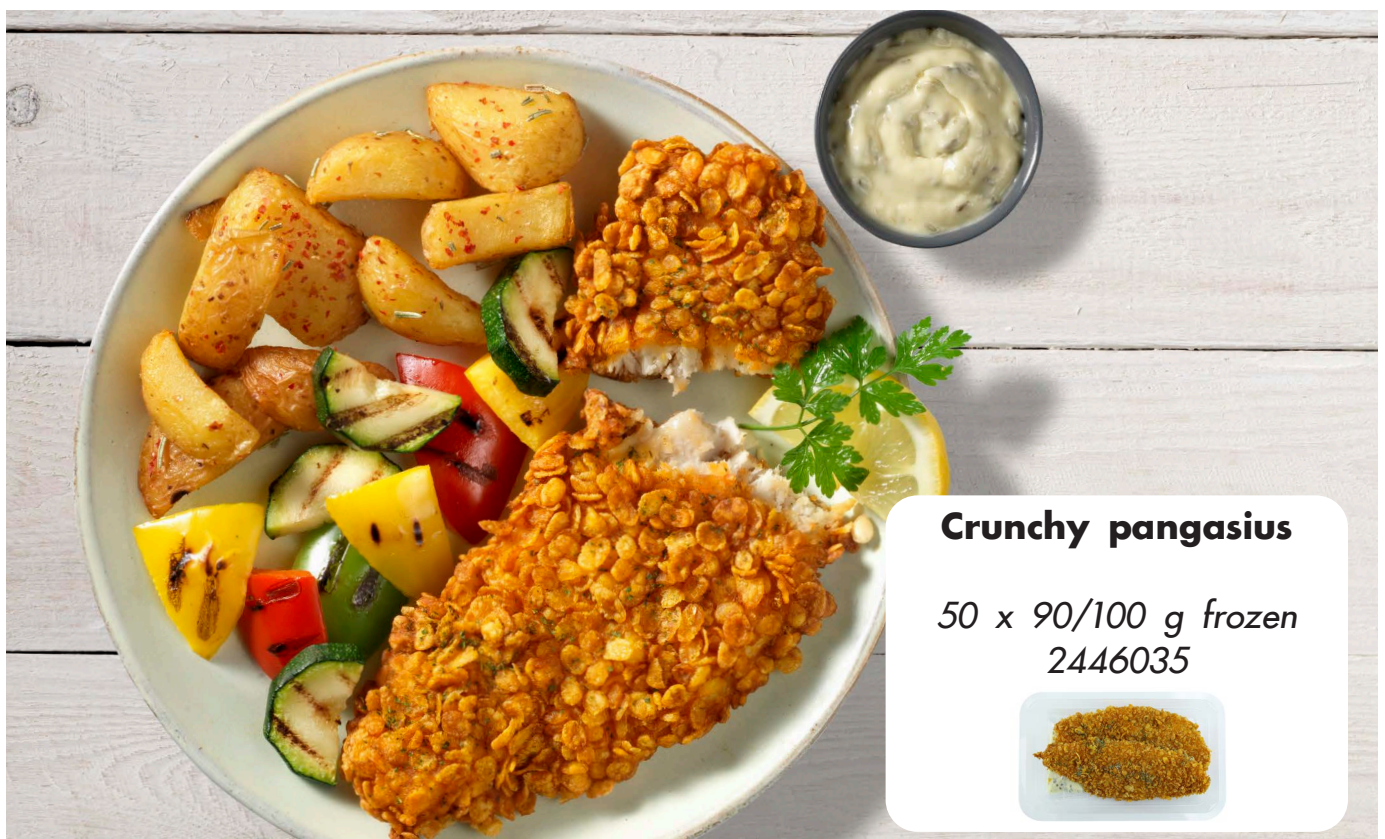
2. Add the potato wedges and fry for 10 minutes until they are nicely browned.

3. In the other pan, add the frozen grilled mix and let it warm up for 8 minutes over medium heat.

4. Place the crunchy pangasius fillets in the air fryer halfway through and heat them for 3-4 minutes.

5. Season the potato wedges and grilled vegetables with salt, pepper, paprika and garlic powder.

6. Divide the potato wedges, grilled vegetables and crispy pangasius fillets over two plates and add the ravigotte sauce.



Crunchy pangasius

50 x 90/100 g frozen
2446035



FRIED FISH

Lekkerbek MSC

Freshly fried gourmet fish
with herbs.

70/90 g fresh
1436010



Kibbeling MSC

Freshly fried white fish with
herbs.

1000 g fresh
1426110



**Fried
plaice fillets MSC**
Freshly fried plaice fillet with
herbs.

110/130 g fresh
1451260



Fish schnitzel MSC
Fried and breaded fish
schnitzel.

70/90 g fresh
1461010

**Fried
salmon ASC**
Freshly fried salmon with
herbs.

110/130 g fresh
1486305

POACHED & AND GRILLED FISH

A true specialty of AMfish is fish that has been slow-cooked/poached and/or grilled with the greatest care taken to maintain quality and maximum flavour. Delivered in the weights you require and with or without delicious spices or, for healthcare facilities, low-sodium.



1.
Grilled salmon
ASC

Grilled salmon with
spices.

80/90 g fresh
1267160

2.
Grilled saithe
MSC

Grilled saithe with
spices.

80/90 g fresh
1225095

3.
Poached cod
fillet MSC

Poached cod fillet
with spices.

80/90 g fresh
1222010

4.
Poached plaice
rolls with
salmon MSC/ASC

Poached plaice rolls
with salmon.

80/90 g fresh
1249305

Recipe: salmon fillets with hoisin sauce

For 2 people

2 x 90/110 g poached salmon fillets ASC
Wild and white rice
Hoisin sauce
2 tablespoons sesame seeds
Half cucumber
Quarter red pepper
Fresh dill

1. Cook the rice in a pan with plenty of water and a pinch of salt until al dente.
2. Then cut the cucumber and red pepper into slices and divide them on the plates. Garnish with some dill.
3. Remove the poached salmon fillets from the packaging and warm them in a pan, oven or microwave.
5. Divide the rice and salmon between the two plates and pour some hoisin sauce over the salmon fillets.
6. Sprinkle some sesame seeds over the salmon and sauce.



Poached salmon ASC

90/110 g fresh
1267250



FISH FROM THE GRILL

BELT GRILL

We use griddles but also a 'belt grill', on which fish is grilled continuously between two belts, making it ideal for cooking fish. The belt is non-stick and even suitable for marinated and sticky products.



TASTY & HEALTHY

The advantage of frying on a griddle or belt grill is that no additional (unhealthy) fats need to be added to cook the fish. As a result, the fish contains fewer calories and fat intake is reduced.

PRESERVES NUTRIENTS AND FLAVOUR

This technique also prevents any loss of nutrients and flavour. This is because the outside is seared, sealing in moisture and nutrients. As a result, important vitamins and minerals like vitamin B11 (folic acid), vitamin B12 (cobalamin), iodine and selenium are better preserved.



Grilled redfish

90/110 g 5kg frozen
2446200

Recipe: grilled cod tacos

For 4 persons

250 grams grilled cod fillets
2 bags of taco seasoning
8 tablespoons sour cream
8 gordita wraps/small tortillas
1 avocado cut into pieces
1 cup sliced cherry tomatoes
Olive oil

1. In a small bowl, stir sour cream and 1 tablespoon taco seasoning

2. Heat the grilled cod fillets in a pan, oven or microwave.

3. Sprinkle the grilled cod fillets with 4 tablespoons of taco seasoning. Cut the grilled cod fillets lengthwise.

4. Fill the tortillas with the grilled cod fillets, avocado and cherry tomatoes and the sour cream with taco herbs.

Serving tip: cut some limes to squeeze over the tacos.



**Grilled cod
MSC**

80/90 g fresh
1222011



FRESH FISH

For those who prefer to take control, we also have fresh fish. You can buy whole fish such as salmon and sea bream from us. If you do want to relieve yourself of some of the work, we also offer portioned fish fillets, for example cod and salmon.



**1.
Salmon steaks
ASC**

Salmon steaks with bones and skin.

approx. 120 g
per portion fresh
1167240

**2.
Plaice fillet with
salmon MSC/ASC**

Rolled plaice fillet with salmon fillet.

ca. 100 g portion
fresh
1149095

**3.
Sea bass**

Sea bass fillet with skin.

120/130 g
fresh
1182170

**4.
Cod loin**

Cod fillet from the back of the fish.

100/120 g
fresh
1122076

Fish roll with salmon pieces, raw

Raw pangasius medallions with pieces of salmon.

*50 x 90/100 g frozen
2821102*



Plaice fillet with smoked salmon trout mousse, raw

Folded raw plaice fillets with a filling of smoked salmon mousse.

*40 x 100 g frozen
2149100*



4x FISH ROLLS



Poached fish roll with salmon pieces

Poached pangasius medallions with pieces of salmon.

*50 x 80/90 g frozen
2821101*



Poached plaice roll

Poached plaice rolls with herbs

*35 x 80/90 g frozen
2249010*

HERRING

A white oval plate holds four whole pickled herring fish with tails, each topped with a generous amount of finely diced white onions. To the left of the plate is a sprig of fresh green dill and a single red onion. To the right are several slices of pickled cucumbers and a small stack of white onion rings. In the top right corner, a portion of a herring sandwich on a bun is visible. In the bottom right, a white rectangular plate shows two pieces of pickled herring fillets garnished with green leaves and small orange dots. A small white square dish containing more diced onions is also visible on the right.

Maatjes herring with tail

1 pc. vac. 1701005

1 pc. vac. with onion 1701050

Pickled herring

200 g 1711006

400 g 1711011

6 x 400 g 1711012

2000 g container 1711016

**Maatjes herring
without tail**

1 pc. vac. 1701030

Pickled rollmops

200 g 1901026

400 g 1901016

6 x 400 g 1901017

2000 g container 1901021



SHELLFISH

Shellfish like lobster and mussels are particularly good in spring, so why not base your spring menu around these ocean delicacies when they are bursting with flavour?



1. Fruits de Mer

Fruits de mer:
prawns, mussels
and squid.

1000 g frozen
2681001

2. Crayfish

Whole unpeeled
crayfish.

500 g frozen
2661050

3. Peeled prawns

Raw Vannamei
peeled prawns
16/20.

1000 g frozen
2611060

4. Mussels

Fresh 'Super'
mussels in their
shells.

1000 g fresh
1641030

Recipe: Cajun prawns

Preparation for 2 persons

500 grams of fresh pink jumbo prawns
150 grams of jasmine rice
2 teaspoons of olive oil
salt
pepper
2 teaspoons Cajun seasoning
finely chopped parsley

1. Add the jasmine rice to a pan of plenty of boiling water and cook for 15-20 minutes on the lowest setting.
2. Heat the oil in a large frying pan over medium heat.
3. In a large bowl, add the prawns, salt, pepper and Cajun seasoning. Mix well to coat evenly.
4. Cook the prawns for 2-3 minutes per side or until pink and opaque.
5. Divide the cooked rice and prawns over two plates.
6. Garnish with freshly chopped parsley and lime wedges.



Pink jumbo prawns

500 g
1611065





**If you have any questions,
we are at your service!**

info@amfish.nl
071 408 0808

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AMfish BV
2222 AK, Katwijk aan Zee, the
Netherlands