

INSPIRATION BROCHURE

AM fish
convenience



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

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HERRING

SHELLFISH



Pre-fried salmon burger ASC

Pre-fried salmon burger with herbs.

25 x 90 g frozen
2338075



Pre-fried salmon/cod fish burger ASC/MSC

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

50 x 100 g frozen
2338040



4x FISH BURGERS



Pre-fried fish burger with leek MSC

Pre-fried fish burger made from Alaska pollock and leek and seasoned with herbs.

50 x 90 g frozen
2338055



Pre-fried cod burger MSC

Pre-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 peppered mackerel fillet

Mackerel fillet with smoked
pepper (vacuum).

110/130 g fresh
1541010



Smoked salmon ASC

Smoked Norwegian salmon

100 g fresh
1571005



Smoked eel fillet

DUPAN

Smoked sustainable eel fillet

100 g fresh
1551020



Mini-blinis

10 x 16 pcs. fresh
1841040



Smoked salmon frisee ASC

Smoked salmon frisee.

250 g fresh
1571130



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 SPECIALTIES



Seafood trio MSC/ASC

A delicious combination of salmon and
plaice fillet, finished with peeled prawns
and herbs

80/90 fresh
1821649
30 pcs frozen
2821620



Hake and salmon duo MSC/ASC

A tasty pre-cooked duo of hake and
salmon.

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

Recipe: Thai Crab Cakes with Cucumber Salad

Thai Crab Cakes

Chili Sauce

1 cucumber, thinly sliced

2 teaspoons salt

1/4 cup thinly sliced red onion

1/4 cup rice vinegar

1/4 cup sugar

1/4 cup freshly chopped cilantro

1/3 cup chopped peanuts

1. Preheat the fan oven to
180 °C.

2. Place the cucumber slices in a
colander and sprinkle with salt. Let sit for
10 minutes.

3. Pat the cucumber slices dry with paper
towels.

4. Combine the rice vinegar and sugar
in a small bowl and stir. Microwave for
30 seconds until the sugar has dissolved.

5. Place the cucumbers and red onion in
a large bowl, then pour the rice vinegar
mixture over the top.

6. Add the cilantro to the cucumber
mixture and stir. Cover the dish and put
it in the fridge for at least 20 minutes.

7. Place the crab cakes on baking paper
in the oven and heat for 10 minutes.

8. Serve the crab cakes with the
cucumber salad and chili sauce in a bowl
next to it. Garnish the cucumber salad
with the peanuts.



**Pre-fried
Thai
Crab Cakes**

16 x 90/100 g
frozen
2343021



TERRINES

Terrine is the name of a dish from French gastronomy that is originally made in a terrine (glazed dish). Our terrines are made with a base of high-quality fish, crustaceans and/or shellfish. The terrines can be served cold and are provided with cutting marks.



Lobster and crab terrine

4 x 840 g fresh
 1821631



Breton style terrine with scallops

4 x 840 g fresh
 1821644



Norwegian style salmon terrine

2 x 840 g fresh
 1821641



Terrine lobster whisky

2 x 840 g fresh
 1821625

Please note: These amuse-bouches require a one-week delivery time.

VERRINES

Verrines are small plastic glasses with fillings in three layers. Colourful, contrasting and very tasty. Very suitable as an amuse or as a starter. The 40 gram size is ideal for use on the party table. Ready to use, to be consumed cold. Without preservatives and colourings.



Verrine scallops

6 x 4 x 40 g fresh
 1821606



Verrine trout with fresh cheese

6 x 4 x 40 g fresh
 1821615



Verrine tuna with chorizo

6 x 4 x 40 g fresh
 1821610



Verrine salmon, cheese and cucumber

6 x 4 x 40 g fresh
 1821605

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

Pre-fried and breaded prawns with herbs.

500 g fresh 1831075
3 kg frozen 2831035



Breaded fish bites

Pre-fried and breaded pollock pieces with Kentucky seasoning.

5 kg frozen 2831050



Squid rings

Pre-fried and breaded squid rings with herbs.

500 g fresh 1831080
600 g fresh 1831081



Breaded salmon bites

Pre-fried and breaded salmon bites with Kentucky seasoning.

3 kg frozen 2831030

Pre-fried fish fries premium MSC

Pre-fried fish fries made from Alaska pollock and cod and with herbs.

5 kg frozen
2466060



Pre-fried fish nuggets premium MSC

Pre-fried fish nuggets made from Alaska pollock and cod and with herbs.

5 kg frozen
2466020



Recipe: Crispy pangasius with potato wedges and grilled vegetables

For 2 people

2 x 90/110 g *crispy pangasius*
400 g *potato wedges*
300 g *grilled vegetable mix*
4 *tbsp olive oil*
salt
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 crispy 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.

4x FISH SNACKS



Pre-fried fish fingers MSC

Pre-fried fish fingers made from Alaska pollock.

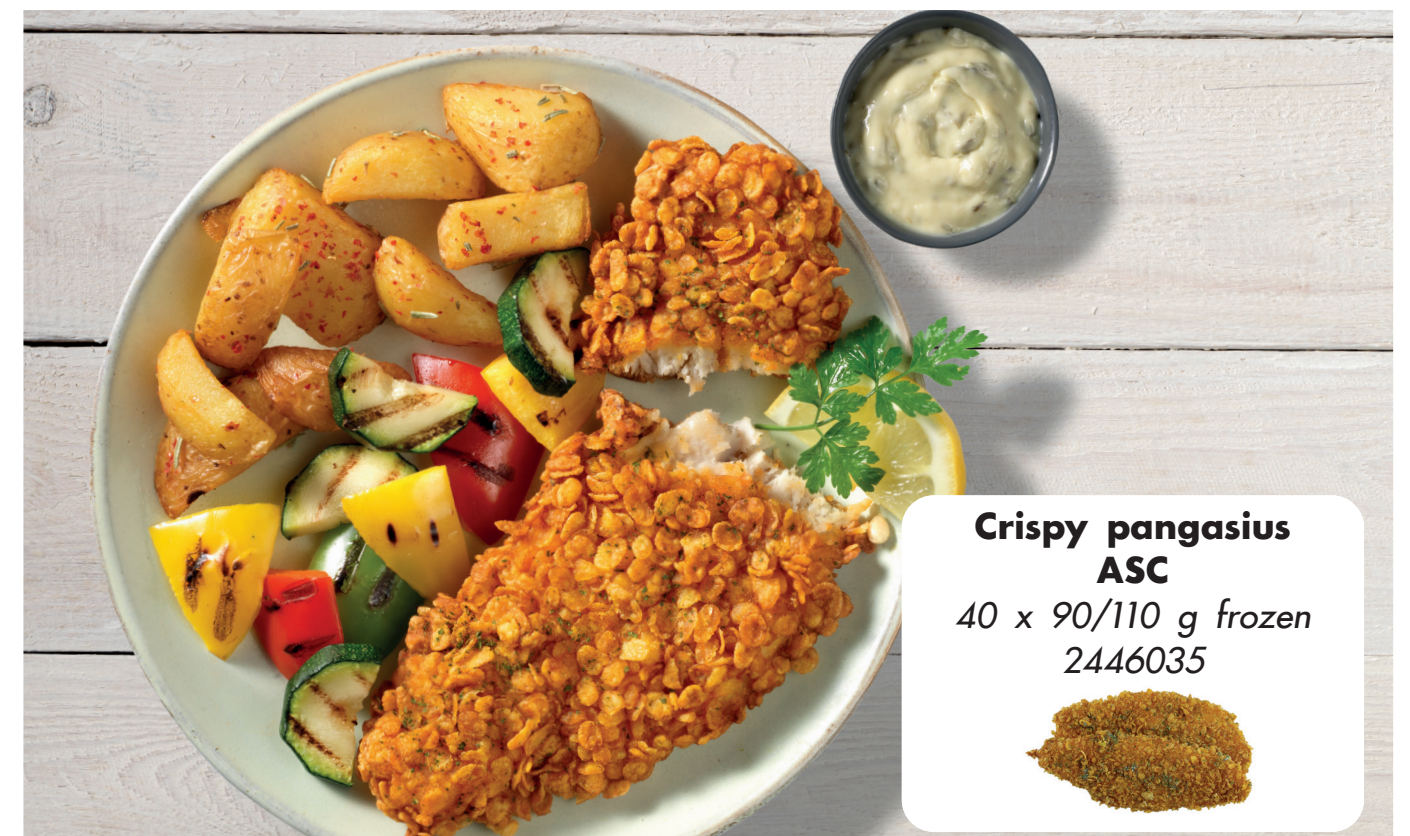
5 kg frozen
2476025



Pre-fried mussels ASC

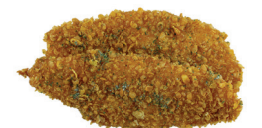
Breaded and pre-fried mussels.

5 x 1 kg frozen
2325020



Crispy pangasius ASC

40 x 90/110 g frozen
2446035



PRE-FRIED FISH

Lekkerbek MSC

Freshly pre-fried gourmet fish with herbs.

70/90 g fresh
1436010



Kibbeling MSC

Freshly pre-fried white fish with herbs.

1 kg fresh
1426110



Pre-fried plaice fillets MSC

Freshly pre-fried plaice fillet with herbs.

90/110 g fresh
1451145



Fish schnitzel MSC

Pre-fried and breaded fish schnitzel.

70/90 g fresh
1461010



Pre-fried salmon ASC

Freshly pre-fried salmon with herbs.

70/90 g fresh
1486010



PRE-COOKED FISH

A true specialty of AMfish is fish that has been slow-cooked 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
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Recipe: Salmon with fleur de sel and grilled Mediterranean vegetables

Serves 2
 2 pre-cooked salmon fillets fleur de sel
 1 courgette, sliced
 200 g cherry tomatoes, halved
 8 green asparagus
 1 red onion, thinly sliced
 2 tablespoons olive oil
 1 clove garlic, finely chopped
 1 teaspoon dried thyme
 Salt and pepper to taste
 Fresh basil or parsley to garnish

1. Preheat the oven to 200 °C (or use a grill pan).
2. Place the courgette slices, cherry tomatoes, green asparagus and red onion in a large bowl. Add the olive oil, garlic and thyme and season with salt and pepper. Mix everything well so that the vegetables are

- evenly coated.
3. Roast the vegetables in the preheated oven for 20-25 minutes, or until soft and lightly caramelised. If you are using a grill pan, grill the vegetables in portions until they have nice grill marks and are cooked through.
 4. While the vegetables are grilling, you can briefly heat the pre-cooked salmon fillets in the oven (5-7 minutes) or in the microwave.
 5. Divide the grilled vegetables over two plates. Place the heated salmon fillets on top.
 6. Garnish with some fresh basil or parsley.

Serving tip: This dish is delicious with crusty bread or a salad.



Pre-cooked salmon with fleur de sel ASC
 90/110 g fresh
 1267615

GRILLED & SOUS VIDE

BELT GRILL

We use grill plates, but also a 'belt grill', where fish is grilled continuously between two belts. This makes it ideal for cooking fish. The belt is non-stick and even suitable for marinated and sticky products.

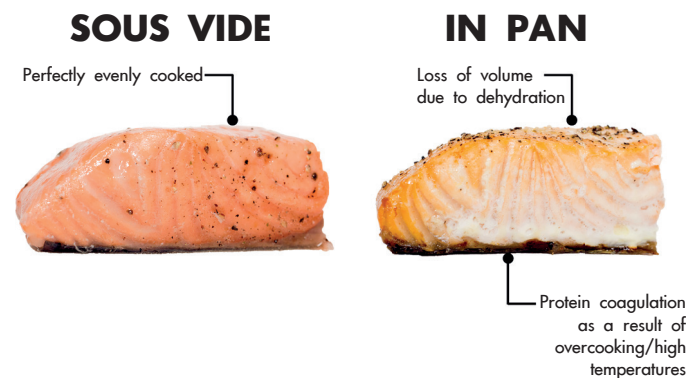


Grilled redfish

90/110 g 5kg frozen
2446200

SOUS VIDE

Sous vide is the technique for cooking fish to perfection. By vacuum-packing fish and cooking it slowly at a constant, low temperature, it retains its juiciness, soft texture and pure flavour. Unlike in a pan, where uneven heat can dry out the fish, sous vide ensures constant and even cooking. Vacuum-packed sous vide fish has a shelf life of at least 3 weeks.



TASTY AND HEALTHY

The advantage of baking on a grill plate or belt grill is that no extra (unhealthy) fats need to be added to bake the fish. This means the fish contains fewer calories and the intake of fat is reduced.

PRESERVATION OF NUTRIENTS AND FLAVOUR

Nutrients and flavour are also optimally preserved. The outside is seared, which locks in moisture and nutrients. This means that important vitamins and minerals such as vitamin B11 (folic acid), vitamin B12 (cobalamin), iodine and selenium are better preserved.

SALMON SIDES

Sous vide offers a perfect solution for the catering industry, for example by vacuum packing salmon sides and cooking them with or without a marinade. Before the fish is cooked sous vide, it can be placed briefly on the grill for an attractive grill stripe and extra flavour dimension.



Recipe: grilled cod tacos

For 4 persons

250 grams grilled cod fillets
2 bags of taco seasoning
8 tablespoons sour cream
8 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: Slice some limes and squeeze the juice over the tacos.



Grilled cod MSC

80/90 g fresh
1222011



FRESH FISH

For those who like to prepare their own meals, we also offer 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	2. Plaice fillet with salmon MSC/ASC	3. Sea bass	4. Cod loin
Salmon steaks with bones and skin.	Rolled plaice fillet with salmon fillet.	Sea bass fillet with skin.	Cod fillet from the back of the fish.
approx. 120 g per portion fresh 1167240	ca. 100 g portion fresh 1149095	120/130 g fresh 1182170	100/120 g fresh 1122076

Dab roll with salmon pieces, raw

Raw dab rolls filled with pieces of salmon

1 kg frozen
2821570



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
Pre-cooked pangasius medallions with pieces of salmon.

50 x 80/90 g frozen
2821101



Pre-cooked dab roll
Pre-cooked plaice rolls with herbs.

35 x 50/70 g diepvries
2249010

HERRING

**Maatjes herring
without tail**
1 pc. vac. 1701030

Maatjes herring with tail
1 pc. vac. 1701005
1 pc. vac. with onion 1701050

Pickled rollmops
200 g 1901026
400 g 1901016
6 x 400 g 1901017
2 kg container 1901021

Pickled herring
200 g 1711006
400 g 1711011
6 x 400 g 1711012
2 kg container 1711016

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.

1 kg frozen
2681001

2.
Peeled prawns ASC

Raw Vannamei peeled
prawns 31/40.

1 kg frozen
2611225

3.
Mussels

Fresh 'Super'
mussels in their
shells.

1 kg frozen
1641030

Recipe: Cajun prawns

Preparation for 2 persons

500 grams peeled prawns 31/40
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.



Peeled prawns
ASC 31/40
10 x 1kg frozen
2611220





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

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