



Genuine Alaska Pollock

USDA ALASKA POLLOCK FISH STICKS

Frequently Asked Questions

I'm not familiar with Alaska pollock. What can I expect the new USDA Alaska Pollock Fish Sticks to look and taste like?

Alaska pollock is a whitefish and a member of the cod family. Caught in the wild off the coast of Alaska, it has flaky white meat and a mild flavor that most kids will love. The USDA fish stick is made with once-frozen whole Alaska pollock fillets that have been deep-skinned. Deep skinning removes all of the dark meat from the fillet, so when students bite into the fish sticks, they will see only bright white meat inside. The USDA Alaska Pollock Fish Stick also has a crispy whole grain breading. One serving provides a two-ounce equivalent for lean meat/meat alternates, and a one-ounce equivalent for whole grain or whole grain-rich products.

How should the USDA Alaska Pollock Fish Sticks be handled prior to cooking?

USDA Alaska Pollock Fish Sticks should be stored in the freezer and kept frozen until you are ready to cook them.

What is the best way to cook the USDA Alaska Pollock Fish Stick?

For best results, the USDA Alaska Pollock Fish Sticks should be batch cooked just prior to serving. Batch cooking ensures that the breading remains crispy and the fish is not overcooked. It is best to test a few fish sticks prior to service to see how you might need to adjust temperatures or cooking times to achieve the best results with your equipment.

To cook a batch of fish sticks, preheat your convection oven to 400°F or your



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conventional oven to 475°F. Oven temperature is very important and will greatly affect the appearance and texture of the cooked product! Spray a sheet pan with cooking spray or line it with parchment paper. Place the frozen fish sticks on the tray, allowing space between each one. Cook for 9 to 13 minutes or until breading is crispy and the internal temperature just reaches 165°F. Do not overcook!

What is the best way to hold USDA Alaska Pollock Fish Sticks?

It is best to minimize holding times with breaded fish products, and batch cooking just prior to service is the best way to do that. If you do have to hold fish sticks, do not cover them, as this will cause the breading to become soggy and it is very likely that the fish will overcook as well.

Where can I find recipes, presentation and menu ideas for the USDA Alaska Pollock Fish Sticks?

The Genuine Alaska Pollock Producers is the producer association for Alaska pollock. Visit our [website](#) for lots of great recipes and menu ideas for the new USDA Alaska Pollock Fish Sticks.

USDA Alaska Pollock Fish Sticks is a new menu item for our nutrition services staff and our schools. What are “Best Practices” for introducing the item to staff and students?

For a quick way to educate your staff about the new USDA Alaska Pollock Fish Sticks, check out [Alaska Pollock: A How-to Guide for Schools](#). It provides a great overview for schools about the nutritional benefits of seafood, the advantages of Alaska pollock, sourcing, menu ideas, and preparation instructions. Each section is designed to be an easy way to train staff about Alaska pollock and the new USDA Fish Sticks.

One of the best ways to introduce new seafood items to students is to sample the product a few days before it is on the menu. Take a look at our [sampling protocol](#) to learn how to sample in your schools.

Are the USDA Alaska Pollock Fish Sticks fried?

No, baking is the preferred cooking method for USDA Alaska Pollock Fish Sticks. During processing, the USDA Alaska Pollock Fish Sticks are par-fried for just a few seconds to set the breading. This process helps keep the breading crispy during baking.

Do USDA Alaska Pollock Fish Sticks really come from Alaska?

Yes! Alaska pollock is caught off the coast of Alaska in the Bering Sea and the Gulf of Alaska. When you serve this product, you are supporting thousands of U.S. fishermen and processors and their families.

*Great Fish
for Great Kids!*