



D'ARTAGNAN SEAFOOD



DEFROSTING INSTRUCTIONS

**WE TOOK A LOT OF CARE IN FREEZING YOUR FISH.
HOW YOU UNFREEZE IT IS JUST AS IMPORTANT.**

That's why we recommend that whatever thawing method you use, **ALWAYS** remove the frozen fish from the vacuum-sealed packaging in which it is shipped.

SLOW METHOD

The best way to thaw fish is also the easiest way.

Step 1 – Once removed from packaging, place the seafood on a plate, or a tray lined with paper towels, skin side up if applicable. Then store it on the lowest shelf in the refrigerator. The paper towels will pull excess water out of the fish, helping to keep the texture firm and create the nice sear and skin crispiness we all want. For even firmer texture, rest your seafood on a wire rack over the plate or tray so that the liquid drains down rather than pooling under the seafood.

Step 2 – Allow about 12 hours, and once thawed, give the seafood a good pat-down with paper towels to remove any remaining moisture before cooking.

FASTER METHOD

Step 1 – If you can't wait overnight, the next best option is to remove fish from packaging and place the items in a separate sealable bag, leaving a small air gap. Then submerge the fish under cool water. Do **NOT** place the fish directly in the water, or it will become waterlogged. Change the water every 30 minutes to keep it cool. Never use warm or hot water, as it can cook portions of the fish and is not safe.

Step 2 – Allow about 2 hours, and once fully thawed, give it a good pat-down with paper towels to remove any remaining moisture before cooking.

REFREEZING THAWED OR PARTIALLY THAWED FISH

Our quality seafood is shipped via recyclable, insulated packaging with non-toxic gel packs that will hold fish at its required temperature for 36 hours. In the case that any portion of your fish order arrives partially unfrozen, put it immediately in the freezer. It is safe and will not lose any of its flavor or quality.