

Culinary Utilization



The Glacier 51 Toothfish is often referred to as the Wagyu of the sea with a complex, rich, yet delicate mouthfeel. The flesh of the Glacier 51 Toothfish is extremely rich and fatty, which means that small portions are recommended and cooking methods should take its fatty nature into account. A generous serve is only 90-100g.

With snow-white flesh, broad scalloping flakes and a clean, sweet flavour, laden with a unique umami, it is high in fat and Omega 3 and offers a culinary versatility rare in fish fillets.

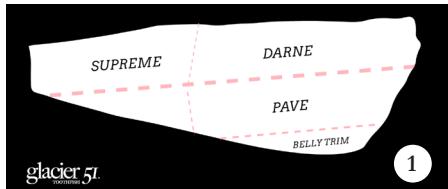
Glacier 51 Toothfish arrives as a whole fillet, or trunk; super frozen and vacuum packed to retain its culinary integrity.

Its high fat content and unique skin make it ideally suited to a range of preparations from classic Japanese "Saikyo" to high heat grilling.

Key to the maximization of the Glacier 51 fillet is to consider use of the whole fillet through utilizing the fillet and trunk in a number of cuts including supreme, darne, pave and belly trim.

To defrost the fillet, keep it in the bag and thawed in fridge for 24 hours in bag, then remove and pat dry. The trunk from smaller fish are especially good when used in cutlet or tail form.

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1. Breaking down a whole fillet or trunk

The Glacier 51 fillet can't be pin-boned but can be broken down into top and bottom loins, for utilisation as either supreme, darne, pave and belly trim. While the tail and cutlet of smaller Glacier 51 offer a unique point of difference on the plate.

2. Supreme cut

The 'Supreme' is an angled cut of approximately 90-100g, which offers great plate presence and maximizes yield from the fillet. Best poached in a soft, foaming pool of butter that provides a consistent, gentle cooking medium, or in the traditional Japanese Miso Marinade, known as Saikyo and grilled at high temperatures.

3. Darne

The Darne is a centre cut, a classic plate presence for use in a variety of culinary applications including pan-fried crisp skin or grilled under or over high heat.

4. Pave

The Pave cut comes from the lower centre portion of the dressed loin, it can be skin on or off, and is ideally suited to poaching in a soft, foaming pool of butter, pan-fried crisp-skin or miso cured and grilled under high heat.

5. Belly trim

The belly trim, and any offcuts from the premium fillet are ideal for crumbed goujons, curries, broths and stir fry preparations.

6. Tail and Cutlet – taken from whole trunk

The tail and cutlet are a cross section cut from the barrel of smaller Glacier 51 toothfish. The cutlet is ideal for barbecuing or oven roasting. The tail is ideal for roasting or barbecuing and is well suited to sharing and steakhouse preparations.

Table Talk

- The glacier 51 has a high fat content which provides culinary versatility
- It has broad scalloping flesh which is snow white when cooked and a skin that can crisp up to form a “crackling”
- With a sweet, rich flavour with a long deep and lasting aftertaste – well suited to numerous cuisines and cooking styles
- The premium fillet has numerous Western uses
- Supreme offers great value and ease of cooking
- Darne and Pave can be utilized in premium presentations
- Belly trim is ideally suited for crumbing, tempura, curries, broths and stir fry
- The tail or cutlet taken from a smaller trunk is ideally suited to roasting and grilling

Location Map

