



Absolutely no chemicals are used in the smoking process. Using modern automated wood-smokers, our skilled technicians produce a quality product.



Smoked Herring Kippers

Preparation

& Handling

Keep Frozen until ready to use. Contents must be cooked before eating.

Poach: Place Kippers in shallow pan over medium heat. Add 1/2 cup milk and 1/2 cup water. Simmer 10 minutes (do not allow to boil). Drain and dot with butter.

Bake: Wrap kippers individually in greased aluminum foil. Bake in oven at 450°F for 12-15 minutes. Drizzle liquid from foil over fillets.

Fry: Place kippers in frying pan, cover with sliced onions. Cover pan and cook on medium heat for 5 minutes. Turn and cook for another 5 minutes. No butter or fat required. Serve with vinegar and sliced onions.

Broil: Place kippers skin side down on greased broiler rack. Broil 8 min (4 minutes a side). Serve with a slice of lemon.

Product Details

Product Code	1241
Case Size	10lb (4.55 kg)
Purchasing Unit	1 x 10 lb case
UPC	0-62763-01241-6
SCC	100-62763-01241-3

Ingredients

Herring, salt, natural wood smoke.

Nutrition Facts	
Valeur nutritive	
Per 56 g / 2/3 average fillet	
par 56 g / 2/3 filet moyen	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 110	
Fat / Lipides 8 g	12 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 45 mg	
Sodium / Sodium 540 mg	23 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 10 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	2 %