

Sword Fish Collar

The collars of a swordfish are a cut from the fish's clavicle with a bone attached. Also called Swordfish Chops in some restaurants, swordfish collars are tender and juicy, rich in flavor and meaty in texture. The higher fat content in the collars makes them very good for smoking, grilling, broiling, frying or stewing.

As part of the swordfish that is high in omega-3 fatty acids and essential amino acids, the swordfish collar is good for high protein and low carbohydrate diets. Our swordfish collars are flash frozen and well portioned, ideal for kitchens requiring a reduction in kitchen preparations and cooking time.

Packing size : 300-600 gm per portion available in bulk pack of 20kg carton

