

PLEURONECTES
PLATESSA

PLAICE



BY APPOINTMENT TO THE ROYAL DANISH COURT

Royal Greenland®



Plaice (*Pleuronectes platessa*), is one of the most popular flat-fish in Europe. The brown fish with red spots is common all over European coastal areas from the North Sea to the Mediterranean.

It prefers sandy bottom conditions and lives in shallow shore areas as well as at depths of up to 200 m.

Royal Greenland offers plaice from the Danish fishery with trawl, net or Danish seine taking place in the North Sea. The fishery is MSC certified as sustainable. The fish are purchased at Danish auctions and transported directly to Koszalin in Poland, where our trusted partners handle the further processing into natural fillets or turn the fillets into one of our value added products.





Natural

Natural fillets of plaice is available with or without skin. Moreover a wealth of convenience versions are available such as rolled plaice fillets, stuffed fillets with a creamy mousse inside etc.

Battered & Breaded

Royal Greenland offers a number of different batters and breadings, all designed to add crispness, while keeping the fish juicy and tender inside. Both can be adapted to customer needs and breadings are available with spices and herbs, with classic fine breadcrumbs, whole grain, low fat and many more.

Most products are ovenable directly from the freezer

Glutenfree & Organic breadings

New generations of the traditional breaded plaice is offered in tasty Glutenfree variants with rice- or cornbased breadings. Moreover a 100% organic breadings can now be enjoyed.

Lightly dusted & Meuniere

For a lighter plaice dish, we offer our lightly dusted varieties with only 20-30% breading or even lower with our plaice meunière,

which is dusted with 8% flour. Both types are available with added herbs and/or spices and offer a light alternative to traditional breaded products.

Stuffed

Royal Greenland's stuffed plaice is a meal in its own right; just add a bit of greens on the side. Juicy plaice fillets are stuffed with delicious ingredients such as prawns, broccoli, asparagus, white cheese and creamy sauces and then breaded. All varieties are pre-fried and oven ready.

Goujons

Royal Greenland's plaice goujons are coated in a crisp batter. Their convenient bite-size make them perfect as a snack with dippings or fish 'n' chips servings, alternatively served Street-food style in a light bun with ketchup and pickles as a "Sea-dog". All varieties are prefried and oven ready.



Clean Label

Clean Label is our range of quality seafood meals prepared entirely without artificial flavourings, colourings and preservatives. Natural products all the way through.

Clean Label is our guarantee that the products live up to the 3 principles:

- Only natural ingredients
- Authentic taste
- Natural appearance



Culinary Qualities

Plaice is a very mildly flavoured fish with delicate and juicy meat. Its flat, thin filets cook very quickly and work well for coating with breading or batter and wraps easily around stuffing. The plaice offers mild sweetness and umami flavours.

Flavour matches

The gentle flavour profile works well with mild sauces and dressings and additionally, the inherent sweetness

can be paired with shellfish and needs a bit of acidity from white wine or citrus to lift off. Vegetables adds crunch to the juicy fish.

Cooking tips

Plaice works well in ovenbaked dishes where sauces make sure it does not dry out. Cook at low temperatures, for longer time in order to preserve the juiciness of the delicate meat. Breaded/battered versions are prepared either in the oven, on a pan or in the fryer.







Natural - standard or rolled fillets



Stuffed natural - natural filets rolled around delicious stuffing



Coated - breaded, lightly dusted or meunière and a range of flavours available



Stuffed and breaded - plaice fillets with stuffing in creamy sauce, breaded



Goujons, breaded

