

## P.H.R Processing are proud to bring you Omega™ Seafood

P.H.R Processing Ltd aims to produce premium cooked greenshell™ mussels which can be eaten straight out of the packet or used anywhere live would normally be used.

### Omega™ Cooked Gourmet Mussels

Taking greenshell™ mussels grown in the pristine waters of New Zealand's Marlborough Sounds, P.H.R Processing Ltd inspect, wash and partially de-beard them before they are placed in a plastic pouch.

The pouch is then vacuum packed before being cooked under pressure at high temperature in a steam retort (industrial pressure cooker). Natural flavours are captured and retained through this process while food safety and product shelf life are enhanced.

Omega™ Cooked Gourmet Mussels can be used anywhere live would normally be used!



2005 WINNER  
Cookery



2005 WINNER  
Best Antarctic Product

### Key Product Features - greenshell™ mussels

- Available in 500g (17.7oz) and 1Kg (35.3oz) packs - perfect meal or appetizer size
- Washed, scrubbed, partially de-bearded and cooked
- Minimum 12 mussels 500g (17.7oz) or 20 mussels 1Kg (35.3oz) vacuum packed and cooked in the shell
- No added flavours - retaining the fresh natural taste
- No knife required - shells will open when seal is broken
- Quick to heat - just 2 min's in microwave/on stove top
- Long shelf life - will keep in the fridge for 1 YEAR (store below 39°F/4°C) or deep freeze for 2 years. Once open, packs keep 2-3 days in fridge
- Healthy - Low fat, High protein, Good source Omega 3, No preservatives or additives, Low sugar
- Carton - per 15 x 500g (17.7oz) or 10 x 1Kg (35.3oz)

### Key Food Service and Consumer Benefits

- Portion control - ideal meal or entrée size
- Easy & quick - 'no mess, no hassle'
- Presentation and preparation - fine for half shell, full shell or no shell dishes with natural flavour providing ideal base for any mussel dish
- Good finger food - great for catering
- Minimal wastage - long shelf life, handy portions
- Reduced labour costs - save time in prep
- Hygiene - no risk of cross contamination, no risk of listeria
- Easy Storage - fridge/freezer, no smells/dripping in the fridge
- Economy & Efficiency
- Low risk - easy way to extend menu without worrying about turnover of dishes or availability of fresh



500g Pack



1Kg Pack



## OMEGA VERSATILITY

- Entrees, mains, antipasto, catering, bar meals, buffets and room service.
- Chowders or sauce (flavoursome stock included).

## OMEGA QUALITY

- European Seafood Exposition 2005 Gold medal winner.
- Winner Hospitality Magazine 'Best new seafood item' 2004

## ADVANTAGES

<i>Taste</i>	<i>Super fresh, all natural, no additives</i>
<i>Uses</i>	<i>Serve chilled or prep like live</i>
<i>Scrubbing</i>	<i>All done</i>
<i>Grading</i>	<i>Uniform size</i>
<i>Counting</i>	<i>Portion controlled units 500g/1Kg</i>
<i>Prep Time</i>	<i>2 minutes</i>
<i>Shelf Life</i>	<i>12 months in fridge, 24 months in freezer, 3-4 days in fridge – once opened</i>
<i>Wastage</i>	<i>No wastage – no guess work</i>

### Easy menu ideas for Omega™ greenshell™ mussels

#### Served whole with:

bread & salad, sliced lemon and lime

#### Served whole with dipping sauces:

soy & sesame, BBQ, sweet chilli & coriander, tartare, coconut & lemongrass

#### Grilled (in the half shell) with:

garlic, bread crumbs and parsley, cheese and celery, mushroom sauce

#### Or as part of:

an antipasto, a chowder, or a paella!

### Omega™ Classic Greenshell mussels

1 pkt Omega™ mussels

1 small onion chopped

1 celery stick chopped

1 cup of white wine or water

1 tablespoon of chopped fresh parsley

Put all ingredients except Omega™ mussels and parsley in a large pan, bring them to boil. Empty Omega™ mussels into the pan, heat through, add parsley and serve immediately.

Enjoy!

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