

# The Fresh Lobster Company Shares Delicious Recipe Ideas for Its Fresh Haddock Deliveries

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The Fresh Lobster Company, an online seafood delivery store based in Gloucester, Massachusetts, is urging customers to find out more about the nutritional benefits of haddock and the plethora of ways to enjoy it.

Found primarily in the North Atlantic Ocean, the saltwater ray-finned haddock is a close relative of cod fish. It feeds on other sea creatures such as shrimp, invertebrates, and smaller fish. The haddock's diet and body composition give its meat a firm texture that is packed with nutrients such as omega-3 fatty acids, minerals, and vitamins. Traditionally, it is undyed and smoked but it is also available with smoked flavorings that enhance the taste of the final recipe.

The haddock's mild flavor makes it versatile enough to grace a large variety of dishes. Some of the most popular recipes include haddock which is baked, barbecued, deep fried, cooked en-papillote, poached in milk, pan-fried, roasted, grilled, or added to a casserole. Customers can buy it in fillets, whole haddocks, or steaks, depending on the intended preparation.

The spokesperson for The Fresh Lobster Company shares some tips for cooking haddock by saying, "To avoid undercooking the fish, heat it till it is hot in the middle and then take it off the pan to let the latent heat cook through the rest of it. In the oven, you can roast it at 400°F for around 12 to 15 minutes. If you are going for fillets, place it skin-side down to give it a good sear and then turn it around for around a minute before proceeding to plate it."

Readers are encouraged to experiment with recipes such as fish tacos, fish cakes, British-style fish and chips, adding it to New England fish chowder, or just baking it with butter for a quick meal. For more interesting ideas, buyers are urged to visit The Fresh Lobster Company's website where it has made available several scrumptious recipes to best prepare its fresh catch.

The Fresh Lobster Company makes it very easy for seafood enthusiasts to plan for and acquire fresh seafood for themselves or send it off as a gift to their loved ones. With the freshest fish, lobsters, clams,

shrimp, and all manner of seafood caught at the oldest seaport in America, the company ships everywhere in the United States using FedEx Express Overnight shipping to ensure absolute freshness for all customers.

With its extensive seafood menu and fast and affordable overnight shipping, The Fresh Lobster Company has earned a place in the hearts of seafood lovers all over the country. The company boasts an impressive overall rating of 4.7 out of 5.0 on its Google Business Profile from over 75 reviews.

One recent review says, "This whole experience was wonderful. Professional packing, truly overnight and the lobsters (we had a gift certificate for four 2.75-3 lbs. each lobster) were enormous. The cooking directions were easy and accurate. By far, the BEST lobster experience I have had in my life!! Kudos to the Fresh Lobster Company. I would unhesitatingly recommend it to everyone."

Another satisfied customer writes, "WHAT A TREAT!! The packaging was detailed and fun...bibs, lobster tissue paper, cooking instructions, wipes, and most of all, lobsters were alive and well. Fresh and tasty! We had a first-time fresh lobster eater, and she loved it! I would recommend this company and order again. Thank you, thank you, thank you!!"

The Fresh Lobster Company is currently accepting early orders for fresh seafood delivery for the 4th of July weekend. Website visitors can also browse through its Seafood of The Month specials which, as of the time of writing, include 2 pounds of Alaskan King Crab Legs and Claws (4x1) for \$125, Fresh Soft-Shell Steamer Clams (10 to 12) for \$12.50, and Fresh Haddock Fillets at \$19.50 per pound.

Readers can visit The Fresh Lobster Company's website to browse through its online seafood delivery options or contact it at (508) 451-2467 for inquiries. To browse through the fish fillets, visit <https://thefreshlobstercompany.com/fresh-fish-fillets/>.

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For more information about The Fresh Lobster Company, contact the company here: [The Fresh Lobster Company](https://thefreshlobstercompany.com/) (can't leave blank to archive) 1-508-451-2467 [Sales@TheFreshLobsterCompany.com](mailto:Sales@TheFreshLobsterCompany.com)

## **The Fresh Lobster Company**

Website: <https://thefreshlobstercompany.com/>

Email: [Sales@TheFreshLobsterCompany.com](mailto:Sales@TheFreshLobsterCompany.com)

Phone: 1-508-451-2467