

# Cod Portions



Serving Suggestion



- Portion control with application versatility
- Wild-caught, boneless, skinless
- Individually quick-frozen

*Your Source For  
World Class Quality*



[www.limsontrading.com](http://www.limsontrading.com)

# Cod Portions (Pacific Cod: *Gadus macrocephalus*)

Experience a rich, buttery flavor from one of the most popular and versatile seafoods. These cod portions provide delicious and exceptional menu options to achieve the right solution for any whitefish application.

## FEATURES/BENEFITS

- White flesh color accompanied by a moist texture, and mild sweet flavor.
- Excellent alternative to Halibut; but far more economical and consistent.
- Large, tender flakes provide an exceptional menu presence.
- Easily adaptable to a large variety of palates, and many world-wide cuisine profiles.

## APPLICATIONS

Cod cooks relatively fast, and its moist flavor adapts to a variety of cooking methods such as baked, deep fried, pan-fried, steamed, or poached. Suggested flavor complements: artichoke, bacon, celery, celery root, cranberry, cream, lemon, mustard, olive, shallot, sun-dried tomato, thyme, tomato sauce, and white wine butter sauce.



## HANDLING/PREPARATION

Keep frozen until ready to use. For best results, cook from frozen state. Allow 20 minutes of cooking time per inch on frozen product.

## COOKING SUGGESTIONS

**Bake:** Season cod or dip in seasoned bread crumbs. Place in greased baking dish and bake at 400°F.

**Saute:** Dip cod in seasoned flour. Saute in oil, butter or margarine over medium heat, lightly brown on both sides.

**Deep Fry:** Dip serving-size cod pieces into batter and/or seasoned crumbs. Deep fry at 350°F until outside is golden brown and cod flakes easily with fork.

**Poach:** In large skillet, boil 2-3 inches of water. Add seasoned cod; cover with lid. Reduce heat, simmer until done.

*Food Safety Guidelines recommend cooking fish until the internal temperature reaches 145°F.*

Reorder No.	Description	Portion Size	Case Pack
548211*	Pacific Cod Loin Portions, IQF	3 oz.	1/10 lb.

**KEY:** IQF = Individually Quick Frozen

\*Not available in all areas. For product availability, contact your Gordon Food Service® Customer Development Specialist.