

# Cod Portions



Serving Suggestion



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

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

Experience a rich, buttery flavor from one of the most popular and versatile seafoods. These cod selections 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.

## COOKING SUGGESTIONS

**Bake:** Preheat oven to 425°F. Place frozen cod loins in a single layer on a nonstick baking sheet. Bake for 15-20 minutes.

**Deep Fry:** Preheat oil to 375°F. Place frozen cod loins into a fryer basket. Fry for 7-8 minutes.

**Pan-Fry:** Fry frozen cod loins on high heat, flipping once the opaqueness has reached halfway up the side of the fillet.

**Steam:** Place frozen cod loins into the steamer. Steam for 6 minutes.

**Poach:** Place frozen cod loins into room temperature cooking oil. Bring to a simmer, then turn the heat on low. Cover cod loins and cook for approximately 15 minutes.

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

Reorder No.	Description	Portion Size	Case Pack
836601	Atlantic Cod Loins, IQF	4 oz.	1/10 lb.
769487	Atlantic Cod Loins, IQF	5 oz.	1/10 lb.
844170	Atlantic Cod Loins, IQF	6 oz.	1/10 lb.
499889	Atlantic Cod Cellos	1-3 ct.	10/5 lb.
613398	Atlantic Cod Tails, IQF	3 oz.	1/10 lb.
897720	Atlantic Cod Tails, IQF	5 oz.	1/10 lb.
548211	Pacific Cod Loin Portions, IQF	3 oz.	1/10 lb.

KEY: IQF = Individually Quick Frozen



For more information, contact your Gordon Food Service® Customer Development Specialist

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