



Atlantic Cod

(Gadus morhua)

Experience a rich, buttery flavor from one of the most versatile seafoods. Our Atlantic 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.
- The tender flakey texture provides an exceptional menu presence.
- Easily adaptable to a large variety of palates.
- Moisture Content: <84% (maximum accepted)

APPLICATIONS

Suggested flavor compliments: artichoke, bacon, celery, celery root, cranberry, cream, lemon, mustard, olive, shallot, sun-dried tomato, thyme, tomato sauce, and white wine butter sauce.

HANDLING/PREPARATION

THAWING: Keep frozen until ready to use. Thaw under refrigeration for up to 24 hours.

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 opacity 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 approx. 15 minutes.

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

NUTRITION FACTS:

Serving Size 4 OZ. (113g), Calories 82, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 37mg, Sodium 71mg, Carbohydrates 0g, Sugar 0g, Fiber 0g, Protein 18g.

COUNTRY OF ORIGIN: China



IPM selects only the finest quality suppliers in the world to pack our product. Continual inspection and selection during process ensures that you receive a premium product.

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