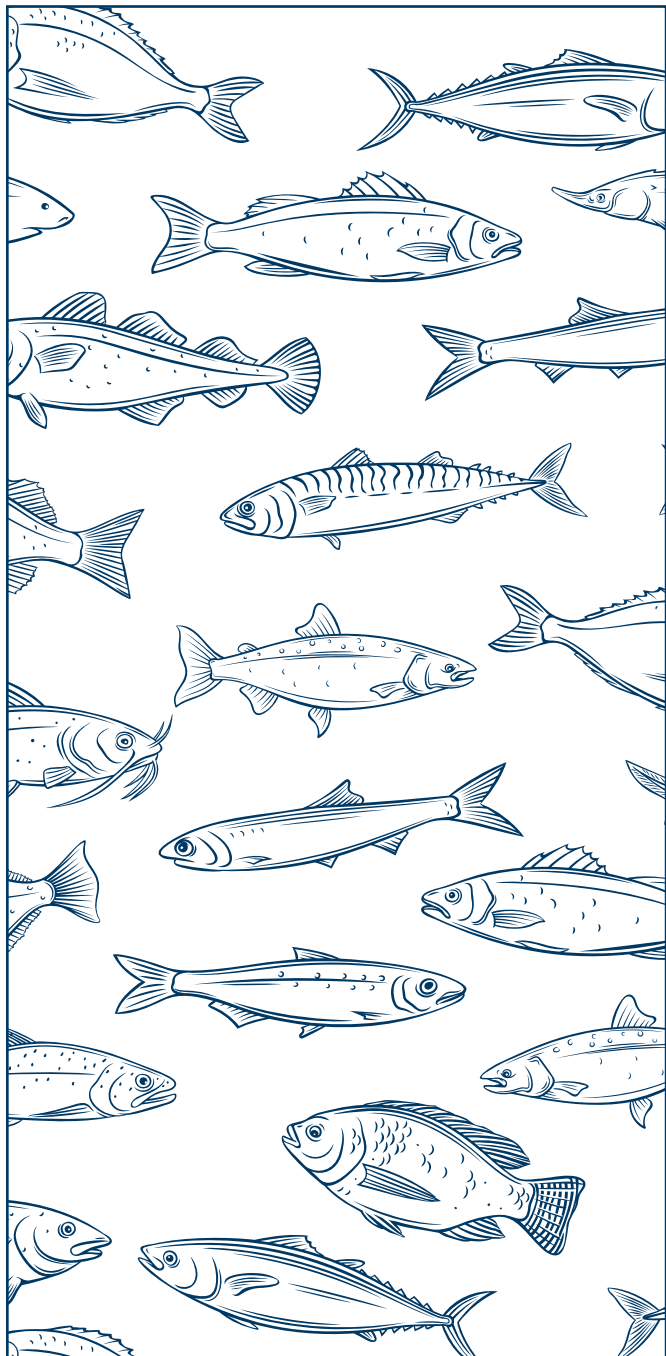
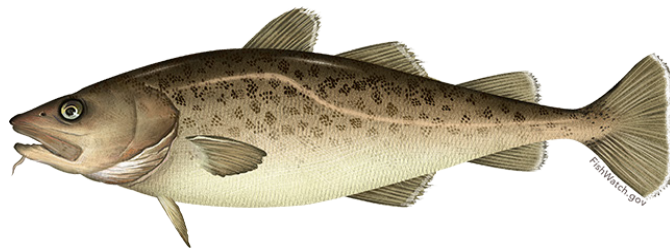




Pacific Cod

(Gadus macrocephalus)

Experience a rich, buttery flavor from one of the most versatile seafoods. Our Pacific Cod selections provide delicious and exceptional menu options to achieve the right solution for any whitefish application.



FEATURES/BENEFITS

- By product of producing cod loins.
- Excellent alternative to Halibut.
- The tender flakey texture provides an exceptional menu presence.
- It is a good item for fish tacos, kids meals and/or buffet items.
- Moisture Content: <84% (maximum accepted)

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 in a single layer on a nonstick baking sheet. Bake for 15-20 minutes.

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

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

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

NUTRITION FACTS:

Serving Size 3.5 OZ. (100g), Calories 82, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 43mg, Sodium 54mg, Carbohydrates 0g, Sugar 0g, Fiber 0g, Protein 18g, Vitamin D 2mcg, Calcium 20mg, Iron 20mg, Potassium 520mg.

COUNTRY OF ORIGIN: U.S.A.

Limson Item Code	GFS Item Code	Description	Case Pack
131346	312955	Pacific Cod, 1-2 OZ.	1 x 10 LB



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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