

ROYAL GREENLAND

COD FILLET, SKINLESS

16-32OZ (454-907G), PBI, 10 KG, FROZEN

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Atlantic cod has a fresh and mild umami flavour with a slight sweetness to the firm, juicy meat. Thanks to the cod's upbringing in the ice-cold, clean waters around Greenland, the meat is very white and the flavour fully developed. It flakes nicely and with its high protein and low fat it offers a healthy and nutritious meal.

The cod fillets are uniform in appearance in terms of both colour and shape. They are versatile in use either as whole fillets or cut into smaller portions ideal for buffets.

INGREDIENTS

Cod fillets (**fish**). Water (protective glaze)

SERVING

The Atlantic cod is popular across the world for its unique flavour and versatility in the kitchen. It is best cooked gently at low temperatures, to preserve the mild, natural flavours.

COOKING INSTRUCTIONS

Recommended cooking at low temperature, to keep moist and natural minerals in the fish. Cook to selected core temperature.

THAWING INSTRUCTIONS

Defrost frozen fish in refrigerator at max 5°C, for maximum for 72 hours.

CATCHING GEAR

Hooks and lines, Gillnets and similar nets, Trawls

CATCHING AREA

Northwest Atlantic (FAO 21)

Species	Gadus morhua
Item number	130843000
Net weight incl. glaze	11000 g
Net weight excl. glaze	10000 g
Glaze (%)	8 - 12
Shelflife (days)	720
Storage	Frozen

NUTRITIONAL VALUES PER 100G

Energy	325 kJ / 77 kcal
Fat	0.5 g
- of which saturates	0.3 g
Carbohydrates	0 g
- of which sugars	0 g
Protein	18 g
Salt	0.2 g

ALLERGENS

Fish

MASTER DETAILS

Sales unit	Yes
Gross weight (kg)	11.3
Net weight (kg)	10
Height (mm)	171
Width (mm)	266
Length (mm)	597
EAN no.	5740301112297

PALLET DETAILS

Masters in EUR 1/1 pallet	60
Masters per layer	6
Layers per pallet	10
Gross weight (kg)	704.2
Net weight (kg)	600
Height (mm)	1860
Width (mm)	800
Length (mm)	1200
EAN no.	5740301112303

LANGUAGES ON LABEL

PL, EN, ES, DK, IT, FR, DE