

ROYAL GREENLAND  
COD LOIN, SKINLESS, MSC  
60-80G, PBO, 5 KG, FROZEN

Royal Greenland A/S  
Hellebarden 7,  
9230 Svenstrup, Denmark  
Tel. +45 98154400  
[www.royalgreenland.com](http://www.royalgreenland.com)



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 and clean waters around Greenland, the meat is very white and the flavour fully developed. It flakes nicely when cooked and with its high protein and low fat it offers a healthy and nutritious meal.

The loin is cut from the dorsal part of the fillet, which is also the thickest and leanest part. Loins from the Atlantic cod are uniform in size and shape, making them ideal for portion-servings or buffets.

### INGREDIENTS

Cod loins (**fish**) (Gadus Morhua), skin-off. Water (as 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

Prepare in oven at low heat or on pan lightly dusted medium heat.

### THAWING INSTRUCTIONS

Defrost in refrigerator at max 5°C

### CATCHING GEAR

Trawls

### CATCHING AREA

Northeast Atlantic (FAO 27)

|                        |              |
|------------------------|--------------|
| Species                | Gadus morhua |
| Item number            | 130600074    |
| Net weight incl. glaze | 5500 g       |
| Net weight excl. glaze | 5000 g       |
| Glaze (%)              | 8 - 12       |
| Shelflife (days)       | 720          |
| Storage                | Frozen       |
| MSC certificate no.    | MSC-C-50920  |

### 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) | 6             |
| Net weight (kg)   | 5             |
| Height (mm)       | 111           |
| Width (mm)        | 286           |
| Length (mm)       | 392           |
| EAN no.           | 5740301099154 |

### PALLET DETAILS

|                           |               |
|---------------------------|---------------|
| Masters in EUR 1/1 pallet | 112           |
| Masters per layer         | 8             |
| Layers per pallet         | 14            |
| Gross weight (kg)         | 697           |
| Net weight (kg)           | 560           |
| Height (mm)               | 1704          |
| Width (mm)                | 800           |
| Length (mm)               | 1200          |
| EAN no.                   | 5740301101215 |

### LANGUAGES ON LABEL

NL, DE, SE, FI, FR, DK, EN