

ROYAL GREENLAND
COD LOIN, SKIN-ON, MSC
170-210G, PBO, 3 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 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**). 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

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	130600894
Net weight incl. glaze	3300 g
Net weight excl. glaze	3000 g
Glaze (%)	10
Shelflife (days)	720
Storage	Frozen
MSC certificate no.	MSC-C-50920

NUTRITIONAL VALUES PER 100G

Energy	305 kJ / 73 kcal
Fat	0.4 g
- of which saturates	0.3 g
Carbohydrates	0 g
- of which sugars	0 g
Protein	17 g
Salt	0.23 g

ALLERGENS

Fish

MASTER DETAILS

Sales unit	Yes
Gross weight (kg)	3.6
Net weight (kg)	3
Height (mm)	140
Width (mm)	185
Length (mm)	285
EAN no.	5740301099130

PALLET DETAILS

Masters in EUR 1/1 pallet	176
Masters per layer	16
Layers per pallet	11
Gross weight (kg)	653.3
Net weight (kg)	528
Height (mm)	1690
Width (mm)	800
Length (mm)	1200
EAN no.	5740301101208

LANGUAGES ON LABEL

SE, DK, FR, DE, EN, FI