

ROYAL GREENLAND
COD FILLET, SKIN-ON
200-230G, PBO, 3,63 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 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

We recommend a gentle cooking skin side up at low temperatures. When the meat is cooked, remove the skin carefully and serve the fillet with fatty and acidic flavours to compliment the subtle taste and texture of the meat.

COOKING INSTRUCTIONS

Prepare in oven at low heat or on pan at moderate heat

THAWING INSTRUCTIONS

Defrost in refrigerator at max 5°C

CATCHING GEAR

Gillnets and similar nets, Trawls, Hooks and lines, Pots and traps

CATCHING AREA

Northwest Atlantic (FAO 21), Northeast Atlantic (FAO 27)

Species	Gadus morhua
Item number	130648230
Net weight incl. glaze	4540 g
Net weight excl. glaze	3632 g
Glaze (%)	18 - 22
Shelflife (days)	720
Storage	Frozen

NUTRITIONAL VALUES PER 100G

Energy	321 kJ / 77 kcal
Fat	0.6 g
- of which saturates	0.1 g
Carbohydrates	0 g
- of which sugars	0 g
Protein	18 g
Salt	0.19 g

ALLERGENS

Fish

MASTER DETAILS

Sales unit	Yes
Gross weight (kg)	4.9
Net weight (kg)	3.6
Height (mm)	117
Width (mm)	244
Length (mm)	384
EAN no.	5740301186502

PALLET DETAILS

Masters in EUR 1/1 pallet	126
Masters per layer	9
Layers per pallet	14
Gross weight (kg)	643.3
Net weight (kg)	457.6
Height (mm)	1788
Width (mm)	800
Length (mm)	1200

LANGUAGES ON LABEL

EN