

ROYAL GREENLAND

## COD FILLET, INTERLEAVED, SKINLESS

5-8OZ (142-227G), PBI, 2 X 15 LBS (2 X 6,81 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**).

### 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

Gillnets and similar nets, Trawls, Hooks and lines

### CATCHING AREA

Northwest Atlantic (FAO 21)

<b>Species</b>	<b>Gadus morhua</b>
<b>Item number</b>	<b>130811000</b>
<b>Shelflife (days)</b>	<b>720</b>
<b>Storage</b>	<b>Frozen</b>

#### 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

Units per master	2
Sales unit	Yes
Gross weight (kg)	16.2
Net weight (kg)	13.6
Height (mm)	125
Width (mm)	260
Length (mm)	490
EAN no.	574030111870

#### UNIT DETAILS

Gross weight (kg)	7.670
Net weight (kg)	6.804
Height (mm)	58
Width (mm)	250
Length (mm)	475
EAN no.	574030111863

#### PALLET DETAILS

Masters in EUR 1/1 pallet	87
Gross weight (kg)	1435.3
Net weight (kg)	1183.9
Height (mm)	1775
Width (mm)	800
Length (mm)	1200
EAN no.	574030111887

#### LANGUAGES ON LABEL

DK, ES, FR, EN, PL, DE