

ROYAL GREENLAND  
COD FILLET, SKIN-ON  
170-200G, PBO, 3,63 KG, FROZEN



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

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

## CATCHING AREA

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

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|                               |                     |
|-------------------------------|---------------------|
| <b>Species</b>                | <b>Gadus morhua</b> |
| <b>Item number</b>            | <b>130648200</b>    |
| <b>Net weight incl. glaze</b> | <b>4540 g</b>       |
| <b>Net weight excl. glaze</b> | <b>3632 g</b>       |
| <b>Glaze (%)</b>              | <b>18 - 22</b>      |
| <b>Shelflife (days)</b>       | <b>720</b>          |
| <b>Storage</b>                | <b>Frozen</b>       |

## NUTRITIONAL VALUES

|                      |                  |
|----------------------|------------------|
| 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

## CASE DETAILS

|                   |               |
|-------------------|---------------|
| Sales unit        | Case          |
| Gross weight (kg) | 4.9           |
| Net weight (kg)   | 3.6           |
| Height (mm)       | 117           |
| Width (mm)        | 244           |
| Length (mm)       | 384           |
| EAN no.           | 5740301186489 |

## PALLET DETAILS

|                           |               |
|---------------------------|---------------|
| Cases in UK/US pallet     | 168           |
| Cases in one pallet layer | 12            |
| Layers in one pallet      | 14            |
| Gross weight (kg)         | 850.4         |
| Net weight (kg)           | 610.2         |
| Height (mm)               | 1788          |
| Width (mm)                | 1000          |
| Length (mm)               | 1200          |
| EAN no.                   | 5740301186496 |

## LANGUAGES

EN