

ROYAL GREENLAND
COD FILLET, SKIN-ON
230-290G, 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)

Royal Greenland Ltd
North Wing 2nd Floor
Gateway House
Styal Road, Wythenshawe
Manchester, M22 5WY
United Kingdom
Tel. +44 161 489 7000
www.royalgreenland.co.uk



Species	Gadus morhua
Item number	130648290
Net weight incl. glaze	4540 g
Net weight excl. glaze	3632 g
Glaze (%)	18 - 22
Shelflife (days)	720
Storage	Frozen

NUTRITIONAL VALUES

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

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.	5740301186526

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.	5740301186533

LANGUAGES

EN