

Alaskan Cod



- >> WILD, OCEAN-CAUGHT
- >> PREMIUM CUT
- >> SKINLESS/BONELESS
- >> TENDER WHITE FILLETS



Wild Alaskan Cod

Looking for an exceptional value in premium wild fish fillets? Trident offers the finest wild Alaskan Cod available in the market today. These abundant fish are hand trimmed, individually inspected and frozen within hours of harvest, preserving their mild and popular, sweet flavor.

Trident Alaskan Cod is perfectly suited for every whitefish recipe application and cooking technique, from fish soups and stews, to sautéed, poached and deep-fried fillets. Go Tex-Mex with a Southwest Cod Chowder with Black Beans and Corn, or try Baja Alaskan Cod Tacos. How about an Asian influence with a Kasu-Marinated Alaskan Cod and Rice Noodle Salad? Or, for more traditional flavors, serve Alaskan Cod Fillets with Caramelized Onions or Crab Stuffed and Baked. And who can resist a New Orleans Po' Boy filled with crispy, deep-fried Alaskan Cod.



Features & Benefits

>> BONELESS AND SKINLESS

Delicate mild flavor preferred by consumers

>> FRESH FROZEN

100% natural, outstanding taste & texture

>> LOW FAT

Great source of high quality protein

>> PORTION CONTROL

Exceptional value, hand-trimmed fillets available in a variety of sizes

HANDLING INSTRUCTIONS

Keep frozen until ready to thaw. Thawing instructions: Remove all packaging. Place on tray or plate. Cover with a plastic wrap or wax paper and thaw in refrigerator for 16–24 hours. Keep thawed product refrigerated and use within 2–3 days.

COOKING INSTRUCTIONS

Remove all packaging.

Oven temperatures vary. Cook to an internal temperature of 145° F.

From thawed, allow 10 minutes of cooking time pre inch of thickness at 350° F until fish flakes easily when tested with a fork.

From frozen, double the cooking time.

Fish is best when the flesh has just turned opaque and is still moist throughout.

Nutrition Facts	
Serving Size 4 oz. (113g)	
Amount Per Serving	
Calories	90
Calories from Fat	10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	40%
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 2%

INGREDIENTS: Alaskan Cod. Contains Fish (Alaskan Cod)



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Species Information

Wild Alaskan Cod is a large lean whitefish that's an excellent source of high quality protein. With a sweet flavor, delicate texture and a large melt-in-your-mouth flake, it's perfectly suited for a wide variety of menu applications.

PACK INFORMATION

ITEM #	DESCRIPTION	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
ALASKAN COD FILLETS—Skinless, Boneless				
442356	4–8 oz. Shatter Pack Fillets	3/15 lb.	136	0 00 28029 42356 3
442402	8–16 oz. Shatter Pack Fillets	3/15 lb.	68	0 00 28029 42402 7
442453	16–32 oz. Shatter Pack Fillets	3/15 lb.	34	0 00 28029 42453 9
442518	32–Up oz. Shatter Pack Fillets	3/15 lb.	< 23	0 00 28029 42518 5

DIMENSION: (L x W x D) 20.06" L x 10.75" W x 8.06" D
GROSS WEIGHT: 48 lb. CUBE: 1.01 TI HI: 10 x 5

ALASKAN COD FILLETS—Seafest brand, Skinless, Boneless

412499	4–8 oz. Shatter Pack Fillets	3/15 lb.	136	0 00 28029 12499 6
412500	8–16 oz. Shatter Pack Fillets	3/15 lb.	68	0 00 28029 12500 9
412501	16–32 oz. Shatter Pack Fillets	3/15 lb.	34	0 00 28029 12501 6
412502	32–Up oz. Shatter Pack Fillets	3/15 lb.	< 23	0 00 28029 12502 3

DIMENSION: (L x W x D) 19.75" L x 10.75" W x 8.25" D
GROSS WEIGHT: 48 lb. CUBE: 1.01 TI HI: 10 x 5

ALASKAN COD LOINS—Skinless, Boneless, Single frozen

414483	3 oz. Alaskan Cod Loins	1/10 lb.	53	0 00 28029 14483 3
414484	4 oz. Alaskan Cod Loins	1/10 lb.	40	0 00 28029 14484 0
414485	5 oz. Alaskan Cod Loins	1/10 lb.	32	0 00 28029 14485 7

PACIFIC COD LOINS—Seafest brand, Skinless, Boneless

493007	4 oz. Loins IQF Portions	1/10 lb.	40	0 00 28029 93007 8
492981	5 oz. Loins IQF Portions	1/10 lb.	32	0 00 28029 92981 2
492973	6 oz. Loins IQF Portions	1/10 lb.	27	0 00 28029 92973 7

DIMENSION: (L x W x D) 16.125" L x 10.5" W x 4.5" D
GROSS WEIGHT: 11.2 lb. CUBE: .44 TI HI: 12 x 9



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