

Pacific Cod Loins & Tails



- >> WILD, OCEAN-CAUGHT
- >> SKINLESS/BONELESS PORTIONS
- >> HIGHLY VERSATILE
- >> PREMIUM WHITEFISH



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If you want the best cod for your menu, count on Seafest® Pacific Cod Loins and Tails. These abundant fish are sustainably harvested, hand-trimmed, individually inspected, and frozen within hours of catch to preserve their mild sweet flavor.

Prized for its versatility, Pacific Cod can be the star of almost any seafood application from appetizers, soup and salads, to a wide range of center-of-the-plate entrees. It is a perfect choice for classic seafood dishes like fried cod sandwiches, crispy fish and chips, or baked stuffed cod. If you want to change things up, its mild flavor and flaky texture also work well with a world of flavors, making Pacific Cod the perfect choice for up-to-date ethnic-inspired seafood offerings.



Features & Benefits

- >> **SKINLESS AND BONELESS**
Versatile portions with no waste
- >> **WILD, OCEAN-CAUGHT**
Sustainably harvested with a mild flavor
- >> **PREMIUM WHITEFISH**
Outstanding taste and texture
- >> **PORTION CONTROL**
Hand-trimmed portions available in a variety of sizes

Species Information

Pacific 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.

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 165° F. From thawed, allow 10 minutes of cooking time per 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.

PACK INFORMATION

ITEM #	DESCRIPTION	PACK SIZE	APPROX. PORTIONS PER CASE	GTIN #
419477	4 oz. Pacific Cod Tail	1/10 lb.	40	0 00 28029 19477 7
419478	5 oz. Pacific Cod Tail	1/10 lb.	32	0 00 28029 19478 4
418876	3 oz. Pacific Cod Loin Portion	1/10 lb.	53	0 00 28029 18876 9
492981	5 oz. Pacific Cod Loin Portion	1/10 lb.	32	0 00 28029 92981 2
493007	4 oz. Pacific Cod Loin Portion	1/10 lb.	40	0 00 28029 93007 8
410379	8 oz. Pacific Cod Loin Portion	1/10 lb.	20	0 00 28029 10379 3
419475	7 oz. Pacific Cod Loin Portion	1/10 lb.	23	0 00 28029 19475 3
419476	9 oz. Pacific Cod Loin Portion	1/10 lb.	18	0 00 28029 19476 0

DIMENSION: (L x W x H) 14.57" L x 9.65" W x 4.53" H
GROSS WEIGHT: 11.2 lb. CUBE: .36 TI HI: 12 x 8

Nutrition Facts	
Pacific Cod Loins / Tails	
Serving Size 4 oz (113g)	
Amount Per Serving	
Calories	80
Calories from Fat	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 230mg	10%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: Pacific Cod, Water, Sodium Tripolyphosphate.
Contains: Fish (Cod).



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