

Cod Loins

Gadus macrocephalus

Product Description:	Cod Loins
Country of Origin:	USA
Wild or Farmed:	Wild-caught
Pack size:	1/10 lbs.
Case Weight (Net):	10 lbs.
Case Weight (Gross):	12 lbs.
Ti x Hi	10x10
Storage:	Frozen
Shelf Life:	730 Days
Sustainability Rating:	Good Choice (MBA)
Key Notes:	
This product is wild-caught in the USA but sent to China for processing.	

Size:	GTIN:
4 oz	10636880000969
5 oz	10636880000952
6 oz	10636880000945
8 oz	10636880000976



Cooking Tips:

Preheat oven to 400°F (205°C). Arrange the cod fillets in a baking tray. Drizzle olive oil onto the fish, followed by lemon juice, salt, and cayenne pepper.

Bake the cod in the oven for 10 – 12 minutes, depending on the thickness of the cod. Garnish with parsley and serve immediately.