

# Pacific Cod Fillets

*Gadus macrocephalus*



|                        |                     |
|------------------------|---------------------|
| Product Description:   | Pacific Cod Fillets |
| Country of Origin:     | Alaska              |
| Wild or Farmed:        | Wild-caught         |
| Pack size:             | 1/25 lbs.           |
| Case Weight (Net):     | 25 lbs.             |
| Case Weight (Gross):   | 28 lbs.             |
| Ti x Hi                | 7x6                 |
| Storage:               | Frozen              |
| Shelf Life:            | 730 Days            |
| Sustainability Rating: | Best Choice (MBA)   |

## Key Notes:

Cod has a relatively firm texture and a pretty mild flavor that can take a ton of seasoning. This is a fish that holds up really well when fried.



## Cooking Tips:

In a small mixing bowl whisk together flour, paprika, onion powder, thyme, oregano, cayenne pepper, salt and pepper.

Sprinkle and spread flour mixture over both sides of the cod fillets (use up all of the mixture). Melt 1 Tbsp butter and 1 Tbsp olive oil in a non-stick skillet over medium-high heat. Add cod and sear until golden brown and cooked through on each side, about 3 - 4 minutes per side (fish should flake easily with a fork when done). Transfer to serving plates. Reduce burner temperature to medium-low. Melt remaining 4 Tbsp butter in same skillet. Add garlic and sauté just until fragrant and just lightly deepened in color (but not browned), about 15 seconds.

Remove from heat and carefully pour and stir in chicken broth and lemon juice (careful it will steam!). Immediately pour sauce over cod fillets. Sprinkle with parsley and serve warm.

| Description:    | HSC code: | GTIN:          |
|-----------------|-----------|----------------|
| 8-16 oz fillet  | 002048    | 10636880000983 |
| 16-32 oz fillet | 002050    | 10636880003984 |