



PACIFIC COD



How did Cod become the world's most endearing seafood, coveted by fishing fleets (and seafood lovers) for centuries? It might be the inviting snowy-white color. Or the large lustrous flake that yields so gently to a fork. Perhaps it's that classic clean flavor which blends so well with all sorts of recipes & cooking styles. Our hand-trimmed fillets are harvested from healthy Alaskan stocks & deliver the superb texture & mild character for which cod is famous for.





▶ PRODUCT FORMS



J-Cut Cod Fillet
Meat Side



J-Cut Cod Fillet
Skinned Side



V Cut Cod Fillet
Meat Side



V Cut Cod Fillet
Skinned Side

Available in 4-8, 8-16, 16-32 and 32-up oz.

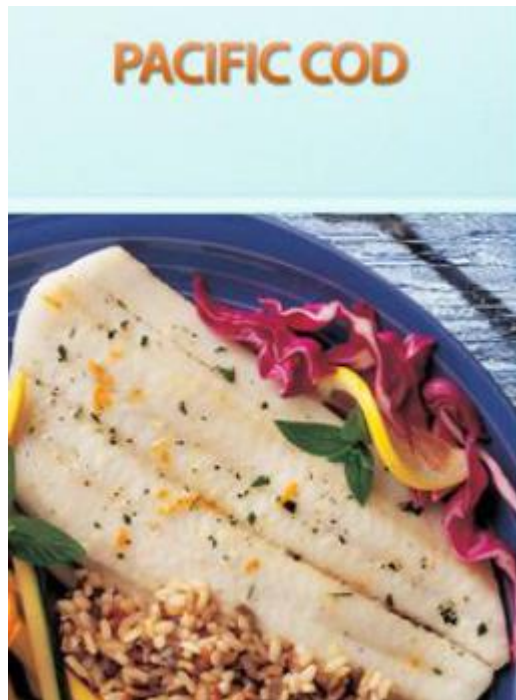
▶ COOKING METHODS & APPLICATIONS

Broiling • Grilling • Baking • Sautéing • Pan-Frying • Deep-Frying
• Poaching • Steaming • Braising • Stewing

- Create premium stews, chowders & salads
- Lends itself to excellent flavor profiles for marinades and sauces
- Excellent dense white meat
- The Fish & Chips gold standard

▶ SELLING POINTS

- The "original" whitefish
- So mild that it appeals to "timid" seafood diners
- Wealth of recipes and cooking approaches
- Wild caught, all natural & 100% chemical Free
- Exceptionally lean and healthy



Nutrition Facts

Serving Size 4 oz (113g)
Servings Per Container 3

Amount Per Serving
Calories 90 Calories from Fat 5

% Daily Value*

Total Fat .5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 80mg 3%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 20g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 50g 50g

Sat Fat Less than 10g 10g

Cholesterol Less than 300mg 300mg

Sodium Less than 2400mg 2400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4



▶ HARVEST MAP



Pacific Cod
Gadus macrocephalus
Season: Jan-Feb & Sept - Oct

 Harvesting areas
 Processing Centers



▶ FISHING METHOD

The most common method of fishing, **trawling** is simply described as towing a net through the water. A trawl net is funnel-shaped and can harvest bottom-dwelling fish when dragged along the ocean floor. Other variations include stern, side, mid-water and pair trawling.



PACIFIC COD



▶ FISHERIES MANAGEMENT

Pacific Cod fisheries in Alaska are managed by the North Pacific Management Council. Trawl surveys and recruitment models are used to set catch quotas for the Bering Sea and the Gulf of Alaska. The actual catch is regulated by a variety of methods that include gear restrictions, vessel quotas, bycatch restrictions, and catch quotas. Alaska Pacific Cod have been named as a sustainable resource by many NGO's including the Marine Stewardship Council, Global Trust and the Monterey Bay Aquarium to name a few.