

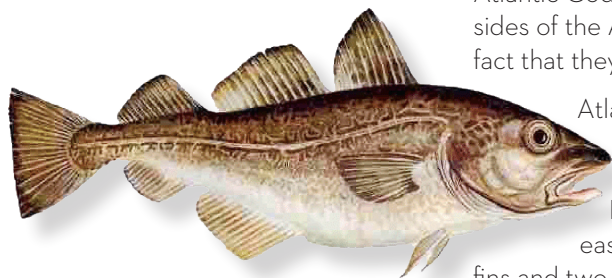


Cod

Cod is fished in both the North Atlantic and North Pacific. Atlantic and Pacific Cod are often not separately distinguished in the marketplace and are frequently used interchangeably; however, Pacific Cod has moisture content a little higher than that of Atlantic Cod, making it less firm. Otherwise, the cooked meat is white, lean and flaky with a mild taste.

Rastelli Seafood process fresh Atlantic Cod and frozen H & G Pacific Cod for our House Cut program. While cod pricing fluctuates with weather conditions and vessel landings, we find that frozen-at-sea Pacific Cod is not only a better value, but at times "fresher" than market cod landings. Rastelli Seafood distinguishes fresh cod from frozen-at-sea H&G product using our House Cut notation in the item description.

Atlantic Cod



Market Name Scrod, Whitefish
Scientific Name Gadus morhua
Common Name Atlantic Cod

Atlantic Cod is a deep-water fish, living at depths of more than 1,300 feet on both sides of the Atlantic Ocean. Cod is one of several "groundfish" species, referring to the fact that they live on the seafloor.

Atlantic Cod is native to most of the north Atlantic Ocean. In the northwest Atlantic it inhabits waters from western Greenland to Cape Hatteras, North Carolina, and is most abundant from the coast of northern Labrador to the Nantucket Shoals region off of Massachusetts. Cod is easily distinguished from most other marine fish by its three rounded dorsal fins and two anal fins that are mirror images of the second and third dorsal. It also has a prominent barbell ("whisker") on the chin. Atlantic Cod occasionally reach lengths in excess of 5 to 6 feet. Offshore cod tend to be larger than inshore varieties, frequently reaching 25 pounds and 40 to 42 inches in length; while inshore cod usually weigh 6 to 12 pounds and measure 27 to 34 inches in length.



Fresh Cod Fillet



Fresh Cod Portion

Pacific Cod



Market Name Scrod, Whitefish
Scientific Name Gadus macrocephalus
Common Name Pacific Cod



One of the most desirable of the North Pacific Ocean's groundfish, the Pacific Cod is also known as Alaskan Cod, Grey Cod, True Cod or P-Cod. Its coloring is similar to the Atlantic Cod (*Gadus morhua*): brown to grey on the back, lighter on the sides, with belly shading grey to white; and has the typical chin barbell of the cod. Pacific Cod is caught mainly by freezer trawlers that process the catch at sea. Sizing typically is much smaller than Atlantic Cod at 25 to 30 inches in length and weighing 5 to 8 lbs. The Pacific cod can be found in the waters of the entire western coast of Canada and is harvested year-round by trawls, longlines and pots.



H&G Pacific Cod



House Cut Cod Loin

the taste of fresh

COD SERVING SUGGESTION

did you know...

Fresh Atlantic Cod is graded by sizing, head on, gutted:

SMALL	Under 1.5 lbs.	LARGE	10 lbs. to 25 lbs.
SCROD	1.5 lbs. to 2.5 lbs.	EXTRA LARGE, 25 lbs. and over	
MARKET	2.5 lbs. to 10 lbs.	JUMBO OR WHALES	

When our buyer refers to Market Cod he is referring to the sizing of 2.5 to 10 lb. fish.

PARMESAN BAKED ALASKAN COD

- 1½ lb. Alaskan Cod Fillets
- 3-4 tbsp. flour
- 3-4 tbsp. corn meal
- ¼ tsp. onion powder
- ⅛ tsp. garlic powder
- ⅛ tsp. salt
- ½ tbsp. dried parsley flakes
- 2-3 tbsp. butter or margarine
- ¼ C parmesan cheese



PREPARATION: Combine flour, corn meal, onion powder, garlic powder, salt, dried parsley flakes and ½ the parmesan cheese. Blend well. Melt butter in shallow baking dish. Coat fish with melted butter and toss in seasoned flour mix. Place cod in baking dish and top with remaining parmesan cheese. Bake at 450 degrees for 10-12 minutes or until fish flakes easily with fork. When done, remove from oven and serve over a bed of pasta tossed in butter and parsley. Yields 4 servings.

ESTIMATED COST TO PRODUCE

\$ _____ PER PORTION

NUTRITIONAL INFORMATION

Serving Size: 3.5 oz.

Amount Per Serving

Calories 82 **Calories From Fat** 6.0

% Daily Value*

Water	81.22g	
Total Fat	0.67g	1%
Saturated Fat	0.1g	1%
Cholesterol	43mg	14%
Protein	17.81g	36%
Iron	0.38mg	2%
Sodium	54mg	2%
Omega-3	0.185g	

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



Rastelli Seafood LLC, Egg Harbor City, NJ