



EGG HARBOR

SEAFOOD

THE TASTE OF FRESH | BY RASTELLI

# Cod Loins



*the taste of fresh*

**PURE WHITE FLAKY** texture with a rich sweet cod flavor.

#### AVAILABLE:

4 oz. 1/10 #

6 oz. 1/10 #

#### FRESH FACTS:

- Beautiful portions that works well for banquets or as a lunch entrée
- Excellent texture with sweet cod flavor
- Can be baked or sauted with a mild sauce to bring out that sweet cod flavor

Product of China

*the taste of fresh serving suggestions*

## BEER BATTERED COD LOINS WITH THICK CUT ONION RINGS



1 lb. <b>Cod Loins</b>	1 whole egg
1 cup quality beer	1 tsp. salt
1 cup flour	Pinch of lemon pepper spice
1 tbsp. dried parsley flakes	1 large sweet onion, cut in thick slices
1 tsp. baking powder	

### DIRECTIONS

Place thick-cut onions in a bowl of cold water and set aside. Combine all remaining ingredients except Cod Loins in a bowl and mix well until smooth to make batter. Cut Cod Loins to desired size, dip in to batter and drain excess. Place in pre-heated fryer set at 375 degrees and fry until golden brown, about 4-5 minutes. Drain onion slices from water and dip in batter like Cod Loins and fry until golden brown. Plate with Cod Loins and serve. **Yields 3-4 servings**

### ESTIMATED COST TO PRODUCE

\$ \_\_\_\_\_ PER PORTION

## BAKED COD LOIN WITH LIME AND TOMATO SAUCE



4 pcs. (6 oz.) <b>Cod Loins</b>	4 whole peeled tomatoes, seeded and finely diced
3 tbsp. olive oil	6 tbsp. fresh lime juice
1 clove garlic, sliced thin	1 tsp. salt
1 medium red onion, chopped fine	1 tsp. freshly ground black pepper
1 tsp. ground coriander	2 tbsp. fresh cilantro, chopped
1 tsp. cayenne pepper	
1 red bell pepper, diced fine	

### DIRECTIONS

Preheat oven to 375 degrees. Bake Cod Loins for 15-20 minutes or when meat flakes with fork. While baking, place olive oil and onions in a large saucepan over medium-high heat and cook until tender for about 6-8 minutes. Stir in coriander and cayenne pepper. Cook for an additional 2 minutes. Add diced peppers and tomatoes, reduce heat to low and cook uncovered for 10-12 minutes. Remove from heat and stir in lime juice and season with salt and pepper to taste. Pour sauce over baked cod and serve. **Yields 4 servings**

### ESTIMATED COST TO PRODUCE

\$ \_\_\_\_\_ PER PORTION