

Cod Loins



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 of sauted with a mild sauce to bring out that sweet cod flavor

the taste of fresh serving suggestions

BEER BATTERED COD LOINS WITH THICK CUT ONION RINGS



ESTIMATED COST TO PRODUCE

\$ PER PORTION

1 lb. Cod Loins1 whole egg1 cup quality beer1 tsp. salt

1 cup flour Pinch of lemon pepper spice

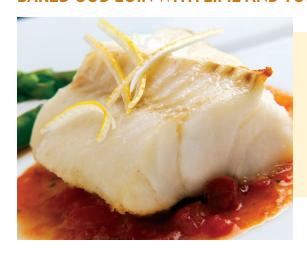
1 tbsp. dried parsley flakes 1 large sweet onion, cut in thick slices

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

BAKED COD LOIN WITH LIME AND TOMATO SAUCE



ESTIMATED COST TO PRODUCE

\$ PER PORTION

4 pcs. (6 oz.) Cod Loins
3 tbsp. olive oil
1 clove garlic, sliced thin
1 medium red onion, chopped fine
1 tsp. ground coriander
1 tsp. cayenne pepper
1 red bell pepper, diced fine

4 whole peeled tomatoes, seeded and finely diced
6 tbsp. fresh lime juice

1 tsp. salt

1 tsp. freshly ground black pepper 2 tbsp. fresh cilantro, chopped

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

