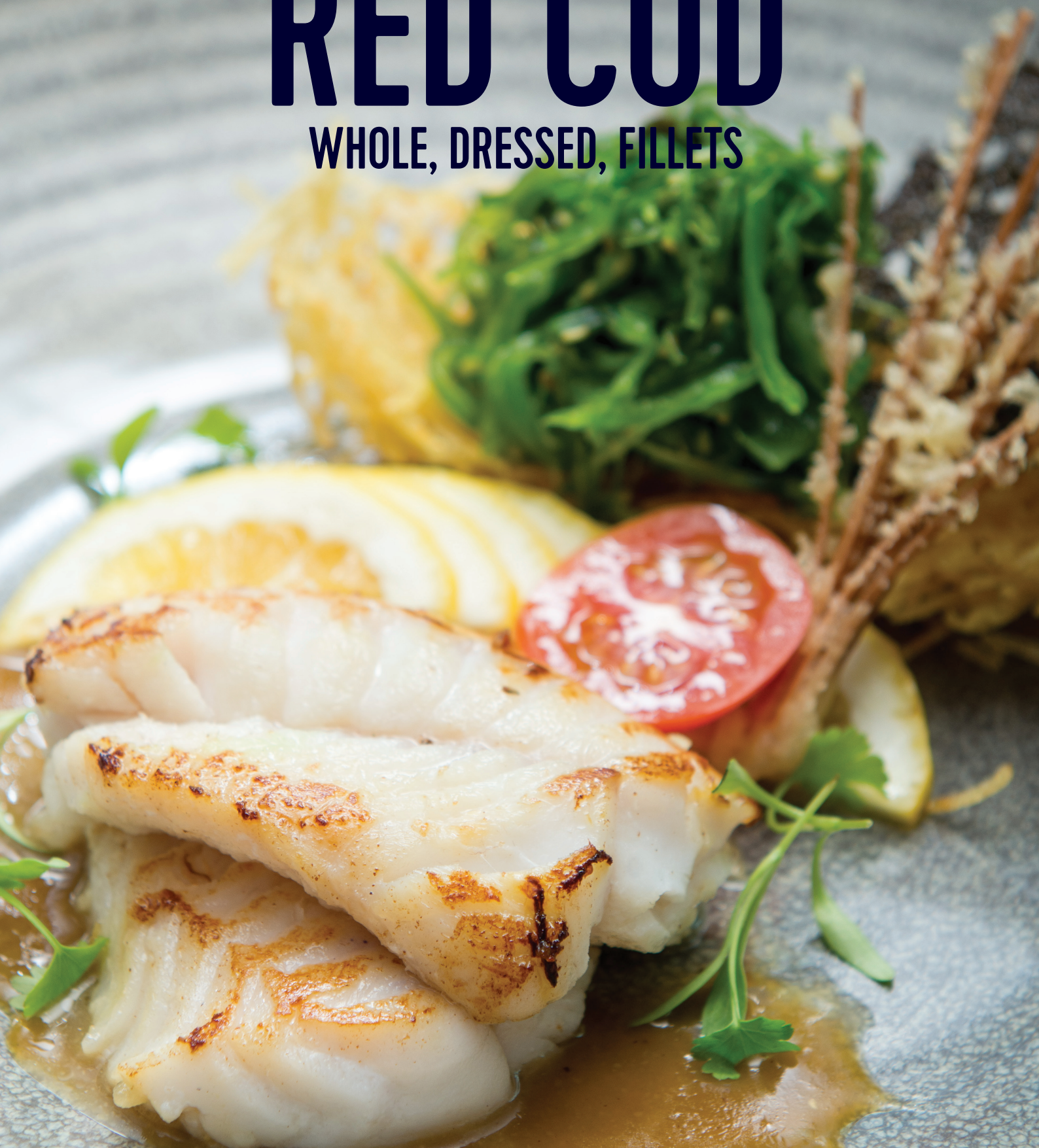




RED COD

WHOLE, DRESSED, FILLETS



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A delicate white fish with a low-fat content and is mild in flavour.
Red Cod fillets flake easily when cooked.

Scientific name

Pseudophycis bachus

Availability

Caught year-round.
Peak season November to February.

Average weight

800g-2kg.

Average length

40-70cm

Shelf life

24 months

Keep frozen

at -18°C (0°F) or below.

Nutrition information

AVERAGE QUANTITY PER 100g	
Energy	309kJ
Protein	16.9g
Fat, total	0.6g
- saturated	0.1g
Carbohydrate	0.2g
- sugars	0.2g
Sodium	92mg

Sustainability

Red Cod is managed by the Ministry for Primary Industries using the Quota Management System (QMS).

Fisheries Improvement Plans have been developed for Red Cod, which path out the steps towards achieving MSC certification for these fisheries.



Cooking methods

Red Cod has a delicate white flesh that flakes easily when cooked. Suitable for most cooking methods including smoking, baking, grilling or poaching. Red Cod fillets are a convenient option to consider for cooking in cafes, restaurants, rest homes and anywhere that requires cost-effective menu options.



Product details

Available packed as:
Whole, dressed and fillets.

Contact us to find out more about our range.



Learn more at
www.talleys.co.nz

