

Cod-Atlantic

Atlantic cod fillets have a silvery, subcutaneous layer that distinguishes them from Pacific cod. The lean meat has a mild, clean flavor and large, tender flakes. It's less firm than haddock and sweeter than Pacific cod. Raw Atlantic cod is translucent, ranging from white to pinkish. Cooked, it's an opaque white.



Product Details

Pack Size	Various
Cooking Methods	Bake, Broil, Fry, Sauté, Steam
Texture	Medium
Flavor	Mild
Availability	January - December
Scientific Name	Gadus morhua
Location	Iceland