

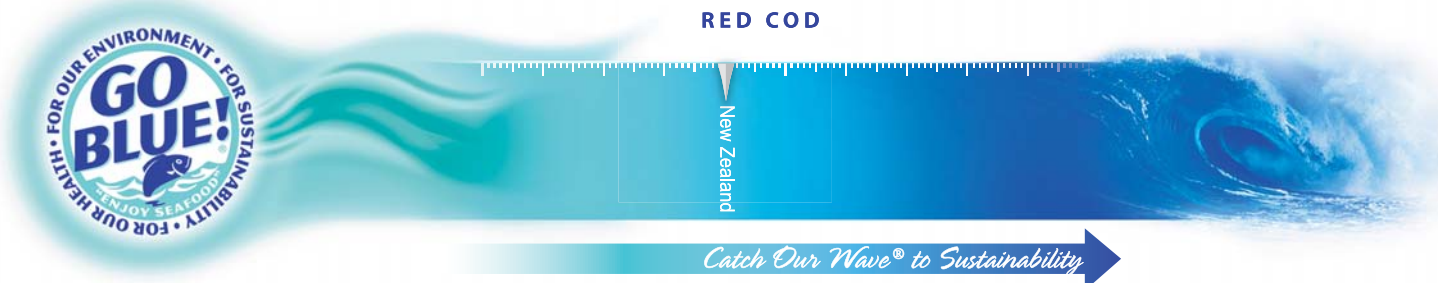


www.cport.net

RED COD *Pseudophycis bachus*



GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM



Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: www.un.org/en/globalissues/environment). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.

New Zealand's Red Cod fishery is managed by a strict Quota Management System (QMS), which allows only a set amount of Red Cod to be taken commercially each year. The QMS helps ensure sustainable utilisation of fisheries' resources through the direct control of harvest levels for each species in a nominated geographical area. A fish species can consist of numerous geographically isolated and biologically distinct populations. Each fish species in the QMS is subdivided into separate fish stocks defined by Quota Management Areas (QMAs). For Health & Nutrition benefits go to: www.cport.net



Product Specifications	Raw, Skinless Fillets Pin Bone In
Size (OZ/Fillet)	2/4, 4/6, 6/8
Pack	1/10 kg Shatterpack

For full package details, visit our website.

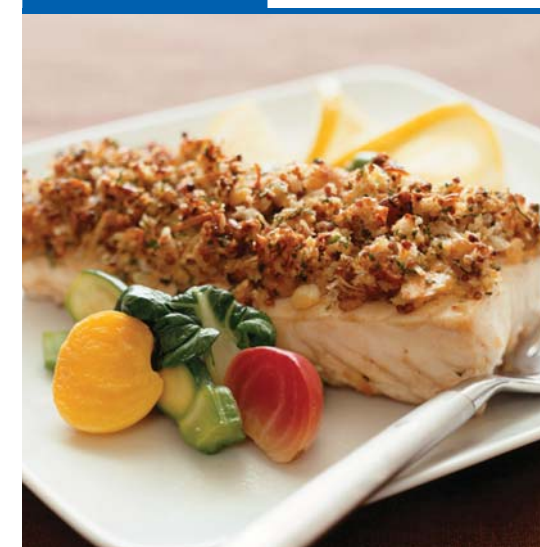
Versatile flavor and texture for any recipe!

Red Cod works well in many recipes and can also be used as a substitution when your recipe calls for other white fish. Red Cod has a white, moist flesh with delicate texture, low fat content and flakes easily. Excellent in sautéing, grilling or baking. Red Cod is found around southern Australia and New Zealand, from the surface to 700m. It's length is up to 90 cm. The catch is seasonal, from February to June. In spring and summer, Red Cod are caught inshore before they move to deeper waters in winter. They are caught mainly in the Canterbury Bight and off Westland by trawling.



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Roasted Red Pepper Pesto Topped Red Cod

INGREDIENTS:
 4 thick red cod portions
 4 tbsp of roasted red pepper pesto
 3oz of fresh white breadcrumbs
 Finely grated lime zest
 3 tbsp of mixed chopped herbs (such as dill, chives and parsley)
 sea salt and freshly ground black pepper

DIRECTIONS:
 First preheat the oven to 400°F. Place the cod on a greased baking sheet and season. Spread each piece with roasted red pepper pesto. Now mix the breadcrumbs, lime zest, herbs and the remaining pesto in a bowl. Spoon the breadcrumb mix over the cod and press down lightly to make a delicious crust on top. Bake in the oven for 15-20 minutes, or until the fish is just cooked and serve.

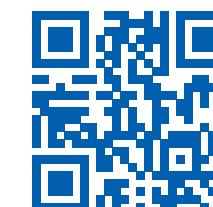
<http://www.goodtoknow.co.uk/recipes/142017/Roasted-red-pepper-pesto-topped-cod>

Nutrition Facts

Serving Size 4 oz (112g)
 Servings Per Container

Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 60mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

INGREDIENTS: Red Cod, Salt.



Visit our website for more information on this item

METHOD OF HARVEST: Wild Caught; Trawl FAO 81
COUNTRY OF ORIGIN: New Zealand

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