

# COD LOINS



ITEM #86812 - PACK SIZE - 20 PCS X 113 GR (4 OZ)  
4.98 LB BOX | VAC PACKED IN 2'S | \$65.00

## PREPARATION METHODS AND SERVING SUGGESTIONS

### **PREPARATION**

- Defrost Cod portions in original plastic packaging overnight in the refrigerator, or under cold running water for approximately one hour.
- Remove thawed cod portions from packaging and gently pat dry using clean paper towels.
- Season fish with salt and pepper or preferred seasoning and lightly oil prior to cooking.

### **STOVE TOP – FRY PAN/SKILLET**

- Pre-heat non-stick pan over medium-high heat
- Add a small amount of oil to the pan to lightly coat
- Carefully place cod into pan and cook 5-6 minutes per side (10-12 minutes total) until the fish is lightly brown and reaches a minimum internal temperature of 158F

### **AIR FRYER**

- Pre-heat air fryer to 400F
- Place seasoned and oiled fish into air fryer and cook for 10-12 Minutes until the fish is lightly browned and reaches a minimum internal temperature of 158F

### **OVEN**

- Pre-heat oven to 400F
- Place seasoned and oiled fish on a parchment paper lined baking sheet
- Bake fish for 12-15 minutes until lightly browned and reaches a minimum internal temperature of 158F

### SIDE DISHES SUGGESTIONS

Boiled Potatoes with Butter & Chives  
Grilled Asparagus  
Cucumber, Tomato and Feta Salad  
Mushroom Risotto

# SCALLOP MEDALLIONS

ITEM #80252 - PACK SIZE - 10-20 COUNT/LB  
2 LB BAG | \$40.00 CASE

## What is a Scallop Medallion:

The Scallop Medallions are made from whole Patagonian scallops bound together with a fish gelatin, giving you a larger scallop. They are crafted with the simple ingredients of scallops (*zygochlamys patagonica*) fish gelatin (cod, haddock, pollock), and salt.

## Cooking Instructions:

### **Stove Top/Frying Pan - From Thawed**

Heat a heavy bottomed pan on Med/High

Pat dry scallop medallions with paper towel

Season with salt, pepper, and cooking oil

Add a small amount of oil to the pan and add the seasoned medallions

Turn occasionally to cook evenly and prevent burning

Scallop medallions are done when cooked to a minimum internal temperature of 145F (Do not eat raw)

Cook time is approximately 8-10 minutes (appliances vary, these are guidelines only)

Serve immediately

### **Air Fryer Method - From Thawed**

Heat Air fryer to 200C/400F

Pat dry scallop medallions with paper towel

Season with salt, pepper, and cooking oil

Place scallop medallions in Air Fryer for 8-10 minutes

Turn medallions halfway through cooking to promote even cooking/browning

Scallop medallions are done when cooked to a minimum internal temperature of 145F (Do not eat raw)

Cook time is approximate (appliances vary, these are guidelines only)

Serve immediately