

# ATLANTIC COD

Atlantic cod for the fresh market is caught in Iceland and in Norway (FAO27) by day boats with Danish seines and is MSC certified.

Cod has lean and firm flesh and a delicate mild flavour. It has a tender and flaky texture when cooked.



Cod belongs to the same family (*Gadidae*) as whiting, haddock and pollock. Cod live in the colder waters of the northern hemisphere. They live close to the seabed in coastal and deeper waters.

## PRODUCT SPECS

**Latin name:**

Gadus Morhua

**Appearance:**

Available as fresh product.

**Certification:**



**Shape options:**

- Loins
- Fillets
- Portions
- Tails
- Bellies
- H&G
- Skinless
- Boneless
- Pin-bone in
- Fresh
- Box

**Specifications:**

**Quality:**

**Packaging:**





## Origin

FAO27  
Norway / Russia

## CATCH SEASON

Fresh market: January to mid May  
Frozen market: Year round

## Fishing method

Atlantic cod usually swim all over the North East Atlantic ocean, but they come to the Norwegian coast to spawn once a year. Cod for the fresh market can only be caught in this period. For this market the main fishing method is Danish seines. During the rest of the year, Atlantic cod is caught and frozen at sea. Here, bottom trawling and longline fishing is used. All methods are approved by MSC.

## SUSTAINABILITY CERTIFICATE

The Marine Stewardship Council (MSC) is an international non-profit organisation that has developed a certification scheme for sustainable wild-catch fishing. The MSC standard consists of three core principles that each fishery must demonstrate it meets: sustainable fish stocks, minimising environmental impact and effective management. Find out more at [MSC](http://www.msc.org).

