


Cod fillet - baked


by Mowi


Pure cod fillets with their characteristic flaky texture and delicate flavour. These natural, boneless cod fillets come from MSC certified sustainable fisheries in the north-east Atlantic Ocean. The natural cod fillets are baked in our specially designed oven. This cooking technique preserves the delicate flavour and characteristic texture of the fish and results in minimal moisture loss. Immediately after baking, the products are frozen and packed. The baked cod fillets are one of the products in our range of “Assembly-Ready” frozen fish products, specifically designed for regeneration. They are also suitable for various industrial applications, such as ready-made meals, which still need to be prepared before consumption.



Serving suggestion

Kabeljauwfilet - gebakken 

Filet de cabillaud - cuit au four 

Kabeljaufilet - gebacken 



Product Information

Scientific name:	<i>Gadus morhua</i>
Origin:	Caught in the north-east Atlantic Ocean (FAO 27)
Sustainability:	MSC certified
Composition:	Natural cod fillets, baked
Range:	Natural
Product weight:	100-110g, 120-130g
Shelf life:	Frozen -18°C: 18 months

Preparation - from frozen

