



Cod, Atlantic

Gadus morhua

Cod need cold, deep waters to thrive, and thrive they do, in Canada's ice-cold North Atlantic ocean. Cod has a mild flavour and lean, pure white fillets with large distinctive flakes. From beer battered traditional fish and chips, to Bacalao, to dishes at some of the world's finest restaurants, the sheer versatility of cooking applications makes this fish a favourite of home cooks and professional chefs alike. Harvested from June to February. Available year-round.

Sustainability & Certifications

Fisheries Improvement Project (FIP) in place for 3Ps and Northern cod fisheries. Harvested under Canadian fisheries management regulations and part of a federal Integrated Fishery Management Plan (IFMP). All exporters are certified by the Canadian Food Inspection Agency (CFIA).

Product Forms

Fresh (HOG, H&G, Fillets, Loins, Tongues, Tails)

Frozen (HOG, H&G, Fillets, Loins, Tails, Cheeks, Tongues, Block, Minced, Salted)

FAS (HOG, H&G)

Salted (Heavy wet salted, Light salted)