



Taste & Technology

Cod Filet SV

Recipe number:

04.10.043

Starting material:

1000 g Fish filet - cod

Seasonings & additives:

70 g LAFINESS Lemon & Dill / SG 1000650

Processing procedure:

Marinate the cod filets in the marinade.
Place in the shrink bag, vacuum seal and cook.

Art. No.: 990551 shrink bag 250x450

Preparation:

Cook in a water bath at +52°C for 15 minutes.

Remove the cooked cod filets from the bag and sear in a frying pan.

EU Food Information Regulation:

Fish, rapeseed oil, table salt, seasoning, palm fat, flavouring, acidifier: E 330 Citric acid, yeast extract, sugar

Analysis:

Calorific value KJ	562 KJ
Calorific value Kcal	134 Kcal
Fat	6.7 g
Saturated fatty acids	1.2 g
Carbohydrates	0.4 g
Sugar	0.3 g
Protein	18.1 g
Sodium	0.5 g
Salt	1.3 g