



SALT FISH (Baccalao)

Various species



Warehouse Specifications:

Case Configurations:

Bone - in:

40/50 lb cardboard boxes

Boneless:

40 lb wood boxes

12x1lb wood boxes

24x1lb cello bags

Nutritional Value:

Per 100gram serving size

| | |
|-----------------|--------|
| Calories (kcal) | 290 |
| Total Fat | 2.37g |
| Saturated | 0.462g |
| Monounsaturated | 0.342g |
| Polyunsaturated | 0.804g |
| Cholesterol | 152mg |
| Sodium | 7027mg |
| Total Carb | 0.0g |
| Dietary Fiber | 0.0g |
| Sugars | 0.0g |
| Protein | 62.82g |
| Vitamin A | 140iu |
| Vitamin C | 3.5mg |
| Calcium | 160mg |
| Iron | 2.50mg |

General Information:

Salt Fish is fresh whitefish (cod, haddock or pollock) that has been salt-cured and dried until all the moisture has been extracted. In order to prepare salt fish for cooking, it needs to be rehydrated and most of the salt removed through a process of soaking in water.

Latin Name:

Atlantic Cod (*Gadus morhua*)

Haddock (*Melanogrammus aeglefinus*)

Pollock (*Theragra chalcogramma*)

Fishing Season:

Raw material available year - round.

Average size and Weight:

Skinless/boneless fillets: Small, Medium (Regular), Large, Extra Large and Jumbo (1x40 lb pack).

Whole split fish (Baccala): Small, Medium (Regular), Large and Extra Large (1x40 and 1x50 lb pack). Whole butterflied, skin on, bone in, tail on.

SL/BL strips: packed 24x1# cello or 12x1# wood box for retail/food service.

Product Available / Frozen

Salt fish is stable at room temperature, refrigerated or frozen.

Sensory Characteristics:

After rehydration, salt fish has a typical light, flaky fish texture and briny flavor.

COOL: wild caught, Canada or USA

Ingredients:

White Fish (cod, haddock, pollock), salt

Quality Control: HACCP & CFIA



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