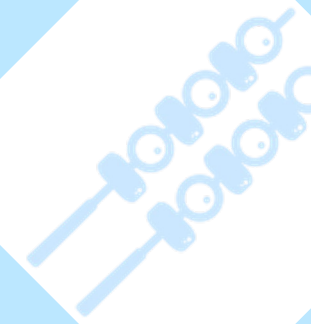


Creative Cooking with Blue Cod

Mild, delicate and slightly sweet flavor is what makes Ocean Jewel Blue Cod Fillets so versatile and so delicious. To help you make the most of this healthy, sustainable fish, we have developed this Menu Application tool to show you how you can use the product across a range of meal options.

Appetizers

- Warm up with a hearty Blue Cod fish soup or chowder.
- Coat strips of cod with cornmeal and pair with your favourite dipping sauce for a tasty appetizer or finger food.
- Try a Blue Cod Croquette with an aioli sauce as a delicious starter.



Lunch

- For a simple, healthy lunch bowl, steam Blue Cod with sesame seeds, ginger and green onion and place on a serving of wild or brown rice.
- Feature in a fish casserole with cheese and macaroni. For some extra crunch, top with bread or panko crumbs.
- Perfect for fish tacos and mango salsa.
- Herbed cod cakes are a tasty alternative to serve with a soup or salad combination.
- Wrap in puff pastry and serve with a garlic cream sauce for a surprisingly effortless dish that will delight everyone.



Blue Cod

3, 4 and 5 oz fillets are boneless and skinless (4.54 Kg/case).

This wild caught fish is mild, delicate, low in fat and an excellent source of protein.

Product Codes:

- 3 oz - SF04570
- 4 oz - SF04571
- 5 oz - SF04607



Dinner

- For an easy entrée, simply glaze Blue Cod with a Maple Dijon sauce and bake.
- Blue Cod is a versatile option for your Catch of the Day. Cooks perfectly in a gratin or as battered Fish 'n Chips.
- Blue Cod marinated in a honey sauce makes a quick and delicious meal anytime of the year.
- Take it up a notch by adding some diced lobster to a citrus salad and top with a poached Blue Cod fillet.





~ Recipes ~

CORNMEAL CRUSTED COD FINGERS (Serves 25)

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| <p>2x5 lb Blue Cod Fillets, 3 oz (cut into 4's)
 3 cups yellow cornmeal
 1 cup whole wheat flour
 2 tbsp thyme
 2 tsp black pepper
 2 cups Tartar sauce
 FOR THE SALAD:
 10 cups cherry tomatoes, halved
 6 cups fresh baby spinach
 2 cups Italian dressing</p> | <ol style="list-style-type: none"> 1. Preheat oven to 475°F. 2. Mix dry ingredients in a large bowl to create cornmeal mixture. 3. Cut Blue Cod fillets into 4's. Crust cut fillets with cornmeal mixture, coating all sides of fish fully. 4. Spray parchment lined baking sheet with cooking spray or add a light coating of vegetable oil. Lay crusted fillets on top, making sure not to overlap or overcrowd. 5. Bake 6-10 minutes. 6. Mix salad ingredients in a large bowl. 7. Serve 3 cod fingers to each resident with side salad and Tartar sauce. |
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POACHED BLUE COD WITH LOBSTER CITRUS SALAD (Serves 25)

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| <p>2x5 lb Blue Cod Fillets, 3 oz
 2 cups celery, diced
 1 cup white onion, diced
 2 tbsp dried chives
 1/4 cup lemon juice
 4 Bay leaves
 2 tbsp black pepper
 FOR THE SALAD:
 1 lb fully cooked, diced Lobster meat
 1/2 cup orange juice</p> | <p>1 cup green onion, finely chopped
 500 ml bell peppers, diced
 50 ml lemon juice</p> <ol style="list-style-type: none"> 1. Preheat steamer or Rational to steam. 2. Place fully defrosted Blue Cod fillets in 2" hotel pans, making sure not to overlap or overcrowd. 3. Toss celery, onion, chives, 1/4 cup lemon juice, bay leaves and black pepper in a bowl. 4. Top fish with mixture then cover pan with lid. Bake 12-15 minutes. 5. TO MAKE SALAD: Mix Lobster meat, orange juice, green onion, bell pepper and 50 ml lemon juice in a large bowl about 45 minutes before service. 6. Serve poached cod fillets with Lobster citrus salad over a bed of rice or other grains. |
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BLUE COD AU GRATIN (Serves 25)

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| <p>2x5 lb Blue Cod Fillets, 3 oz (cut in half)
 2 tbsp black pepper
 5 cups shredded Cheddar cheese
 FOR THE WHITE SAUCE:
 3/4 cup margarine
 1 1/2 cups flour
 8 cups 2% milk
 1 tbsp Italian mix dried herbs</p> | <ol style="list-style-type: none"> 1. Preheat oven to 325°F. 2. Place halved Blue Cod fillets on parchment paper lined tray, making sure not to overlap or overcrowd. Season with pepper and bake 4-6 minutes. Remove from oven once cooked. 3. TO MAKE SAUCE: Melt margarine in a heavy bottomed pot over medium heat. Once margarine has melted add flour to make a roux. Add milk slowly, whisking the entire time to avoid lumps. Add Italian mix dry herbs. Reserve sauce for later. 4. Top each half fillet with 1 tbsp white sauce and shredded Cheddar cheese. Melt cheese in oven for 3-6 minutes. 5. Serve with your choice of sides. |
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PUFF PASTRY WRAPPED BLUE COD WITH SPINACH GARLIC CREAM SAUCE (Serves 25)

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| <p>2x5 lb Blue Cod Fillets, 3 oz (cut in half)
 6.25 cups 90-130 count Shrimp
 13 pieces puff pastry sheets, defrosted
 Egg wash (3 eggs + 2 tbsp milk)
 FOR THE SAUCE:
 1/2 cup margarine
 3/4 cup flour
 4 cups 2% milk
 1 tbsp garlic, chopped
 3 cups frozen spinach, defrosted and squeezed dry
 1 tbsp black pepper</p> | <ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. TO MAKE SAUCE: Melt margarine in a heavy bottomed pot over medium heat. Once margarine has melted add flour to make a roux. Add milk slowly, whisking the entire time to avoid lumps. Add garlic, pepper and spinach. Reserve sauce for later. 3. Lay puff pastry on counter and cut in half, then in half again so that you get four squares per piece. 4. In the middle of one square, place a half portion of Blue Cod, 1/4 cup of shrimp, and 1 1/2 tbsp of sauce. 5. Place a second piece of puff pastry on top and seal edges with egg wash. 6. Place puff pastry wrapped Blue Cod on parchment lined baking sheet. Brush with more egg wash. 7. Bake 18-25 minutes or until puff pastry is cooked. 8. Can be served over a bed of lettuce. |
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MAPLE DIJON COD (Serves 25)

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| <p>2x5 lb Blue Cod Fillets, 3 oz
 FOR THE SAUCE:
 1/4 cup Dijon mustard
 1/2 cup maple syrup
 1/4 cup dried thyme</p> | <ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. Mix all sauce ingredients together in a large bowl. Reserve 1/4 of the sauce for service. 3. Brush each side of the Blue Cod fillets with sauce. 4. Bake fillets for 5-8 minutes. 5. Just before service, brush fish with remaining sauce to give it some more shine. 6. Serve with your choice of sides. |
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