

Cod fillet - steamed

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 steamed 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 steaming, the products are frozen and packed. The steamed 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 - gestoomd 

Filet de cabillaud - cuit à la vapeur 

Kabeljaufilet - gedämpft 



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, steamed
Range:	Natural
Product weight:	100-110g, 120-130g
Shelf life:	Frozen -18°C: 18 months

Preparation - from frozen

