

Cod (Fish & Seafood)

Interesting facts: Cod is a type of saltwater fish. There are three species of cods: Atlantic, Pacific and Greenland cod. They inhabit cold waters of the Atlantic and Pacific Ocean. Even though some species of fish such as rock cod, coral cod and reef cod have word "cod" in the name, they are not genetically related with "true" cods. About 10% of the world fish catch is cod. Have you ever heard about cod liver oil? This type of oil is made from the cod liver. It is good for our health because the cod liver oil contains vitamin E, vitamin D, and vitamin A. It is also a good source of omega-3 fatty acids.

How to select: Choose fish that have been certified by the Marine Stewardship Council (MSC) to ensure the fish were caught responsibly. Cod should be wild caught and not farmed.

How to clean and store: Refrigerate cooked fish in shallow airtight containers or wrap tightly with heavy-duty aluminum foil or plastic wrap. Freeze in covered airtight containers or heavy-duty freezer bags, or wrap tightly with heavy-duty aluminum foil or freezer wrap.

How to prepare and cook: Baked, steamed

Recipe idea:

Baked: Preheat oven to 400 °F. Line your pan with aluminum foil and lightly brush with olive oil. Combine 1/2 cup chopped parsley, 2-3 cloves minced garlic, 1 lemon zest, and 1/4 teaspoon coarse salt on the cutting board or shallow bowl. Then combine with 1 1/2 cups finely chopped almonds or cashews. Brush top of each fillet (4-6 ounce fillets) with olive oil and nut mixture. Place in pan mixture side up and bake for 12-15 minutes. Serve with a wedge of lemon.