





Five Star Fish – Product Specification

PRODUCT	BATTERED COD - Skinned & boned
PACK SIZES & CODE (Tolerance)	DC34 30 x 80 – 110g (3 – 4oz) DC45 24 x 110 – 140g (4 – 5oz) DC56 24 x 140 – 170g (5 – 6oz) DC67 18 x 170 – 200g (6 – 7oz) DC78 15 x 200 – 230g (7 – 8oz) DC810 15 x 230 – 290g (8 – 10oz) 12 ½ % of fillets by count +/- 10g
PALLETISATION	15 Layers of 13 cases = 195
DESCRIPTION	Skinned and boned formed cod fillets coated in light crispy batter.
INGREDIENTS	Cod (FISH) (50%), Batter (Water, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Maize Flour, Salt, WHEAT Starch, Raising Agents: Diphosphates, Sodium Carbonates; Maize Starch, Rapeseed Oil, WHEAT Gluten, Natural Flavouring, Stabiliser: Xanthan gum, Cayenne Pepper, Paprika), Rapeseed Oil.
SITE CODE/ ADDRESS	UK GG 123 EC Five Star Fish Ltd, Great Grimsby business Park, Grimsby. DN37 9SY
PACKAGING	Board 74% recycled content. 174g wt. Plastic 16.4g. Case Dimensions 383 x 242 x 108mm ext
STORAGE	STORE AT -18°C OR BELOW. DO NOT RE-FREEZE ONCE THAWED
OUTLINE SPECIFICATION	Cod fillet, 50% ±2% fish content Product may be produced from cut fillets as dictated by raw material availability This product may comprise of more than one fish fillet.
PRIMARY RAW MATERIAL	Skinned and boned fillets of Atlantic or Pacific Cod from mature responsibly fished Sustainable stock. As a prerequisite to ensure that all mature sizes of fish are utilized the fillets are sliced after being skinned and boned to the appropriate target weight grade and are then frozen in a predetermined natural fillet shape. As this process is undertaken carefully by hand some of the fillets will contain more than one whole muscle slice to achieve the target weight. The variability of number of slices per fillet will be determined by (1) the accuracy of the manual cutting process and (2) the size of the whole fish availability at the time. Number of pieces per fillet will vary between one to an absolute maximum of four.
COATING	Confidential approved suppliers who provide certificates of conformance (All ingredients GMO, Nut & Nut derivative Free)
QA/HACCP	A BRC A Grade third party accredited food safety scheme is in place for all processing and packing of these products
DATE/BATCH CODING	Best Before End – 18 months from end of month of production Production Code – Julian code e.g. L1012 = 12 th day of 2011 Min shelf Life on delivery 9 months
COOKING GUIDE	For best results always cook from frozen: Always ensure that the product core temperature reaches 72°C . Deep Fry: Carefully lower product into pre-heated oil or fat at 180°C/350°F and fry for: DC34 80 – 110g 3 – 5 minutes DC45 110 – 140g 4 – 6 minutes DC56 140 – 170g 5 – 7 minutes DC67 170 – 200g 6 – 8 minutes DC78 200 - 230g 7 - 9 minutes DC810 230 – 290g 8 – 12 minutes Drain and serve Oven Cook: Pre-heat oven to 220°C / gas mark 7. Remove all packaging. Place on a baking tray in the centre of the oven and cook for: DC34 80 – 110g 15 - 18 minutes

	DC45 110 – 140g	15 - 18 minutes						
	DC56 140 – 170g	18 – 20 minutes						
	DC67 170 – 200g	18 – 20 minutes						
	DC78 200 - 230g	20-25 minutes						
	DC810 230 – 290g	20 – 25 minutes						
DIETARY & INTOLERANCE	Suitable for:	Yes/ No	Allergen	Contains	Used on site?	Allergen	Contains	Used on site?
	Vegans	No	Celery/ Celeriac	No		Molluscs	No	Yes
	Vegetarian	No	Cereals Containing Gluten	Yes		Mustard	No	Yes
	Halal	No	Crustaceans	No	Yes	Nuts	No	
	Kosher	No	Eggs	No	No	Peanuts	No	
			Fish	Yes		Sesame seeds	No	
			Lupin	No		Soya	No	
			Milk	No	Yes	Sulphur dioxide / Sulphites >10ppm	No	Yes
ALLERGEN INFORMATION	For allergens, including cereals that contain gluten, see ingredients in CAPITALS							
NUTRITIONAL	Typical values per 100g as sold:							
	Energy	870kj		209kcal				
	Fat	12.7g						
	<i>of which saturates</i>	0.9g						
	Carbohydrate	13.2g						
	<i>of which sugars</i>	0.4g						
	Fibre	0.5g						
	Protein	10.1g						
Salt	0.6g							
ADDITIONAL INFORMATION	<ul style="list-style-type: none"> WHILST EVERY CARE HAS BEEN TAKEN TO REMOVE SKELETAL BONES THIS IS NOT A GUARANTEE THAT THE PRODUCT IS BONE FREE AS SMALL BONES CAN REMAIN IN EXTREME CASES. 							

 <p><i>Sea Chef</i></p> <p><i>'Oven or Deep Fry'</i></p> <p>BATTERED COD</p> <p>Skinned and boned formed cod fillets coated in a light crispy batter.</p> <p>30 x 80-110g. Min net weight 2.4kg</p>   <p>5 060023 310253</p>	 <p><i>Sea Chef</i></p> <p><i>'Oven or Deep Fry'</i></p> <p>BATTERED COD</p> <p>30 x 80-110g. Min net weight 2.4kg</p> <p>Skinned and boned formed cod fillets coated in a light crispy batter.</p> <p>Ingredients: Cod (FISH) (50%), Batter (Water, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Maize Flour, Salt, WHEAT Starch, Raising Agents: Diphosphates, Sodium Carbonates; Maize Starch, Rapeseed Oil, WHEAT Gluten, Natural Flavouring, Stabiliser: Xanthan gum, Cayenne Pepper, Paprika), Rapeseed Oil.</p> <p>ALLERGEN ADVICE: For allergens, including cereals that contain gluten, see ingredients in CAPITALS</p> <p>WARNING: Although every care has been taken to remove all bones some small bones may still remain</p> <p>Cooking Instructions: For best results cook from frozen. Deep Fry: Deep fry in hot oil @ 180°C for approx. 3-5 minutes. Oven Bake: Place in a pre-heated oven on a pre-heated tray and bake for approx. 15-18 minutes @ 220°C / Gas mark 7. This is a raw product and must be cooked throughout to a minimum temperature of 75°C for 30 seconds or equivalent.</p> <p>STORAGE: Keep Frozen at -18°C or below. Do not refreeze after thawing.</p> <p>Nutrition: Typical values per 100g as sold: Energy 870kJ / 209kcal, Fat 12.7g (of which saturates 0.9g), Carbohydrate 13.2g (of which sugars 0.4g), Fibre 0.5g, Protein 10.1g, Salt 0.6g.</p> <p>PRODUCED AND PACKED IN THE UK BY: FIVE STAR FISH LTD., GREAT GRIMSBY BUSINESS PARK, GRIMSBY. DN37 9SY. FOR BEST BEFORE END SEE SIDE OF BOX</p>
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DC45

Sea Chef

'Oven or Deep Fry'

BATTERED COD

Skinned and boned formed cod fillets coated in a light crispy batter.

24 x 110-140g. Min net weight 2.64kg



5 060023 310635

BATTERED COD 'Oven or Deep Fry' *Sea Chef* **DC45**

24 x 110-140g. Min net weight 2.64kg

Skinned and boned formed cod fillets coated in a light crispy batter.

Ingredients: Cod (FISH) (50%), Batter (Water, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Maize Flour, Salt, WHEAT Starch, Raising Agents: Diphosphates, Sodium Carbonates; Maize Starch, Rapeseed Oil, WHEAT Gluten, Natural Flavouring, Stabiliser: Xanthan gum, Cayenne Pepper, Paprika), Rapeseed Oil

ALLERGEN ADVICE: For allergens, including cereals that contain gluten, see ingredients in CAPITALS

WARNING: Although every care has been taken to remove all bones some small bones may still remain
Cooking Instructions: For best results cook from frozen. Deep Fry: Deep fry in hot oil @ 180°C for approx. 4-6 minutes. Oven Bake: Place in a pre-heated oven on a pre-heated tray and bake for approx. 15-18 minutes @ 220°C / Gas mark 7. This is a raw product and must be cooked throughout to a minimum temperature of 75°C for 30 seconds or equivalent.

STORAGE: Keep Frozen at -18°C or below. Do not refreeze after thawing.

Nutrition: Typical values per 100g as sold: Energy 870kJ / 209kcal, Fat 12.7g (of which saturates 0.9g), Carbohydrate 13.2g (of which sugars 0.4g), Fibre 0.5g, Protein 10.1g, Salt 0.6g.

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DC56

Sea Chef

'Oven or Deep Fry'

BATTERED COD

Skinned and boned formed cod fillets coated in a light crispy batter.

24 x 140-170g. Min net weight 3.36kg



5 060023 310642

BATTERED COD 'Oven or Deep Fry' *Sea Chef* **DC56**

24 x 140-170g. Min net weight 3.36kg

Skinned and boned formed cod fillets coated in a light crispy batter.

Ingredients: Cod (FISH) (50%), Batter (Water, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Maize Flour, Salt, WHEAT Starch, Raising Agents: Diphosphates, Sodium Carbonates; Maize Starch, Rapeseed Oil, WHEAT Gluten, Natural Flavouring, Stabiliser: Xanthan gum, Cayenne Pepper, Paprika), Rapeseed Oil

ALLERGEN ADVICE: For allergens, including cereals that contain gluten, see ingredients in CAPITALS

WARNING: Although every care has been taken to remove all bones some small bones may still remain
Cooking Instructions: For best results cook from frozen. Deep Fry: Deep fry in hot oil @ 180°C for approx. 5-7 minutes. Oven Bake: Place in a pre-heated oven on a pre-heated tray and bake for approx. 18-20 minutes @ 220°C / Gas mark 7. This is a raw product and must be cooked throughout to a minimum temperature of 75°C for 30 seconds or equivalent.

STORAGE: Keep Frozen at -18°C or below. Do not refreeze after thawing.

Nutrition: Typical values per 100g as sold: Energy 870kJ / 209kcal, Fat 12.7g (of which saturates 0.9g), Carbohydrate 13.2g (of which sugars 0.4g), Fibre 0.5g, Protein 10.1g, Salt 0.6g.

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DC67

Sea Chef

'Oven or Deep Fry'

BATTERED COD

Skinned and boned formed cod fillets coated in a light crispy batter.

18 x 170-200g. Min net weight 3.06kg



5 060023 310659

BATTERED COD 'Oven or Deep Fry' *Sea Chef* **DC67**

18 x 170-200g. Min net weight 3.06kg

Skinned and boned formed cod fillets coated in a light crispy batter.

Ingredients: Cod (FISH) (50%), Batter (Water, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Maize Flour, Salt, WHEAT Starch, Raising Agents: Diphosphates, Sodium Carbonates; Maize Starch, Rapeseed Oil, WHEAT Gluten, Natural Flavouring, Stabiliser: Xanthan gum, Cayenne Pepper, Paprika), Rapeseed Oil

ALLERGEN ADVICE: For allergens, including cereals that contain gluten, see ingredients in CAPITALS

WARNING: Although every care has been taken to remove all bones some small bones may still remain
Cooking Instructions: For best results cook from frozen. Deep Fry: Deep fry in hot oil @ 180°C for approx. 6-8 minutes. Oven Bake: Place in a pre-heated oven on a pre-heated tray and bake for approx. 18-20 minutes @ 220°C / Gas mark 7. This is a raw product and must be cooked throughout to a minimum temperature of 75°C for 30 seconds or equivalent.

STORAGE: Keep Frozen at -18°C or below. Do not refreeze after thawing.

Nutrition: Typical values per 100g as sold: Energy 870kJ / 209kcal, Fat 12.7g (of which saturates 0.9g), Carbohydrate 13.2g (of which sugars 0.4g), Fibre 0.5g, Protein 10.1g, Salt 0.6g.

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