

# akvacobia

by Marine Farms



**akvacobia** is frozen farm-raised Cobia, grown to the most strict requirements of Marine Farms Vietnam. Marine Farms Vietnam combines Norwegian expertise to the ideal location for cobia farming and production. Cobia are fed a diet specially designed to produce a unique savory flavor.

Cobia is now in season year round to meet the ever-rising demand for seafood.

Chefs recognize Cobia's firm texture, high oil content and versatility. Cobia is great on the grill, pan seared, baked or roasted. The meat texture of Cobia is also ideal for sushi or sashimi. Cobia's subtle, mild flavor and white, flesh appeals to the palate of the American consumer. The strong nutritional profile makes Cobia a truly healthy item on the menu.

## Cobia

Cobia (*Rachycentron canadum*) are found in tropical waters around the world, feeding primarily on crabs, shrimp and other fish. Cobia can grow to weigh 50 pounds. Solitary swimmers, no commercial fishery for cobia exists. Highly nutritious and fast growing, cobia is an ideal species for aquaculture.



## Product Specifications

### **Vacuum packed Long Loins sashimi grade**

10-14 oz.	1/20 lb.
14-20 oz.	1/20 lb.
20 oz. up	1/20 lb.

### **Vacuum packed Skinless/Boneless Fillets sashimi grade**

24-32 oz.	1/20 lb.
32-up oz.	1/20 lb.

## Sashimi Quality

**akvacobia** is sashimi grade, the gold standard of quality in the seafood business. Sashimi quality is the best a chef can get.

## Preparation

**akvacobia** is incredibly versatile. The high oil content and firm texture are ideal for sushi and sashimi. These qualities are also perfect fish for grilling, roasting, baking or pan searing. American tastes respond to its mild, subtle flavor and white meat. Cobia succeeds in a wide range of applications; it is easy to work with and holds well.

## Nutritional Facts

**akvacobia** is an excellent source of Omega-3 fatty acids. Rich in protein, it is also high in riboflavin, niacin, vitamin B6, magnesium and potassium.

## akvacobia and the Environment

Marine Farms Vietnam is committed to a healthy environment utilizing the best practices of responsible management to sustain the survival of the species and the continued pristine health of the local environment.

Marine Farms Vietnam applies Norwegian farm management techniques to operations in Van Phong Bay, near Nha Trang. Ten farming sites are located in the bay, used in rotation, five at a time, to protect the environment. Van Phong Bay was carefully chosen. Strong currents there keep farm residues from affecting the local ecosystems. The processing facilities are audited, HACCP approved and operate under the strictest guidelines.

**akvacobia** is an ideal choice. Versatile, healthy and sustainable.

## Nutrition Facts

Serving Size: 4 oz raw (113g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 240	Calories from Fat 168
<b>% Daily Value</b>	
<b>Total Fat</b> 19g	<b>29%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 19g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

For more information about **akvacobia**:

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