

FORTUNE FISH COMPANY

THE SEAFOOD SPECIALISTS 

ALASKAN POLLOCK

• THERAGRA CHALCOGRAMMA



DESCRIPTION:

Alaska Pollock, also known as walleye pollock, is closely related to Atlantic Pollock but not the same species. Alaska Pollock is an extremely important commercial resource fished heavily in two regions in Alaska: the Bering Sea/Aleutians Islands and the Gulf of Alaska. In fact, the Alaska Pollock fishery is the largest U.S. fishery by volume. Originally marketed as a less expensive alternative to cod and haddock, this abundant fish now has a well established market and is the world's most consumed whitefish. Alaska Pollock is a brownish-green mottled fish with white sides and belly.

EATING QUALITIES:

The fish is very mild (although stronger than cod), lean, and light with a large flake. Compared with Atlantic Pollock, Alaska Pollock has a whiter flesh, milder flavor and less oil than Pollock fished in the Atlantic which is a different species.

FISHING METHODS:

The Alaska Pollock fishery is a mid-water trawler fishery with onshore processing, but is set apart from other U.S. fisheries by the use of catcher/processor vessels that produce and freeze a variety of products at sea. Pollock is managed as part of a group of species referred to as the groundfish multi-species complex under the Groundfish Fishery Management Plans for the Gulf of Alaska and the Bering Sea/Aleutian Islands. Alaska Pollock is certified sustainable by the Marine Stewardship Council (MSC).

NUTRITIONAL INFORMATION

Per 3.5 ounce portion

Calories	81
Total Fat	0.8 g
Protein	17.2 g
Sodium	99 mg
Cholesterol	71 mg
Omega-3	0.38 g

COOKING METHODS

Bake
Broil
Fry
Grill
Poach
Sauté

HANDLING

Whole fish should be packed in flaked ice. Whole fish and fillets should be stored in a drain pan in the coldest part of the walk-in. Fillets should also be covered in ice although with a barrier, so the ice never touches the flesh.

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