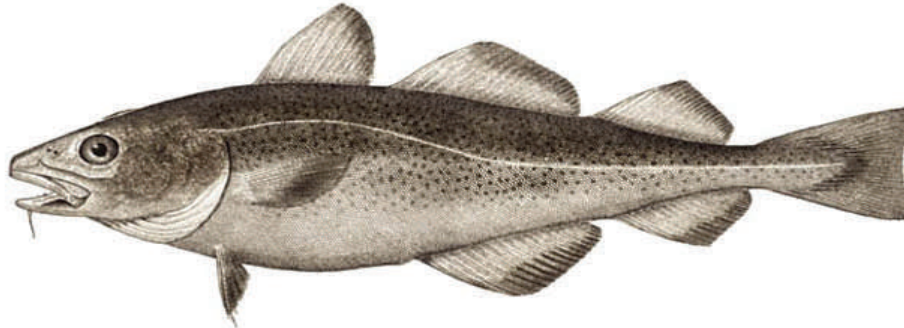


**ATLANTIC COD**



**DESCRIPTION:**

Cod has a distinctive barbel beneath its chin and a broom shaped tail. It belongs to the Gadidae family which includes haddock, pollock, hake and hoki. Market size is 2 1/2 to 10 pounds. Large cod can weigh 10 to 25 pounds while jumbo weighs in at 25 pounds and over. The term ‘scrod’ refers to cod that weighs under 2 1/2 pounds.

**EATING QUALITIES:**

Atlantic cod fillets have a silvery subcutaneous layer that distinguishes it from Pacific cod. The fillets are large, thick with high moisture content. Lean, clean-tasting with large, tender flakes, it is not as firm as haddock and is sweeter than Pacific cod. Raw fillets are white to pinkish in color, and cooked it is opaque white. Sautéed cod tongues and cheeks are a delicacy.

**FISHING METHODS AND REGULATIONS:**

Atlantic cod is harvested with bottom trawls, gillnets, and longlines and pots on both sides of the North Atlantic.

**SOLD AS:**

- Dressed
- H&G
- Fillets (skin-on/skinless)
- Loins

**NUTRITIONAL INFORMATION**  
 3.5 oz raw portion

Calories	82
Fat Calories	6.3
Total Fat	0.7 g
Saturated Fat	.1 g
Protein	17.8 g
Sodium	54 mg
Cholesterol	43 mg
Omega-3	.2 g

**COOKING METHODS**

- Bake
- Broil
- Fry
- Steam
- 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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