

FORTUNE • FISH & GOURMET •

THE SEAFOOD & GOURMET SPECIALISTS



HAKE

UROPHYCIS TENUIS



DESCRIPTION:

Although Hake are close relatives of Cod and Haddock, they are not alike in appearance. Hake is a more slender and softer-bodied fish. Hake have a dark back with a lighter belly and much larger eyes than Cod. Hake inhabit the ocean bottom along the continental shelf in the western North Atlantic from Newfoundland to North Carolina.

EATING QUALITIES:

Hake have a softer flesh than cod, ranging from soft to moderately firm. It cooks up lean and white with a mildly sweet flavor.

FISHING METHODS AND REGULATIONS:

Hake are primarily caught with bottom trawls and gillnets. In New England, Hake are caught under a sector management plan.

SOLD AS:

H&G, Fillets, Portions

NUTRITIONAL INFORMATION

Per 3.5 ounce portion:

Calories	90
Fat Calories	12
Total Fat	1.3 g
Saturated Fat	0.2 g
Protein	18 g
Sodium	72 mg
Cholesterol	67 mg
Omega-3	258 mg

COOKING METHODS

Sauté
Bake
Broil
Smoked
Poached

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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