

**ATLANTIC POLLOCK**  
*POLLACHIUS VIRENS*



**DESCRIPTION:**

Atlantic Pollock is a whitefish that resembles Cod. They are members of the same family, except Pollock doesn't have a barbel (whisker). Pollock range from olive green to brownish green dorsally and pale grey to yellow on its belly. Atlantic Pollock is found on both sides of the Atlantic. On the East Coast, it is sourced from Newfoundland to New Jersey. Pollock has previously been largely consumed as a versatile alternative to Cod and Haddock.

**EATING QUALITIES:**

Pollock has a light flaky white flesh that can be substituted for Cod or Haddock in most recipes. The fish is very mild (although stronger than Cod), and lean with a large flake. Atlantic Pollock is very low in saturated fat and is a very good source of protein, vitamin B12, phosphorus, and selenium.

**FISHING METHODS:**

Pollock are caught by a variety of gears but most commonly by bottom trawls and gillnets. Pollock are well managed throughout their range and there is little bycatch associated with Pollock fisheries.

**NUTRITIONAL INFORMATION**  
 Per 3.5 ounce portion

Calories	92
Saturated Fst	0.14 g
Total Fat	0.98 g
Protein	19 g
Sodium	86 mg
Cholesterol	71 mg

- COOKING METHODS**
- Poach
  - Bake
  - Broil
  - Fry
  - Grill
  - 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.