

PACIFIC COD
GADUS MACROCEPHALUS



DESCRIPTION:

Pacific Cod or Alaska Cod is brownish sometimes grey with spots on the upper two thirds of its body. Pacific Cod is fished in deepwater in the North Pacific. It 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. Cod is an important commercial fish

EATING QUALITIES:

Pacific Cod has thick meaty fillets that are low in fat. Pacific Cod have a slightly higher percentage of water than Atlantic Cod and a maybe a little softer. The differences in taste are very slight. Raw fillets are white to pinkish in color, and cooked it is opaque white.

FISHING METHODS AND REGULATIONS:

Pacific Cod is caught by using trolling, pots, gillnets, hook and line and trawls. It is typically caught farther away from populated areas, so it is most often frozen. The Alaska Pacific Cod fishery is Marine Stewardship Council certified sustainable.

SOLD AS:

- Dressed
- H&G
- Fillets
- Loins

NUTRITIONAL INFORMATION
 3.5 oz raw portion

Calories	82
Fat Calories	6
Total Fat	0.7g
Saturated Fat	0.1g
Protein	17.8g
Sodium	54mg
Cholesterol	43mg
Omega-3	0.2 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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