

**NORTHERN PIKE**  
*ESOX LUCIUS*



**DESCRIPTION:**

Northern Pike gets its name from its resemblance to the pole-weapon known as a pike. It may also be referred to as Pickerel or Jax. Northern Pike have needle-like teeth and are typically found in cold fresh water lakes and rivers. They have olive green with yellow to white shading along the belly. The dorsum has light bar-like spots and there are many dark spots on the fins.

**EATING QUALITIES:**

Pike has a firm, white flesh, similar to Walleye. The meat is sweet and excels in flavor. It is ideal for frying, but works well with many fish recipes.

**FISHING METHODS:**

Northern Pike is the most important local fish in Winnipeg. Winnipeg has the only MSC certified Northern Pike commercial fishery. Northern Pike are commercially caught using gill nets. They are voracious predators. Northern consume large numbers of smaller fish in addition to frogs, crayfish, waterfowl and rodents.

**NUTRITIONAL INFORMATION**  
 Per 3.5 ounce portion

Calories	113
Calories from Fat	9
Total Fat	1 g
Protein	25 g
Sodium	49 mg
Cholesterol	50 mg

**COOKING METHODS**

- Bake
- Broil
- Fry
- Grill
- Sauté
- Smoke
- Pickle

**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.