

HADDOCK
MELANOGRAMMUS AEGLEFINUS



DESCRIPTION:

Haddock, a member of the Cod family, inhabits both the American and European coasts of the Atlantic Ocean. In the northwest Atlantic, it ranges from the southern end of the Grand Banks to Cape Cod in the summer, and it extends its range southward to Cape Hatteras, North Carolina, in the winter. Haddock, are easily distinguished from other coastal Massachusetts fish by their three dorsal and two anal fins. The front dorsal fin is triangular and taller than the Cod or Pollock. Haddock can also be distinguished from the other closely related members of the Cod family by a black lateral line and a large spot on each side of the body over the pectoral fins. Haddock inhabit deep, cool waters and rarely are found at estuaries or river mouths. They are primarily found at depths of 140 to 450 feet and generally avoid depths of less than 30 feet. Haddock prefer gravel, smooth rock, or sand littered with shells. They migrate seasonally. In winter, Haddock move to deep water where the temperature is warmer and more constant than that in shallower areas. By early spring they seek more northerly areas in New England, moving into shallower waters of the Gulf of Maine and Georges Bank, where they remain all summer.

EATING QUALITIES:

The meat of Haddock is lean and white. It is less firm than Cod and flakes beautifully when cooked. Haddock is excellent baked, broiled, poached or used in chowders and stews. Traditionally, New Englanders fry Haddock fillets or bake them whole with a breadcrumb and spice stuffing. Star cooks are of the opinion that, when it comes to flavor, Haddock is far superior to the other members of the Cod family.

FISHING METHODS AND REGULATIONS:

Haddock are typically caught by seine nets, trawlers, and long lines.

SOLD AS:

Whole fish, Fillet

NUTRITIONAL INFORMATION
 3.5 oz raw portion

Calories	86
Fat Calories	N/A
Total Fat	.7 g
Saturated Fat	.9 g
Protein	19 g
Sodium	67 mg
Cholesterol	57 mg
Omega-3	N/A

COOKING METHODS

- Sautéed
- Broil
- Grill
- Poach
- Bake
- Steam

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.