



# Cod, Atlantic

## scientific name

Gadus morhua

## description

Atlantic cod is a ground fish with a heavy body, three dorsal fins and a broad, square tail. This species has a “whisker,” or barbel under its lower jaw. Cod meat is snow white.

## interesting fact

Cod has been a symbol of the wealth of the sea for centuries and representations of cod have appeared on stamps, coins, corporate seals, and letterheads since colonial times.

## alternatives

Atlantic cod can be substituted with Pacific cod, haddock, pollock, and orange roughy.

## other information

Atlantic cod is the most abundant ground fish in the North Atlantic and is the best-known fish in the western world. Frozen cod may be either land-frozen or sea-frozen. Sea-frozen is the “freshest” frozen fish available as it is processed within 3 hours of being caught, while land frozen fish is processed after a few days of being out at sea.

## source

Atlantic cod are most abundant in the North Atlantic.

## harvest method

This species is harvested most commonly by trawling. A good percentage of cod is also longlined. This method produces higher quality, and therefore higher priced fish. Atlantic Cod is also trapped in Newfoundland.

## harvest season

Atlantic cod is available year-round with peak season being March through November in the Mid-Atlantic; April through December in New England; summer in Canada; and fall and winter off Iceland and Norway.

## flavor

The flavor of this type of cod is lean, tender, and mild tasting. This fish flakes easily when cooked and is sweeter tasting than Pacific cod.

## texture

The texture of Atlantic cod is firm with a flaky texture.

## quality control

Cod meat is moist, so drip loss and shrinkage during processing and storage should be avoided. The best quality cod fillets should be translucent, white to pinkish-white, without bruises, moist and firm.

## preparation

Atlantic cod are best when broiled, steamed, baked, pan-sautéed, breaded and fried, or poached.

## market segments

Atlantic cod is appropriate for casual dining, fine dining, hotels, and country clubs.

## nutritional facts

3.5 oz (100g) raw edible portion

Calories 82; Calories from Fat 6; Total Fat 0.7g/1%;

Saturated Fat 0.1g/1%; Cholesterol 43mg/14%; Sodium 54mg/2%;

Total Carbohydrates 0g/0%; Protein 17.8g; Potassium 413mg.



2614 Aviation Parkway • Grand Prairie, Texas 75052  
972.606.0800 • [www.frugeseafood.com](http://www.frugeseafood.com)