



Cod, Pacific

scientific name

Gadus macrocephalus

description

Pacific cod is distinguished by a black dotted gray back, a white belly, and white sides. This species is almost identical to Atlantic cod but smaller with slightly softer flakes and a higher water content.

other information

Most Pacific cod is sold frozen.

interesting fact

Cod is one of the most important commercial seafoods and is a mainstay in the industry.

alternatives

Atlantic cod, Alaskan pollock, and haddock can be used as substitutes for Pacific cod.

source

The Pacific cod is harvested throughout the North Pacific, most of it from the Bering Sea and the Gulf of Alaska. Japan, Korea, and Russia are large suppliers of frozen Pacific cod.

harvest method

This fish was mainly harvested by trawlers in the past, now it is primarily caught by longlining or pots.

harvest season

Pacific cod is available year-round, though the majority of the harvest takes place in the winter months.

flavor

This species is mild and sweet in flavor.

texture

The texture of Pacific cod is firm with a medium flake.

preparation

Pacific cod is excellent when baked, steamed, sautéed, poached, or deep fried.

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.

market segments

Pacific cod is appropriate for casual dining, fine dining, hotels, and resort/country clubs.

nutritional facts

3.5 oz (100g) raw edible portion.

Calories 82; Calories from Fat 5; Total Fat 0.6g; Saturated Fat 0.1g; Cholesterol 37mg; Sodium 71mg; Total Carbohydrates 0g; Protein 17.9g; Potassium 403mg.



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