



Haddock

description

The haddock is easily recognized by a black lateral line running along its white side (not to be confused with pollock, which has the reverse, i.e. white line on black side) and a distinctive dark blotch above the pectoral fin, often described as a "thumbprint" or even the "Devil's thumbprint" or "St. Peter's mark".

interesting fact

Unlike the related cod, haddock does not salt well and is often preserved by drying and smoking.

alternatives

South African hake.

source

Spawning occurs between January and June and peaking during late March and early April. The most important spawning grounds are in the waters off middle Norway, near southwest Iceland, and Georges Bank.

harvest method

Reaching sizes up to 1.1 m (3 ft 7 in), haddock is fished year-round (in fisheries). Some of the methods used are trawlers, long lines and fishing nets.

harvest season

May-November.

flavor

Haddock has firm white flesh that is mild in flavor.

texture

Firm but flaky texture.

preparation

Haddock is a very popular food fish, sold fresh, smoked, frozen, dried, or to a small extent, canned. Fresh haddock has a clean, white flesh and can be cooked in the same ways as cod.

quality control

Haddock fillets should be translucent, while older fillets turn a chalky hue. Freshness of a haddock fillet can be determined by how well it holds together, as a fresh one will be firm.

market segments

This fish is appropriate for casual dining, fine dining, hotels, and resort/clubs.

nutritional facts

Haddock is an excellent source of dietary protein. It also contains a good deal of vitamin B12, pyridoxine, and selenium, and a healthy balance of sodium and potassium, with very little fat.

3.5 oz (100g) raw, edible portion

Calories 117; Calories from Fat 9; Total Fat 1g/2%; Saturated Fat 0g/0%; Cholesterol 93mg/31%; Sodium 99mg/4%; Total Carbohydrates 0g/0%; Protein 25g; Potassium 397mg.



2614 Aviation Parkway • Grand Prairie, Texas 75052
972.606.0800 • www.frugeseafood.com