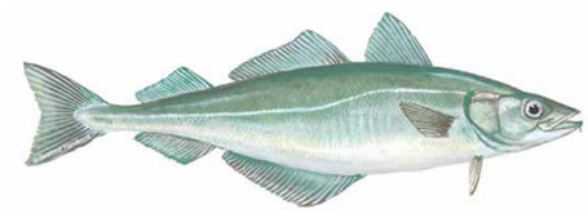
CATANESE CLASSICS

Boston Blue Cod

ABOUT

Boston Blue Cod, also known as Boston Pollock or Atlantic Pollock is a whitefish that resembles Cod. Pollock range from olive green to brownish green dorsally and pale grey to yellow on its belly. Atlantic Pollock is found on both sides of the Atlantic. Pollock has previously been largely consumed as a versatile alternative to Cod and Haddock. Once dismissed as cod's poorer cousin, the pollock has come into its own as a valuable resource, a global commodity and a popular item (credited or not) on menus around the world. Pollock are caught by a variety of gears but most commonly by bottom trawls and gillnets. Pollock are well managed throughout their, range and there is little bycatch associated with Pollock fisheries.



NUTRITION FACTS

Calories	92
Fat Calories	7.2 g.
Total Fat	0.98 g.
Saturated Fat	0.14 g.
Cholesterol	71 mg.
Sodium	86 mg.
Protein	19 g.

PRODUCT PROFILE

Pollock is a mild, delicate-tasting fish, with a slightly coarse texture. Some find it more flavorful than cod or haddock, perhaps because it has a higher oil content. Pollock has a light flaky white flesh that can be substituted for Cod or Haddock in most recipes. The fish is very mild (although stronger than Cod), and lean with a large flake. Atlantic Pollock is very low in saturated fat and is a very good source of protein, vitamin B12, phosphorus, and selenium.

PRIMARY PRODUCT FORMS

Fresh: Skin-on fillets, Whole
Frozen: Skin-on fillets, Whole
Value added: Breaded/battered fillets

COOKING TIPS

While this versatile whitefish is commonly used in fried-fillet sandwiches, it can hold its own in gourmet preparations. Because of the higher fat content, it should be cooked slightly longer than cod or haddock. Pollock's delicate taste is easily complemented with herbs, spices and light sauces.

COOKING METHODS

✓ Bake	Boil	✓ Broil	✓ Fry	✓ Grill
Pate	✓ Poach	✓ Saute	Smoke	Steam