CATANESE CLASSICS

HAKE

ABOUT

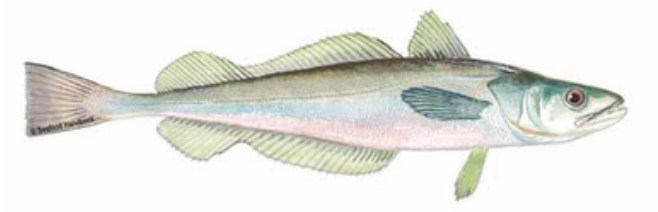
More than a dozen hake and whiting species inhabit temperate and cold waters of the Northern and Southern Hemispheres. There are two separate families of hake, Merluccidae and Gadidae, but Merluccius is most common in the U.S.. Particularly Atlantic whiting (M. bilinearis), or silver hake from the Northwest Atlantic. Pacific whiting (M. productus), found from the Bering Sea to Baja California, has very soft flesh and is frozen almost immediately. Most hakes are identified by geographic origin outside the United States, which imports large amounts of Argentine whiting (M. hubbsi) and Chilean hake (M. gayi). Two high-end hakes from Southwest Africa, M. capensis and M. paradoxus, are marketed as Cape capensis. M. australis, a big hake from southern Chile, is sold as Antarctic queen.

PRODUCT PROFILE

Hakes range in size from the 6-pound capensis to 1- to 2-pound Pacific whiting. Texture varies from soft to moderately firm among the species, though, overall, hakes have softer flesh and less flake than cod, haddock and pollock. Cape capensis and Antarctic queen, have a texture similar to sole. Hake is mild-tasting, even a bit sweet. Raw flesh is lean and white to off-white (South American hake may be somewhat tan), with a coarse, watery appearance; cooked, it ranges from pure white to off-white. Capensis offers the firmest meat of the lot, followed by Atlantic and Argentine hake.

COOKING TIPS

The less expensive species, like Pacific whiting, Argentine hake and silver hake, are excellent fried in a light, crispy batter. Since it is bland-tasting, Pacific hake welcomes a broad range of seasonings. It is often used for fish sticks and cakes. Atlantic whiting, which is firmer in texture, is popular as corned hake in New England. The key with all hakes is to treat them gently in the kitchen.



NUTRITION FACTS

Calories	90
Fat Calories	12 g.
Total Fat	1.3 g.
Saturated Fat	0.2 g.
Cholesterol	67 mg.
Sodium	72 mg.
Protein	18.3 g.
Omega 3	0.2 g.

PRIMARY PRODUCT FORMS

Fresh: Whole, H&G, Fillets
Frozen: H&G, Fillets, Blocks
Value-added: Breaded portions, Smoked, Salted (white and red hake), Surimi

GLOBAL SUPPLY

Argentina, Brazil, Canada , Chile, Peru, South Africa, United States

COOKING METHODS

☑ Bake	☐ Boil	☑ Broil	☑ Fry	☐ Grill
☐ Pate	☐ Poach	☑ Saute	☐ Smoke	☐ Steam