

POLLOCK, ALASKA

ABOUT

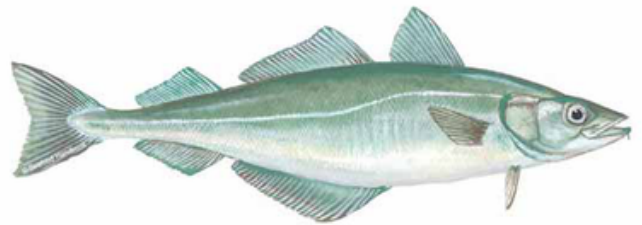
Alaska pollock is a member of the cod family. Once dismissed as cod's poorer cousin, the pollock has come into its own as a valuable resource, a global commodity and a popular item (credited or not) on menus around the world. Alaska pollock is among the most ubiquitous of North Pacific groundfish, ranging from California to Alaska and across the Aleutians to the waters of Russia, China and Japan. The bulk of the catch comes from the Bering Sea, the Gulf of Alaska and Russia's Sea of Okhotsk. In the United States, pollock are harvested by factory trawlers that process at sea and by catcher boats that deliver to shore-based processors. Many operations produce both surimi and single-frozen block products from pollock. Alaska pollock weigh 1/2 to 2 pounds and average 12 to 20 inches in length. Fillets average 2 to 3 ounces. Larger fillets of 4 to 6 ounces are available in the fall.

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. Boneless Alaska pollock fillets are creamy tan in color. Cooked, the lean, moist meat is white and firm, with a nice flake. If you need a white fillet, your odds are much better with single-frozen vs. twice-frozen pollock, which is often grayer.

COOKING TIPS

While this versatile whitefish is commonly used in surimi and fried-fillet sandwiches, it can hold its own in gourmet preparations. Alaska pollock is an ideal substitute for cod, though pollock fillets are smaller. 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.



NUTRITION FACTS

Calories	81
Fat Calories	7.2 g.
Total Fat	0.8 g.
Saturated Fat	0.2 g.
Cholesterol	71 mg.
Sodium	99 mg.
Protein	17.2 g.
Omega 3	0.4 g.

PRIMARY PRODUCT FORMS

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

GLOBAL SUPPLY

Japan, Korea, Russia, United States

COOKING METHODS

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