

# FINFISH FACTS

## Protein Solutions Center

*White fleshed fillet Options*





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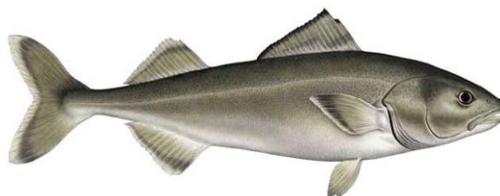
**Pacific Halibut:** Halibut are among the largest fish in the sea and the largest of all the flatfish. They can grow to more than 8 ft long and 700 lbs. Halibut weighing in at more than 100 pounds are often called "Whales", "Soakers", or even "Barn Doors", while smaller halibut, less than 20 pounds, are often called "Chickens". The largest halibut ever caught while sport fishing was 459 lbs. in Unalaska Bay. Halibut is prized for its delicate sweet flavor, snow-white color and firm flaky meat. It is an excellent source of high-quality protein and minerals, low in sodium, fat and calories and contains a minimum of bones. Halibut is very versatile in the kitchen, as well, with many recipes for baking, broiling, pan-frying, deep-frying, poaching or barbecuing.

A fletch refers to a large halibut fillet. One halibut will yield four fletches. Halibut also yield roundish cheeks which are extracted from their head area. Halibut cheeks are sweet flavored and are considered a delicacy.



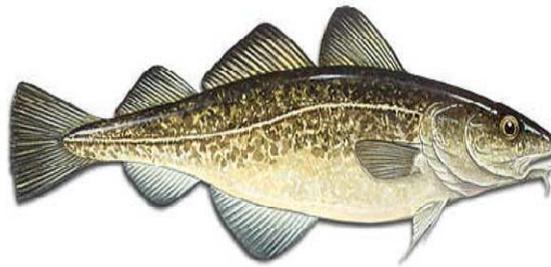
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**Black Cod (Sablefish):** black cod is not cod at all. It's a Black Cod. And although Black Cod does resemble cod, it does not belong to the codfish family. It's a member, instead, of the Anoplopomatidae family, a group of fish confined to the North Pacific. Black cod or sablefish has a silky, rich texture and ultra-high Omega-3 oil content. If you like a rich fish such as king salmon, you will love black cod! A valuable source of high-quality protein, Alaska Black Cod also furnishes important minerals, among them: iodine, phosphorus, magnesium, copper, iron, zinc and calcium. The fats in Black Cod are highly polyunsaturated and thus well-suited to low cholesterol diets. Cooking methods are grilled, broiled, baked, poached, steamed, or stir-fried.



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**Pacific Grey (True) Cod:** Pacific grey cod is well known for its moist, but firm fillets, distinctive large meat flakes, and its mild sweet flavor. Pacific grey cod is versatile. It can be baked, poached, sautéed, or deep-fried. Pacific grey cod is also perfectly complemented by a vast array of sauces, herbs, spices, and coatings. Pacific grey cod is lean and a perfect choice for a healthy diet because it is an excellent source of high-quality protein and essential nutrients. Cod is very low in Saturated Fat. It is also a good source of Niacin, Vitamin B12 and Potassium, and a very good source of Protein, Vitamin B6, Phosphorus and Selenium.



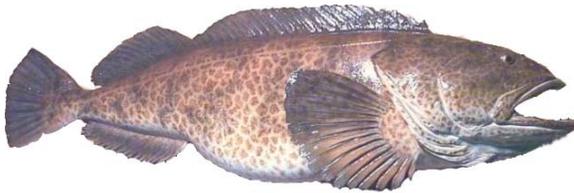
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**Pollock (Big eye) Cod:** Alaska Pollock is a member of the cod family, Gadidae. It is also called Big-Eye Pollock. The fish has an olive green, brown back color, with silvery sides. It ranges from California to Alaska and across China, Russia and Japan. In Canada it is caught in British Columbia. This food is low in Saturated Fat. It is also a good source of Magnesium and Potassium, and a very good source of Protein, Vitamin B12, Phosphorus and Selenium. Cooking methods are baked, broiled, grilled, deep fried, and sautéed.



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**Ling Cod (Greenling):** Also known as Cultus Cod, Blue cod, Buffalo Cod, or Ling. Contrary to its name, the lingcod is not a cod, but rather a member of the greenling family, native only to North Pacific waters off the west coast of North America. Lingcod are visual predators, feeding primarily by day. Many lingcod grow to a large size; a 30-pound fish is not rare, and giants up to 80 pounds are reported from time to time. This fish offers consumers high levels of vitamin B-12, Selenium, and Omega 3 fatty acids. Excellent grilled, fried, or baked.



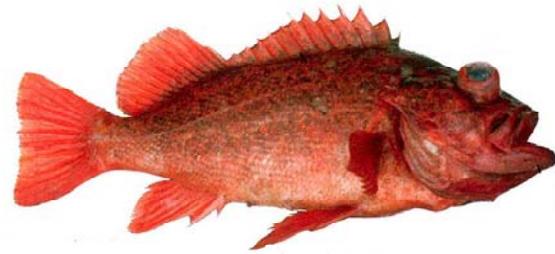
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**Blue Cod:** Also known as New Zealand Cod, sand perch, rawaru, and Pakirikiri. It is exclusively found in [New Zealand](#) in shallow waters around the rocky coasts of up to the depth of 150 m, though it is far more common south of Cook Strait. It is bluish green to blue black above with white toward the belly. Large examples are usually greenish blue in coloration, while smaller ones are blotched in varying shades of brown. An adult may grow to 60 cm in length and weigh from one to three kg. It feeds mainly on small fish and crabs. Blue cod is strongly territorial. Spawning takes place in southern spring. Blue cod can also change sex from female to male. It is a plump fish which produces good fillets, but it has very low oil content. It can be served battered, crumbed, pan-fried or baked. Blue cod is an excellent source for Niacin, selenium, phosphorus, and vitamin B6 & B12.



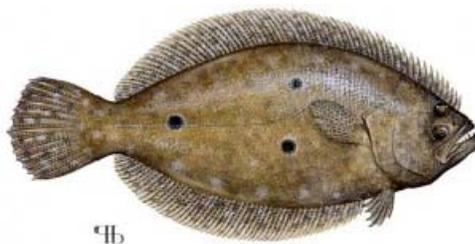
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**Rockfish (Snapper):** In BC there are 34 species of rockfish, each differing in appearance, habitat and life span. Rockfish are slow growing and do not reproduce until they are quite mature - some may be as old as 15 to 20 years old before they reproduce! Maximum ages attained for some species can be as high as 150 years. Because of their slow growth, rockfish cannot be harvested at the rates fast-growing stocks such a salmon can withstand. It is an excellent source of selenium, vitamin B6 and vitamin B12, and a good source of phosphorus and potassium. Cooking methods are bake, broil, fry, grill, deep fry BBQ.



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**Sole/Flounder Flatfish:** The shape of Ocean caught fish is set into two groups, round fish and flatfish. Round fish are what we normally think of as fish, with one eye on each side of the head and a generally aerodynamic bullet shape. Flatfish have both eyes on the same side of the head and lay flat on the ocean bottom looking up. Common commercially harvested flatfish species include: EAST COAST: Yellowtail flounder, Fluke flounder, Black-back flounder, Dab flounder, Grey sole and Atlantic Halibut. (Fluke flounder is common in the Gulf of Mexico also) WEST COAST: Petrale sole, Dover sole, Flathead sole, Starry flounder, and Pacific Halibut. Since most flatfish are very thin, they will cook quickly. A good method is to pan fry or pan sauté. The general rule for cooking fish is 10 minutes per inch of thickness. Most flounder and sole fillets are only ½ inch thick. low in Saturated Fat. It is also a good source of Vitamin D, Niacin, Vitamin B6, Phosphorus and Potassium, and a very good source of Protein, Vitamin B12 and Selenium.



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**Tilapia:** Tilapia has very low levels of mercury as they are fast-growing and short-lived with a primarily vegetarian diet, and thus do not accumulate mercury found in prey. Tilapia is a low saturated fat, low calorie, low carbohydrate and low sodium protein source. Tilapia fish inhabit a variety of fresh water habitats including shallow streams, ponds, rivers and lakes. It is a source of phosphorus, niacin, selenium, vitamin B12, and potassium. Tilapia is the fifth most important fish in fish farming, with production reaching 1,505,804 metric tons in 2000. Delicious sauteed, broiled, grilled, baked or even poached if you're watching those calories. It tends to be tough when fried.



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**Haddock (Off shore Hake):** The haddock or off-shore hake is a marine fish distributed on both sides of the North Atlantic. Haddock is a popular food fish, widely fished commercially. Spawning occurs between January and June, peaking late March to early April. An average-sized female produces approximately 850,000 eggs, and larger females are capable of producing up to 3 million eggs each year. Fresh haddock has a clean white flesh and can be cooked in the same ways as cod. Freshness of a haddock fillet can be determined by how well it holds together, as a fresh one will be firm; also, fillets should be translucent, while older fillets turn a chalky hue. Unlike the related cod, Haddock does not salt well and is often preserved by drying or smoking. Haddock is an excellent source of dietary protein. It also contains a good deal of vitamin B12, pyridoxine, selenium, sodium, & potassium, with very little fat.



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