



# Atlantic Cod



Cod is a member of the *Gadidae* family along with the haddock, pollock, hake and hoki. Although marketed as “Cod,” there are two different species: the Pacific and the Atlantic Cod. Atlantic Cod is generally larger than Pacific Cod.

Cod can change colors at certain depths in the water. The Atlantic Cod has two distinct color phases: gray-green, and reddish-brown. Cod is a popular food fish with a mild flavor, low fat content and a dense white flesh that flakes easily. Cod is fished on both sides of the Atlantic. Off the US coast Cod is commonly fished from North Carolina to the Arctic. Atlantic Cod is also caught in Iceland and along the European Atlantic Coast. It is nearly impossible to distinguish between Atlantic and Pacific Cod. Although Pacific Cod has a slightly higher water content, Atlantic Cod tends to be a bit softer in texture.

Many Northeast Atlantic Cod Fisheries (in Iceland and Europe) are certified sustainable to the standards of the Marine Stewardship Council (MSC). All MSC-certified fisheries, at a minimum, meet Monterey Bay Aquarium Seafood WATCH®'s requirements for a "Good Alternative."

The Monterey Bay Aquarium Seafood WATCH® states that "decades of overfishing have resulted in dramatic population declines" and recommends consumers “Avoid” Atlantic cod from the U.S. and Canada, except for "Good Alternative" rated hook-and-line caught from the US Georges Bank and handline caught from US Gulf of Maine.

## Sources



*Species Name*  
Gadus morhua



*Source*  
Atlantic Cod is found on both sides of the Atlantic, with US and Canadian production fish from North Carolina to the Arctic. Nearly 80% of Fresh US Production Cod is landed in Massachusetts.



*Seasonality*  
Fresh and Frozen Atlantic Cod is available year round. Peak production is between May and September.



### *Fishing Method*

Wild capture; Atlantic Cod is predominately caught by mid water ocean trawl, although some hook and line and trap caught cod is sometimes available.

Farm Raised production is on the rise and producing excellent quality product. Primary production areas are in the European North Atlantic.

The Atlantic Cod fishery has been under significant scrutiny in recent years due to over fishing and fishing methods. Efforts are being made by the industry to improve on their historical record.

## Features

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### *Flavor*

Atlantic Cod offers a lean medium textured flesh with a delicate mild flavor, similar to Pacific Cod but slightly softer.



### *Dietary Information*

Dietary Information: Cod is an excellent source of Selenium, Niacin, and Vitamin B12.

Per 3.5 oz. (100g.) raw edible portion,

Calories 82 Calories from Fat 6.0

Total Fat 0.67g

Total Protein 17.80g

Omega-3 0.18g

Cholesterol 43 mg

Sodium 54 mg



### *Appearance*

Fresh and frozen Atlantic Cod is a bright white. The skin side of the fillet may have a grey appearance if not deep skinned.



### *Form*

Fresh Wild Capture Atlantic Cod is available headed and gutted filleted and portioned.

Fresh Farmed production is available headed and gutted and in fillet form. Prices are substantially higher but of outstanding quality

Frozen Wild Capture product is available: Block, Layer Pack, Shatter Pack, Cello Pack, IQF, skinless boneless fillets and portions in a wide variety of sizes.

## Uses

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### *Preparation*

Atlantic Cod is a very versatile fish, and is great for baking, broiling, poaching, frying and sautéing. Grilling can be difficult due to its large flaky texture.

Because of its mild taste many chefs utilize mild spice and sauce applications.



### *Substitution*

Atlantic Cod has many suitable substitutions such as Pacific Cod, Atlantic Haddock and Atlantic and Pacific Pollock.



### Handling

Atlantic Cod should be refrigerated at 30-34 degrees F. Whole fish should be surrounded with fresh ice in a perforated pan which allows any water to drain away from the product for maximum shelf life. Never directly ice any Atlantic cod fillet. Filleted product should be stored in a sealed plastic container and surrounded with ice.

## Market



### Sizes and Cuts

Fresh Wild Capture Atlantic cod average 6 to 20 pounds.  
Typical grading for fresh fillets is; small under 8 oz, Scrod 8-16 oz, market 16-32 oz and Large 2 pounds plus.  
Frozen Wild Capture cod fillets are generally graded 4-6 oz, 8-16 oz, 16-32 oz, and portions graded to the ounce 4,5,6,7,8,9,10.



### Pricing Scale

Wild Capture Atlantic cod prices have increased over the last few years due to dwindling supply. Country of Origin, processing methods and quality will all influence prices.  
Due to market and currency fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market and pricing information and product availability.



### Shelf Life

Fresh Atlantic cod which has been handled and stored properly should retain optimum quality for 3-4 days.  
Frozen can be commercially stored for up to one year.

Market Names
Atlantic Cod, Jumbo Cod Market Cod, Scrod Cod.
Where Caught
Wild Capture fresh cod is most commonly caught from North Carolina to the Arctic in the Eastern Atlantic. Wild capture frozen cod are caught and processed throughout the Eastern Atlantic, Canada and the US, and the Western Atlantic in Greenland and Norway. Farmed production: is most prevalent in Norway with most production making its way to Europe yet limited amounts are imported in to the US.
How Caught



Atlantic Cod is primary fish with ocean trawlers, day boat, extended trip and catcher processors. Small amounts of hook and line and trap caught product is available in the US market.



+ Indicates some or all this fishery is certified as sustainable to the Marine Stewardship Council standard.  
[Learn More.](#)