



Haddock



Haddock (*Melanogrammus aeglefinus*) is a bottom-feeding marine fish that is closely related to Cod and belongs to the same family as Hake and Pollock. Haddock is the second most important fish of the *Gadidae* family after Cod, in terms of commercial value and cuisine. The biggest difference between Haddock and Cod is the distinguishing black patch found on the Haddock's shoulder. This black mark is often referred to as "St. Peter's mark" or the "devil's thumbprint." Haddock averages 20 to 24 inches in length, three to five pounds in weight, with an average life span of nine years.

The Monterey Bay Aquarium Seafood WATCH® rates Haddock from Georges Bank and the Gulf of Maine in the US Atlantic as a "Good Alternative." A number of haddock fisheries in the Barents Sea, Canada and Europe are certified sustainable against 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."

Sources



Species Name

Melanogrammus aeglefinus



Source

Haddock is found on both the American and European coasts of the Atlantic Ocean. Top Producing Countries include US, Canada, Iceland and Norway.



Seasonality

Fresh and frozen Haddock is available year round. The peak fresh season for U.S. and Canadian Haddock is June through October.



Fishing Method

Wild capture Haddock is predominately caught by mid water ocean trawl, although some hook and line and trap caught Haddock may be available.

Farm Raised production is on the rise and is producing excellent quality product.

Prime production areas are in European North Atlantic. The Atlantic Haddock 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. In fact, the National Marine Fisheries services FISH FACTS states “Since 2004, there have been large increases in haddock stock size. Overfishing is not occurring.”

New measures were recently approved for the management of groundfish in the Northeast, such as Haddock, to end overfishing and continue to rebuild overfished groundfish stocks (and maintain healthy ones)”. The Monterey Bay Aquarium Seafood WATCH® states “Decades of overfishing have reduced Haddock populations. Although it has now been stopped, populations are recovering very slowly”

Features



Flavor

Haddock has a delicate flake and a slightly sweet taste, giving it a melt-in-your-mouth quality. Many chefs believe Haddock is slightly better than Atlantic Cod.



Dietary Information

Haddock is very low in fat, it is high in cholesterol.

Dietary Information per 3.5 oz. (100g.)

Calories 83

Total Fat 0.6g

Saturated Fat 0.1 g

Cholesterol 58 mg

Sodium 98 mg

Protein 18.2g.



Appearance

Haddock meat is white, lean and firm. The flake is finer than cod.



Form

Fresh Haddock is available headed and gutted, filleted and portioned.

Frozen Haddock is available in Blocks, Layer Pack, Shatter Pack, Cello Pack and IQF portions in a wide variety of sizes.

Uses



Preparation

Haddock is a very popular food fish. It can be baked, broiled, fried, poached, sautéed, and smoked.



Substitution

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



Handling

Haddock 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 a Haddock fillet. Filleted product should be stored in a sealed plastic container and surrounded with ice.

Market



Sizes and Cuts

Fresh Haddock average 4 to 10 pounds. Typical grading for fresh fillets is; small under 8 oz, Scrod 8-16 oz, market 16-32 oz.

Frozen Haddock 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

Haddock prices have remained relatively stable over the last few years even as supplies have begun to increase. Due to market and currency fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market information and current pricing information.



Shelf Life

Fresh Haddock 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
Haddock
Where Caught
Haddock is most commonly caught from North Carolina to the Arctic in the Western Atlantic. Frozen Haddock are caught and processed throughout the Eastern and Western Atlantic including, US, Canada, Iceland and Norway.
How Caught
Haddock is primary fished with ocean trawlers, day boat, extended trip and catcher processors. Although only in small amounts, hook-and-line 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.](#)