



Pacific Pollock

Pacific Pollock (*Gadus chalcogrammus*; formerly *Theragra chalcogramma*) is a member of the Cod family. Living in the North Pacific from Russia to Alaska down to the northern western continental United States, Pacific Pollock is wild captured and constitutes the largest of the single-species fisheries in the world. From 2000-2009 the fishery averaged 2.9 billion pounds. It is used to make imitation crab, fish and chips and fish sticks but also works well with gourmet cooking.

The Alaska Pollock Gulf of Alaska and Bering Sea/Aleutian Island fisheries and the Russian Sea of Okhotsk Pollock fishery are certified sustainable according to the standards of the Marine Stewardship Council. The "Net Benefits" of MSC Certified Bering Sea / Aleutian Islands Pollock and Gulf of Alaska Pollock are many and the Marine Stewardship Council has a Fisheries Fact Sheet with additional information. All MSC-certified fisheries, at a minimum, meet Monterey Bay Aquarium Seafood WATCH®'s requirements for a "Good Alternative." Monterey Bay Aquarium's Seafood Watch® rates Pacific Pollock caught by danish seine in the East Kamchatka and West Kamchatka regions of Russia as "Good Alternative" while other regions of Russia are rated "Avoid."

Be cautious with product processed in China as net weight challenges may be present. Genuine Alaskan Pollock is the finest Pollock in the world. To learn and read more visit the [Genuine Alaskan Pollock Producers](#)

Sources



Species Name

Gadus chalcogrammus



Source

Pacific Pollock is found in the North Pacific especially in the Bering Sea. Its range is from California to Alaska and Canada as well as in Russia. A majority of fish in the United States comes from Alaska. Pacific Pollock is mid-water to bottom dwelling.



Seasonality

The season for Pacific Pollock is year round and managed under a Total Allowable Catch "TAC" system. Generally Pacific Pollock is fished in the early fall and the late winter to spring. Frozen Pacific Pollock is available year round while small amount of fresh product may be available sporadically.



Fishing Method

Pacific Pollock is wild captured by hook and mid-water trawl. Midwater trawl nets, have less impact on the ocean environment than other trawl gear. There is currently no aquaculture production of Pacific Pollock in the United States.

Features



Flavor

Pacific Pollock has a very mild, delicate taste and a tender, delicate texture with excellent flakes. High quality fillets are moist and comparable to sole. Pacific Pollock is also used to make imitation crab. Pacific Pollock has lower oil content than Atlantic Pollock.



Dietary Information

Pacific Pollock is low in carbohydrates and fat while being high in protein.

Per 100g raw, edible portion:

Calories 81

Fat 0.8g

Protein 17.18g

Carbohydrates 0g

Sodium 99mg

Selenium 21.9mcg

Cholesterol 71mg

Omega 3 0.376g

Source: USDA



Appearance

Pacific Pollock is brownish-green with white sides and belly. It is smaller than the Atlantic Pollock. The flesh of the Pacific Pollock is creamy tan when uncooked and white when cooked. It is whiter than Atlantic Pollock.



Form

Pacific Pollock is processed into a multitude of forms which include Blocks, Surimi and Roe, but most commonly for Foodservice and retail use;

Skinless and boneless fillet; 2-4 oz, 4-6 oz, 6-8 oz and 8 oz – Up.

Product is packed 1/25# IQF, 3/15# Shatter Pack and 4/10# IQF.

Some product is shipped to China for processing, be cautious with product of China as net weight packaging can present a challenge. Genuine Alaskan Pollock is the finest Pollock in the world.

Uses



Preparation

Pacific Pollock can be baked, broiled, fried, sautéed, steamed or served with light sauces. It is often used for fish sticks.



Substitution

Cod, Haddock, and Flounder can all substitute for Pacific Pollock.



Handling

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

Frozen Pacific Pollock should be kept frozen until prior to use. It is recommended to defrost in a 34-36 degrees refrigerator overnight to retain best quality, although running under cold water in a sealed plastic bag will expedite defrosting. Do not refreeze or allow to sit in water.

Market



Sizes and Cuts

Pacific Pollock is sold as skinless and boneless fillets; 2-4 oz, 4-6 oz, 6-8 oz, 8 oz – Up.



Pricing Scale

Pacific Pollock is less expensive than Cod and Haddock but price varies depending on how processed. It is generally an excellent value. Premium Frozen at Sea “FAS” product will command a slightly higher price than land based process and frozen product, although both products are very good. Twice frozen product that has been processed in China may present quality and net weight challenges. Due to market and currency fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market information, availability and current pricing information.



Shelf Life

Fresh whole Pacific Pollock which has been handled and stored properly should retain optimum quality for 3-4 days. Once the fish is filleted product should be used within 2-3 days.

Frozen can be commercially stored for up to a year.

Market Names
Pollock, Pacific Pollock, Alaska Pollock, Walleye Pollock
Where Caught
Alaska, Russia
How Caught
Wild captured by hook and mid-water trawl





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