

Haddock

Haddock’s delicate flake and slightly sweet taste give it a wonderful, melt-in-the-mouth appeal. The lean meat has a firm yet tender texture, and the flake is finer than cod. The raw meat is white and cooks up even whiter. The flesh should be firm and resilient. A thin layer of connective tissue covering the flesh helps differentiate it from cod.



Product Details

Pack Size	Various
Cooking Methods	Bake, Boil, Fry, Poach, Sauté, Smoke
Texture	Medium
Flavor	Mild
Availability	September - December
Scientific Name	Melanogrammus aeglefinus
Location	Canada, Iceland, Norway, Russia, UK, United States