



*Wild Alaska*

## BLACK COD

### SUCCULENT, DISTINCTIVE, A TRUE LUXURY

No other Alaska species has quite the cachet of Alaska Black Cod. With its beautiful snow-white fillet and perfect flake, Alaska Black Cod is a premium whitefish choice for smoking, sautéing, poaching or roasting.

### HARVESTED SEASONALLY, AVAILABLE YEAR-ROUND

All Alaska Seafood is wild and pure, responsibly managed for continuing abundance. Alaska boasts the largest Black Cod population in the world; tight regulations are enforced to ensure the continued sustainability of the species. Black Cod is harvested by longline and pots. The season for fresh Alaska Black Cod is March through mid-November, but this delicious fish is available frozen year-round.

### PRODUCT OF A UNIQUE ENVIRONMENT

Swimming free in deep, frigid waters of the Bering Sea and the Gulf of Alaska, this premium whitefish develops the rich oil content that gives it its distinctive flavor and texture. And Alaska Black Cod is rich in omega-3 fatty acids, yielding a fish that's an excellent source of high-quality protein and eating enjoyment.

### VERSATILE YET SUBLIME

Alaska Black Cod's beautiful white flake and velvety texture gives it an incomparable mouthfeel no matter how the fish is prepared. Sweet and delicate yet intensely flavorful, Alaska Black Cod lends itself to a variety of preparations, from simple to spectacular.

### SUSTAINABLY SOURCED

Alaska has pioneered the standard for sustainable, eco-friendly fisheries management. In fact, the Alaska black cod fishery has been independently certified as Responsibly Managed based on the most recognized and internationally accepted set of guidelines, written by the United Nation's Food and Agriculture Organization (FAO). By proactively ensuring a healthy, wild and sustainable harvest, Alaska is protecting its superior seafood for future generations.

The Alaska Seafood logo affirms your support for **SUSTAINABLE FISHERIES**.



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# BLACK COD



## NUTRITION FACTS

Serving Size: 3.5 oz. (100g)  
Cooked, Edible Portion

Calories	250
Protein	17g
Total Fat	20g
Saturated Fat	4g
Sodium	70mg
Cholesterol	65mg
Omega-3 Fatty Acids	1800mg



### COMMON MARKET NAME(S):

- Alaska Black Cod
- Sablefish

### SCIENTIFIC NAME:

- Anoplopoma fimbria

### HARVESTING SEASONS:

- Harvested March through mid-November

### SIZES:

- Average weight 2.3-4.5kg. up to 18kg. each
- Dressed/headed (H&G) fish typically graded under 1kg, 2-3kg, 3-4kg, 5-6kg and 7kg up.

### HABITAT:

- Found in waters 200 meters or deeper
- Juveniles live in surface and near-shore waters; adults live on mud bottoms

### HARVEST METHOD(S):

- Longline
- Pot

### FOOD SAFETY:

- HACCP

### ADDITIVES:

- None

### PRODUCT FORMS:

- Fresh: dressed/headed (H&G), split or unsplit belly, collar on or off (Western or Eastern cut); skin-on or skinless fillets, pinbone-in
- Frozen: dressed/headed (H&G); fillets, skinless and skinless, boneless

### PRODUCT PACKING:

- Fresh fillets 4.5 kg, poly bags 4.5kg plastic containers
- Frozen: dressed/headed (H&G) 22 to 36kg boxes, fillets 4.5 to 11kg. IGF and layer packs

### FOOD SOURCE:

- Includes zooplankton and other fish

### OTHER INFORMATION:

- Very high oil content
- Perfect for smoking



*Wild, Natural & Sustainable®*

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