

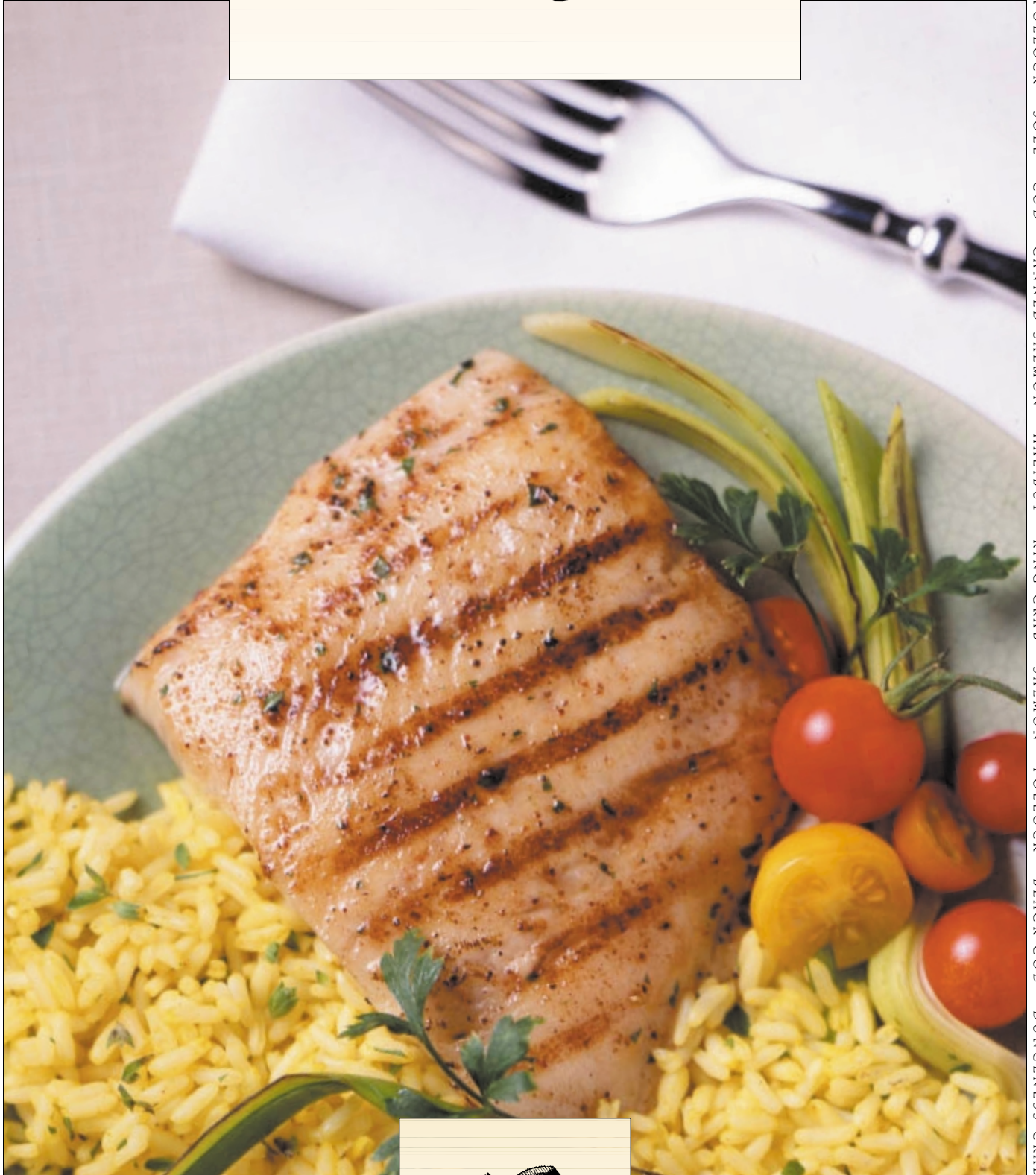
Alaska Black Cod

BLACK COD SALMON

HALIBUT SCALLOPS

DUNGENESS CRAB
DUNGENESS CRAB
POLLOCK
SCALLOPS
POLLOCK
SALMON
SALMON
KING CRAB
KING CRAB
HALIBUT
HALIBUT
CANNED SALMON
CANNED SALMON
SOLE
SOLE
DUNGENESS CRAB

POLLOCK
SOLE
COD
CANNED SALMON
HALIBUT
KING CRAB
SALMON
POLLOCK
BLACK COD
DUNGENESS CRAB



POLLOCK HALIBUT SALMON COD

SNOW CRAB CANNED SALMON SOLE



A L A S K A B L A C K C O D

FLAVOR THAT MELTS IN YOUR MOUTH

Though Alaska Black Cod is also known as Sablefish, its velvety, rich flavor and delicate texture recalls its other name – Butterfish. But no matter what you call it, this whitefish has a flavor uniquely its own. Caught wild in Alaska’s icy, pristine waters, Alaska Black Cod is renowned for its fresh taste and quality, making it a favorite of chefs around the world.

UNSURPASSED QUALITY, YEAR-ROUND AVAILABILITY

Swimming free in deep, frigid waters, Alaska Black Cod develops the rich oil content which gives it its distinctive flavor and texture. Alaska Black Cod can reach up to 40 pounds, though 5 to 9 pounds is average. Boasting the largest Black Cod population in the world, Alaska enforces tight regulations to ensure the sustainability of the species. Because of this, fresh Alaska Black Cod is available only during specific fishing seasons – April, late June, and September through the first half of October.

But frozen Alaska Black Cod is available any time of year. Thanks to state-of-the-art freezing and processing technology, Alaska fishermen are able to process the fish within hours of harvest, preserving the fresh-caught flavor while ensuring a consistent, year-round supply of high-quality product.

A RICH AND TEXTURED HISTORY

Alaska Natives were among the first to discover this intensely flavorful species. To capture their prized fish, they used kelp fishing lines and hemlock hooks, cast into Alaska’s deep ocean waters. Today, most Alaska Black Cod is harvested in much the same way – with longlines – in the icy Bering Sea and Gulf of Alaska. Alaska Natives typically smoked their fish, a preparation which remains popular today. But Alaska Black Cod can be enjoyed in many different ways – making it as versatile as it is flavorful.

A WILDLY VERSATILE CHOICE

Sweet, delicate and intensely flavorful, Alaska Black Cod lends itself to a variety of preparation styles, from the simple to the sublime. A natural for any cuisine, it has a taste and texture that pairs well with bold flavors, making it a perfect choice for today’s eclectic, pan-ethnic menus. Whether it’s grilled, smoked, poached or roasted, the results are excellent.

NUTRITION INFORMATION

Rich in Omega-3 fatty acids, Alaska Black Cod provides iron, calcium, iron, copper and other minerals. Plus, it’s an excellent source of high-quality protein. Though its oil content is high, these fats are mostly polyunsaturated, making Alaska Black Cod ideal for low-cholesterol diets. What’s more, it’s all-natural – the product of vast, unspoiled Alaskan waters, which are carefully managed to ensure this flavorful and healthful fish will be available for generations to come.

Serving Size: 3.5 oz.

| | |
|--------------------|--------|
| Calories | 195 |
| Protein | 13.4 g |
| Omega 3 Fatty Acid | 1.3 g* |
| Fat | 15.3 g |
| Saturated Fat | 3.2 g |
| Sodium | 56 mg |
| Cholesterol | 49 mg |

**Source: Nettleton Seafood Nutrition*

PACKAGING SPECIFICATIONS

Frozen Specifications: Boneless/Skinless Fillets Dressed head-off (J-cut/collar removed), size graded 1/2, 2/3, 3/4, 4/5, 5/7 and 7/up

Fresh Specifications: Boneless/Skinless Fillets Dressed head-off (J-cut/collar removed), size graded 5/7 and 7/up

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