

BLACK COD

Wild Alaska Black Cod

CHEAT SHEET



- Very succulent with a rich and luxurious taste and velvety texture
- Some people call it Sablefish because of the soft, delicate texture
- Its succulence is often compared to sea bass
- It has a beautiful snow-white fillet and perfect flake
- A premium whitefish that doesn't really belong to the cod family
- It's wild and sustainable because it's from the pure waters of Alaska
- Rich in heart-healthy Omega-3 fatty acids
- *Bon Appetit* Magazine featured Black Cod on their list of Top 10 Hot Ingredients (January 2005 issue)
- *Details* Magazine named it "a new fish to discover" and called it "exquisitely delicate" (February 2005 issue)
- Alaska has the world's largest Black Cod population, thanks to the state's tight regulations to ensure sustainability
- The "caviar of fish" — there's nothing else like it in the world

www.alaskaseafood.org



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