

# Haddock



Serving Suggestion



- Portion control with application versatility
- Wild-caught, boneless, skinless
- Individually quick-frozen

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# Haddock *(Melanogrammus aeglefinus)*

As a popular relative of the cod family, Haddock is considered the premium whitefish. Choose any of these haddock selections, providing delicious and exceptional menu options, to achieve the right solution for your application.

## FEATURES/BENEFITS

- White flesh accompanied by a slightly sweet taste provide a wonderful, melt-in-your-mouth appeal.
- Excellent alternative to Cod, Hake, or Grouper; famous for its "Fish n Chip" application.
- Lean meat has a firm yet tender texture with a delicate flake.
- Easily adaptable to a large variety of palates, and many world-wide cuisine profiles.

## APPLICATIONS

Haddock is a heart-healthy choice for any whitefish recipe. Its moist flavor adapts to a variety of cooking methods such as baked, broiled, deep fried, pan-fried, sauteed, or poached. Suggested flavor complements: bacon, beer-batter, butter, caper, chervil, chives, cream, egg, garlic, lemon, onion, olive, parsley, potato, scallion, shallot, tomato, thyme, and white wine sauces.



## HANDLING/PREPARATION

Keep frozen until ready to use. For best results, cook from frozen state.

## COOKING SUGGESTIONS

**Bake:** Preheat oven to 425°F. Place frozen haddock in a single layer on a nonstick baking sheet. Bake for 15-20 minutes.

**Deep Fry:** Preheat oil to 375°F. Place frozen haddock into a fryer basket. Fry for 7-8 minutes.

**Pan-Fry:** Fry frozen haddock on high heat, flipping once the opaqueness has reached halfway up the side of the fillet.

**Steam:** Place frozen haddock into the steamer. Steam for 6 minutes.

**Poach:** Place frozen haddock into room temperature cooking oil. Bring to a simmer, then turn the heat on low. Cover haddock and cook for approximately 15 minutes.

*Food Safety Guidelines recommend cooking fish until the internal temperature reaches 145°F.*

Reorder No.	Description	Portion Size	Case Pack
160600	Pacific Haddock Fillets, IQF	6-8 oz.	1/10 lb.
763100	Pacific Haddock Loins, IQF	4 oz.	1/10 lb.

KEY: IQF = Individually Quick Frozen



For more information, contact your Gordon Food Service® Customer Development Specialist

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