

Atlantic Pollock

Pollachius virens



Atlantic pollock is typically harvested from late summer into the winter by Gulf of Maine fishermen. The most recent stock assessment of Atlantic pollock indicated that the stock is 115% above the National Marine Fisheries Service's targeted biomass level. Despite this, only 26% of the allowable pollock catch was harvested in 2010.

While Atlantic pollock filets have a slightly dark color, compared to filets of haddock and cod, pollock is often described as having a desirable flavor because it is higher in unsaturated fat. Pollock filets are denser than other substituted white fish, and as a result tend to hold together better in culinary preparation and are often called for in chowder and stew recipes.

Colombian Fish Stew

1. Mix the lime juice, cumin, paprika, salt and pepper in a small bowl. Add the fish and marinate for 30 minutes.
2. Heat the olive oil over medium heat, add the onions, garlic, tomatoes, red bell peppers and salt, cook for about 5 minutes on medium heat.
3. Add the coconut milk and the sazón goya to the tomato mixture, mix it well and cook for about 7 minutes.
4. Add the fish filets, cover partially and let simmer for about 15 minutes.
5. Sprinkle with cilantro and serve hot with rice and yuca (cassava root).

Prep time: 1 hour 10 minutes.
Serves: 4-6 people.

*Courtesy of Executive Chef Cassidy Pappas
Havana South, Portland, Maine*

2 pounds pollock, cut into pieces
Juice from 2 limes
2 garlic cloves, crushed
1 tsp cumin powder
1 tsp paprika
2 tbs olive oil
1 cup onion, finely chopped
1 red bell pepper, finely chopped
4 tomatoes, finely chopped
14 oz can of coconut milk
1/2 tsp sazón goya with azefran or color
1/4 cup cilantro, finely chopped
Salt and pepper to taste

