FISHWATCH®

FRESH FACTS.
SMART SEAFOOD.

ALASKA POLLOCK

NOAA Fisheries

U.S. wild-caught Alaska pollock is a smart seafood choice because it is sustainably managed and responsibly harvested under U.S. regulations. The Alaska pollock fishery is one of the largest, most valuable fisheries in the world. Every year, managers adjust the amount of Alaska pollock fishermen can harvest according to pollock population levels and other factors.

Alaska pollock is high in protein and low in carbohydrates and fat. Pollock is a mild-tasting fish. It is commonly used in surimi (imitation crab) and fried fillet sandwiches but is also sold headed and gutted, in fillets, and can be a great substitute for cod or haddock.

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Pollock Encrusted with Caramelized Onion

Ingredients:
2 6-ounce pollock filets
1 cup onion, diced
3 cloves garlic, minced
3 tablespoons vegetable oil
½ cup dry vermouth
1 lemon, cut in half
1 tablespoon butter
1 cup flour
1 teaspoon salt
1 teaspoon black pepper

1. Heat a sauté pan on high heat. Add oil to the pan. Add onions and garlic to pan and sauté until the onions are translucent.
2. Mix the salt, black pepper and flour together in a shallow dish. Dredge the pollock filets in the seasoned flour. Lay the filets on the sautéed onions and cook on high heat for two minutes.
3. Using a spatula, turn the filets once, being careful not to scrape the caramelized onions from the filets. Cook for one minute. Deglaze the pan with the vermouth. Immediately squeeze the lemon over the filets then add the butter and let cook on high heat for one minute before serving.
4. If using skin-on filets, use the white side of the fish. To reduce calories, make these changes: Omit the oil and sauté onions and garlic in pan spray. Omit the flour. Season fish with salt and pepper, and apply to sautéed onions. Omit the butter.

Adapted from Chef Steve Sadowski, Culinary Institute of Virginia, Norfolk, VA; from "Chefs' Seafood Symposium" archives, courtesy of Virginia Sea Grant.

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