

Atlantic Pollock

The voyage of a Maine-caught groundfish

Maine
Fishermen
catch the
pollock

The fish is sold at auction in bulk at the Portland Fish Exchange to wholesalers. About 90% of the pollock goes to New York.

Wholesalers in New York processes the fish by cutting it into fillets. They then sell the fish to restaurants and grocery stores.

Maine pollock is mostly eaten as ceviche in Spanish/Latin American restaurants or sold in specialty grocery stores in NYC.

See
recipe
on
back!

Find out more at

Buridda, an Italian Fish Stew with **Pollock**

*Pollock fillets are firm with a sweet, and delicate flavor.
Make sure it's Atlantic Pollock, not Pacific!*

Use a food processor to grind **1 cup of slivered toasted almonds** to a paste. Add **8 Tbsp of butter, the zest of 1 lemon, 1 tsp ground mace** and salt. Grind until the mixture is a fine purée.

Chop **4 stalks of celery, 2 carrots, 1 fennel bulb, 1 leek, and 3 cloves of garlic**. Use **6 Tbsp of olive oil** to cook the vegetables in a large pot until lightly browned and crisped, about ten minutes. Add a **can of anchovies with oil** and cook 2 minutes. Add **6 cups of chicken or vegetable broth** and bring to a simmer.

Season **2 lbs of pollock** with salt. Add the pollock and **1 lb shelled shrimp** to the broth, reduce the heat to low, and simmer until just cooked. Remove the fish and vegetables, then bring the broth to a boil and whisk in the almond butter. Boil until the broth is slightly thickened. Stir in **2 Tbsp sherry**. Ladle the broth over the seafood and vegetables. Serve with slices of baguette.

Adapted from Two if by Sea by Barton Seaver.



MAINE COAST
FISHERMEN'S
ASSOCIATION



Merrymeeting
Food Council

The Maine Coast Fishermen's Association is an industry-based non-profit that identifies and fosters ways to restore the fisheries of the Gulf of Maine and sustain Maine's fishing communities for future generations.

Merrymeeting Food Council envisions a community that supports local production and provides healthy and nutritious food to everyone.