# Alaskan Cod
*(Other Common Names: Gray/Grey Cod, Gray/Greyfish, Pacific Cod)*

<table>
<thead>
<tr>
<th>Origin</th>
<th>Alaska</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taste &amp; Texture</td>
<td>Alaskan Cod is the highest-quality cod available, with a sweet, mild flavor and a moist, flaky texture when cooked. Alaskan Cod has slightly higher moisture content than Atlantic, which makes it a little less firm.</td>
</tr>
<tr>
<td>Comparable Taste Profile</td>
<td>Atlantic Cod, Ling Cod, Pollock, Haddock</td>
</tr>
<tr>
<td>Preparation</td>
<td>Due to cod’s lean meat, it’s best to cook with moist heat.</td>
</tr>
</tbody>
</table>

## Cooking Methods
- **Bake** fish in a baking dish that has been greased or lined with foil. Brush fish with oil and/or lemon juice, and bake skin side up, which allows the oils to cook down into the flesh, at 350° for 10-15 minutes per ½-inch thickness or 12-17 minutes per 1-inch thickness.
- **Pan Sear** fish for 3-5 minutes per side. When ready, the skin will be crisp and flesh will be firm.
- **Grill/broil** using highest heat settings. Brush fish with oil, and grill/broil skin side up for 4-8 minutes per side.

## Seasonings
Season cod with fennel seed, thyme, parsley and lemon or dill, basil, tarragon and ginger. Try using cod in fish tacos and topping with Summer Cabbage Salad and Lime Black Bean Fiesta Salad from our deli.

## Side Dish Pairings
Steamed green beans and oven roasted sweet potatoes.

## Wine Pairing
Sauvignon Blac

---

**Consuming raw or undercooked fish or seafood can increase your risk of food-borne illness, especially if you have certain medical conditions. The FDA recommends cooking fish to an internal temperature of 145°F, or until the flesh is opaque and separates easily with a fork.**

Have a nutrition related question? Ask Our Dietitians at [www.eatwell.festfoods.com](http://www.eatwell.festfoods.com)