

species	flavor	texture	oil content	average size	notes
HALIBUT <i>Hippoglossus stenolepis</i>	Mild, slightly sweet	Very firm, flaky	Low	35 to 50 lbs.	Known as the “steak of seafood.” Maintains its shape during cooking.
COD <i>Gadus macrocephalus</i>	Mild, slightly sweet	Lean, firm snow-white meat with a distinctive large flake	Low	5 to 10 lbs.	Has very little fat, making it a perfect choice for low-calorie menu items.
ALASKA POLLOCK <i>Theragra chalcogramma</i>	Mild	Lean, flaky	Low	1 to 4 lbs.	Most versatile whitefish. Wild Alaska Pollock is not the same species as the darker, stronger flavored Atlantic Pollock.
SOLE/ FLOUNDER <i>Paralichthyidae</i>	Range from mild and delicate to sweet	Very tender, lean	Low	1 to 3 lbs.	Low-calorie fish adaptable to light menus and today’s ethnic favorites.
BLACK COD (Sablefish) <i>Anoplopoma fimbria</i>	Rich, succulent	Velvety	High	5 to 9 lbs.	Beautiful white flake and velvety texture gives it an incomparable mouthfeel.

ALASKA whitefish varieties

