

## **Bottomfish includes:**

**True Cod:** A mild-tasting, lean fish with a medium-to-delicate texture and a sweet flavor.

**Preparation:** It cooks very quickly, is best prepared with moist heat, and must not be overcooked. Steaming, braising, baking, sautéing, or poaching are the methods of choice.

**Origins:** The waters off of the West Coast from California to Alaska, including the Bering Sea, Aleutian Islands and Gulf of Alaska

**Ling Cod:** sweet, mild and flaky

**Preparation:** Similar to halibut. Baked, broiled, sautéed, poached, and grilled.

**Origins:** From Kodiak Island, Alaska to Canadian coast to Washington coast

**Black Cod:** (also known as sablefish). Known for its velvety, rich flavor, delicate texture, and high oil content

**Preparation:** Baked, pan fried, poached, steamed, broiled, and grilled. The key is to not over-cook, it will be cooked when its flesh becomes opaque yet is still moist on the inside.

**Origins:** Alaska

**Dover Sole (Also known as Flounder):** has a fine, firm-textured flesh with a delicate taste. It's mild and sweet tasting.

**Preparation:** Simple preparations are best, such as sautéing, broiling, or baking.

**Origins:** U.S. West Coast – Alaska, BC, Washington and Oregon coasts

**Petrals Sole (Also known as Flounder):** Highly prized for its excellent flavor and fine-textured, low fat flesh.

**Preparation:** Best cooking methods include sautéing, broiling, grilling and poaching. Petrale Sole, like other Flatfish, is a very soft, moist fish that is vulnerable to mushiness if cooked too long.

**Origins:** U.S. West Coast – Alaska, BC, Washington and Oregon coasts

**Pacific Rockfish:** lean and medium-firm with a delicate, nutty flavor.

**Preparation:** Sautéed, grilled, baked, broiled, poached, steamed.

**Origins:** Pacific Ocean