



## WHITING

Hake | Merluccius Productus

A white, round sea fish, whiting is a small member of the cod family and very similar in flavour but is more economical and sustainable to buy than cod. Its flesh is light, firm, lean, sweet and delicate but can turn mushy if cooked too slowly. Whiting is a good fish to use in fishcakes and homemade fish fingers. The French use whiting (called merlan) to make mousseline (a sort of fish pâté) or treat it to a number of lovely wine or cider-based sauces. Cooking whiting in pies and soups are also delicious.



Packing: 1x33 lb IQF, IWP, Wild  
Sizes: 1/2, 2/4 lb HGT



Fishing Method: Wild, Trawl, Pot,  
FA077



Shelf-life: 24 months from production  
date when in optimal frozen  
temperature.



Flavor/Dietary information: Flesh is  
light, firm, lean, sweet and delicate



Form: IQF, IWP, Wild  
Product of Mexico



Preparation: Grilled, Baked, Fried,  
Steamed



Species Name/ Source: Merluccius  
productus / Mexico



**QUALITY | SUSTAINABILITY**  
**RELIABILITY | INTEGRITY**



Conservation status: ---