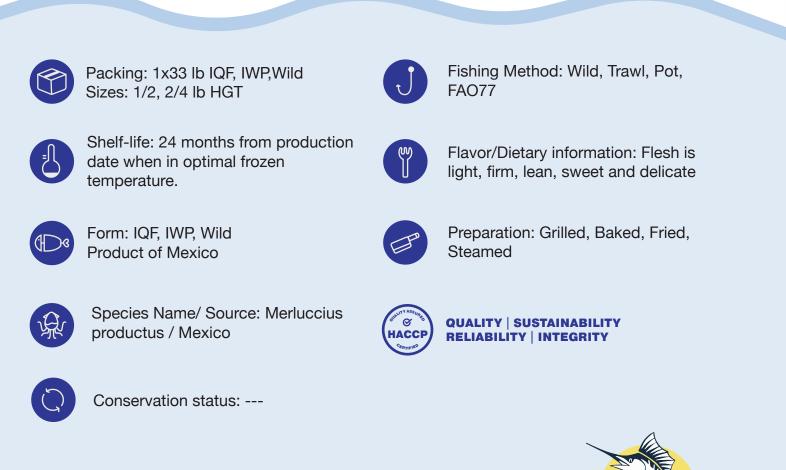


WHITING

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.



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