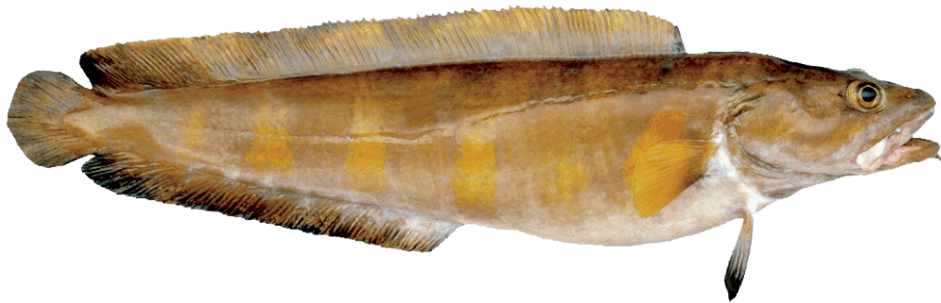


# Fun Fish of the Month

SUSTAINABLY SOURCED BY SEATTLE FISH CO.



## Brosme (Icelandic Cusk)

Available through the month of October 2022

Scientific name: *Brosme brosme*

SFC sources it from: Niceland Seafood (Iceland)

**CODE: 581A - FILLET**

### Fun Facts:

- ✓ Often caught in deep waters with haddock and cod, Icelandic cusk has a cod-like fish head and an eel-like body.
- ✓ Brosme grow to a maximum length of 4 feet, and weigh in maximum at roughly 45 lbs. The vast majority are caught at weights between 2 to 5 lbs, with an average fillet weighing 8-16 oz.
- ✓ Niceland's Brosme is MSC-certified as a sustainable protein.
- ✓ This is one the best times to purchase cusk, as their quality is at its peak in the fall.

### Cooking:

- ✓ This fish has a sweet crab/lobster like flavor due to its diet of crustaceans, squid, and other invertebrates.
- ✓ Buttery flavor, with a firmer texture than cod, or haddock, making it more versatile in the kitchen, and less delicate.
- ✓ The oil content of Icelandic cusk is slightly higher than other white fish, making it well suited for pan-frying, broiling, baking, and grilling. The fillets are also tasty in simple stews and chowders.

Please contact a Seattle Fish Co. Sales Rep to learn more about our products.

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