

Haddock

Abundant Fish Stocks Offer Anglers Great Fishing Opportunities



NOAA
FISHERIES



Responsible Angling

- Anglers are leaders in conservation; be a steward for sustainable marine resources.
- Treat all fish and wildlife respectfully—don't kill fish you're not going to keep.
- Recycle used fishing line.
- Avoid protected species. If you see a protected species that needs help, contact Coast Guard on CH16 or call (866) 755-6622.
- Minimize or avoid catching non-target species.

Safe Handling

- Remove hook carefully with proper hook removal tool, and limit time the fish is out of the water.
- Use the appropriate tackle for the target fish species.
- Use circle hooks to prevent deeply hooking fish.

Haddock is fun to catch. Consider fishing for haddock on your next trip.

Abundant species offer: longer seasons, larger bag limits, and a better chance for a successful trip.

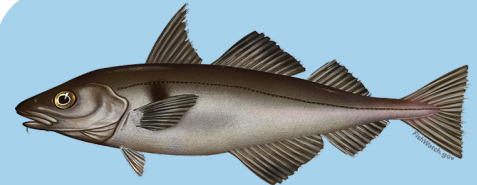
You can catch haddock in Southern New England and the Gulf of Maine.

Haddock is easy to prepare, and great tasting.

- **Taste:** Slightly sweet.
- **Texture:** Firm yet tender. Its delicate flake is finer than that of cod.
- **Color:** Raw haddock is white and becomes even whiter when cooked.
- **Health Benefits:** Haddock is a great source of low-fat protein, magnesium, and selenium.

Know Before You Go

- Anglers are responsible for knowing and following all current regulations.
- Check your local state regulations for licensing and seasons.
- Regulations in state and federal waters may differ; anglers must abide by the more restrictive measures of either area.
- Smartphone apps such as FishRules, are helpful.
- If you don't know, let it go.
- For more information, search the web for: GARFO recreational fishing.



Search the web for: NOAA Haddock

Fishin' Lime Haddock

Ingredients

- 2 lbs. haddock filets, cut to serving sizes
- 2 cups flour
- 2 tsp garlic powder
- 2 tsp Italian seasoning
- ¼ tsp black pepper
- ¼ tsp sea salt
- ½ cup extra virgin olive oil
- 1 tsp balsamic vinegar
- 2 limes

Directions

Fill a bag with dry ingredients. Wash fillets and toss wet into bag and shake, completely covering. Heat olive oil on medium, add vinegar and 1 tsp garlic powder, place filets in hot oil, squeeze half of lime onto fish. Brown 12-15 minutes one side. Gently turn, squeeze other half of lime onto other side. About 10 minutes on side 2 until golden brown. Serve with fresh lime and drawn butter or tartar sauce.



Photo credit Joanne Pellegrino

Get the Facts of U.S. Seafood

The U.S. is a global leader in sustainable seafood. U.S. wild caught seafood is managed under the world's most robust science-based standards of accountability.

Check out www.fishwatch.gov for more information.



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