



Hake

Merluccius bilinearis

Hake are found deep in the warmer waters of the Northeast Atlantic and are abundant on the Scotian Shelf. It tends to have a very mild taste, slightly sweet meat and cream-coloured to slightly-pink flesh, which has a somewhat coarse, watery texture. They have a similar flavour as cod, but with a milder taste, a softer texture, and a smaller flake. This lean, versatile fish is delicious baked, battered and fried, or in soups and stews. Or try grilling or broiling it and serving it whole. Harvested inshore from May to October and offshore year-round. Available year-round.

Sustainability & Certifications

Harvested under Canadian fisheries management regulations and part of a federal Integrated Fishery Management Plan (IFMP). All exporters are certified by the Canadian Food Inspection Agency (CFIA).

Product Forms

Fresh (Round, HOG, H&G, Fillets)

Frozen (Round, HOG, H&G, Fillets)