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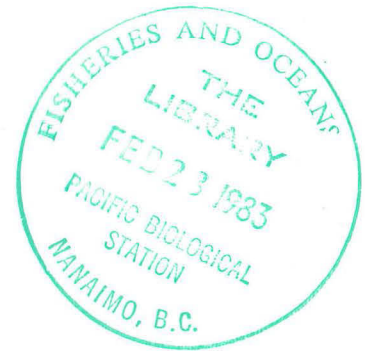
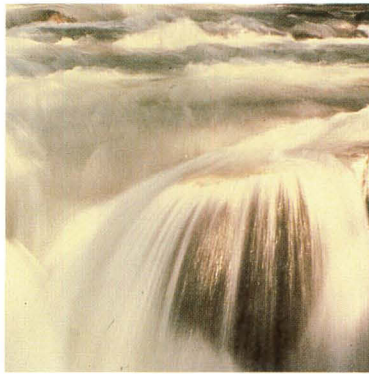
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## INTRODUCTION

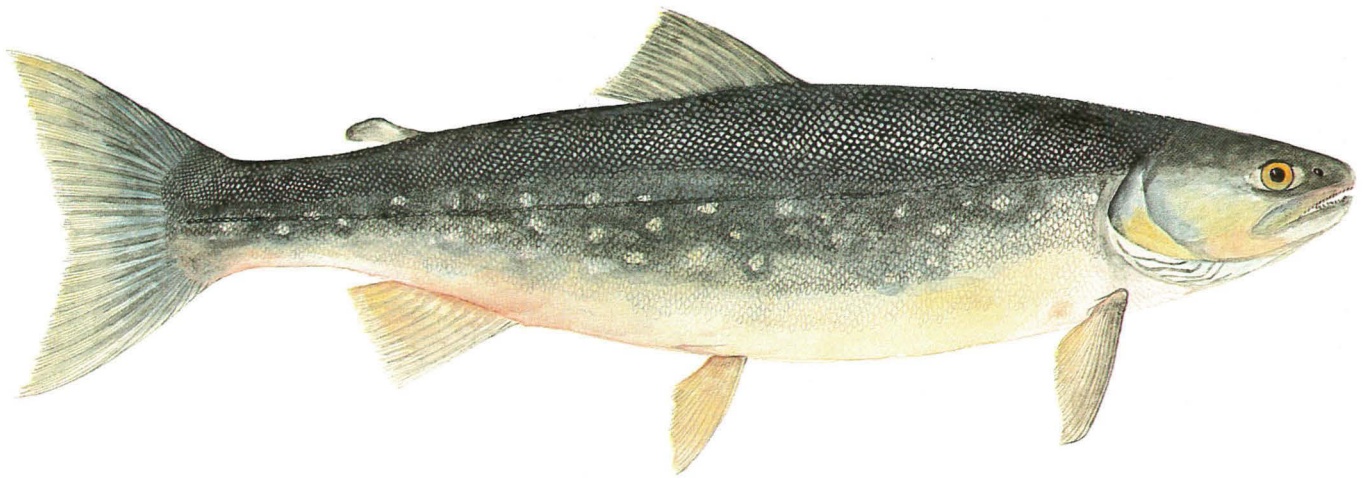
Canada, the largest country in the western hemisphere and the second largest in the world, has a coastline which extends over 240,000 kilometers along three oceans: the Atlantic, the Pacific and the Arctic. Its freshwater reserves are among the most extensive in the world. The Canadian fresh and salt waters are cold, and the aquatic life which they support include more than 150 species of fish and shellfish.

The history of Canada's fishing industry parallels the history of human settlement in North America and, with the establishment of the 200 mile exclusive fisheries zone in 1977, Canada has become one of the pre-eminent fish exporting nations in the world. Canada is justifiably proud of its reputation as a top fishing nation, and constant efforts are made through programs of the Federal Department of Fisheries and Oceans and the individual initiatives of fishermen, processors and distributors to ensure that the high intrinsic quality of Canadian fish and seafood products is maintained from the water to the table.

This publication is composed of three separate books, giving information on fish species and products commercially available from Canada's Atlantic, Pacific and freshwater fisheries regions. Further information about processors, exporters and brokers, as well as additional information on available species and products may be obtained by writing to the Marketing Services Branch, Marketing Directorate, Department of Fisheries and Oceans, Ottawa, Canada, K1A 0E6.



## ARCTIC CHAR (*Salvelinus alpinus*)



**General:** The arctic char, like its distant cousin the northern pike, is a holarctic species confining its range to the northern hemisphere. It is found in Scandinavia, Siberia, Alaska, Greenland, and Iceland, and is in demand globally. However, gourmets attest to the fact that the Canadian arctic char is unequalled as an extraordinary gastronomic experience. Throughout the Canadian north both landlocked and anadromous char are taken. Both have the elongated body typical of salmon and trout, and are silvery with a deep blue or greenish blue on the back and upper sides, with a series of small pink spots along and below the lateral line. In the U.K., this fish is called Windermere char.

**Principal landing season:** All year.

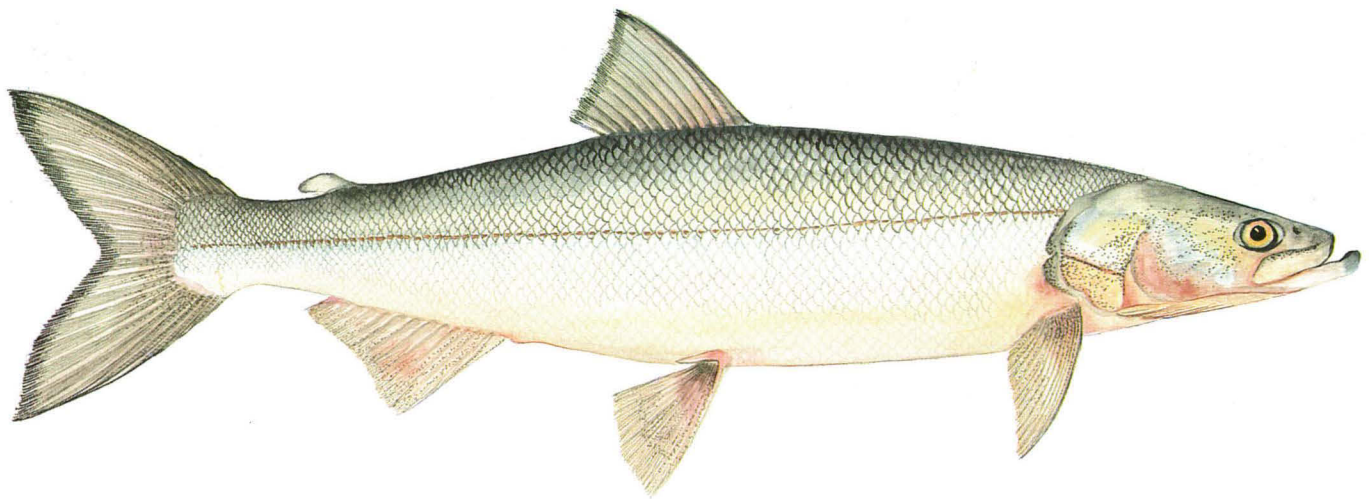
**Commercial utilization:** Available fresh and frozen in dressed or steak form.

**Characteristics:** A fat fish with flesh color dependant on diet, but having a standard flavour and quality. Can be used in any salmon recipe.

### **International recognition:**

Denmark, *fjaeldorred*  
France, *omble*  
Germany, *saiblinge*  
Iceland, *bleikja*  
Italy, *salmerino*  
Japan, *iwana*  
Netherlands, *beekridder*  
Norway, *roye*  
Portugal, *truta-des-fontes*  
Spain, *salvelino*  
Sweden, *roding*  
USSR, *paliya*  
Yugoslavia, *pastrve*

## INCONNU (*Stenodus leucichthys mackenzii*)



**General:** The French word for “unknown”, *inconnu* was the name given this species by early Canadian voyageurs, who thought them to be a crossbreed of whitefish and lake trout. This large fish of light exterior markings with dorsal fins dusky at the tip, is caught in the larger lakes by means of gillnets, with the average fish weighing some 4 kilograms. In the Canadian north, the fishermen know the species as “connie” or “coney”, while the root source of the popular Eskimo appellation “shee-fish” has been lost in time.

**Principal landing season:** All year.

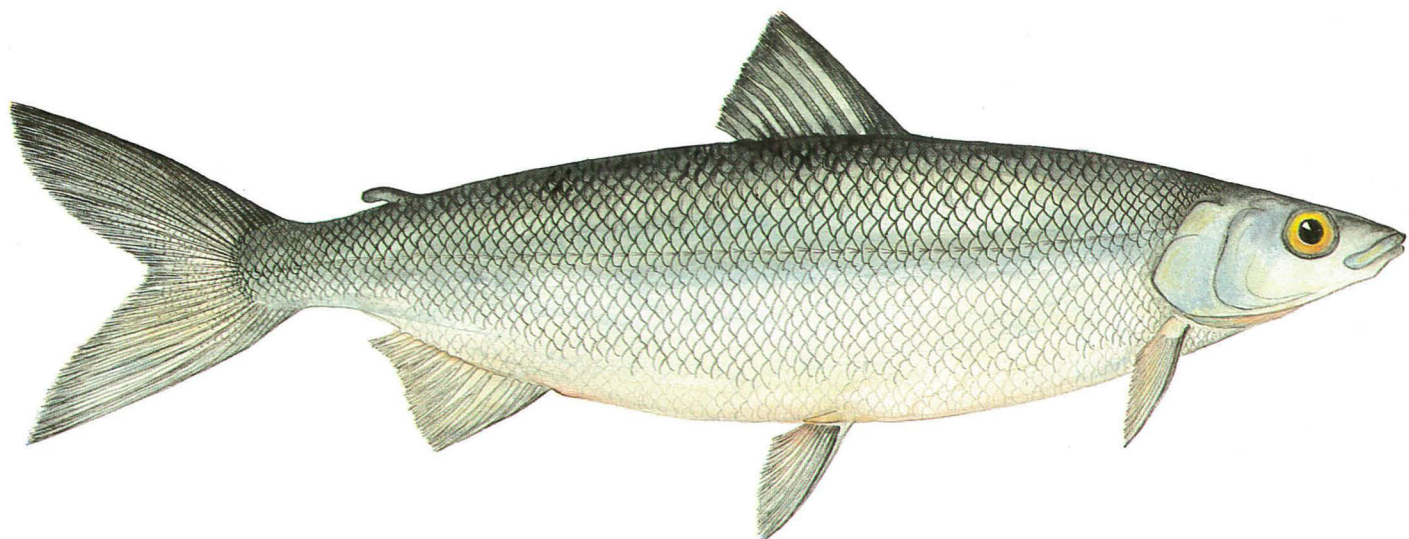
**Commercial utilization:** Available fresh and frozen, in minced blocks, head-dressed or steaks.

**Characteristics:** A fat, oil rich fish with white, tender flesh. It can be used in recipes which call for salmon.

**International recognition:**

France, *inconnu*  
Germany, *weisslachs*  
USSR, *nelma*

## LAKE HERRING / CISCO (*Leucichthys* spp.)



**General:** The collective term tullibee, an interesting word used by the early fur traders in Canada, remains today the appellation which embraces ciscoes or lake herring of several species, all of which are small members of the whitefish group. These lake-dwelling *Coregonidae* are usually marketed from less than 0.5 kilograms weight up to 1 kilogram. While the smaller sizes may seem to give them a bonier structure than the whitefish, they enjoy the same delicate white flesh. The tullibee include deep-water cisco, longjaw cisco, shortjaw cisco, shortnose cisco and blackfin cisco. In the United States, they are popularly known as chub, although chub is also the word used to describe small carp. Cisco are harvested by gillnets.

**Principal landing season:** All year.

**Commercial utilization:** Available fresh or frozen as minced blocks or dressed.

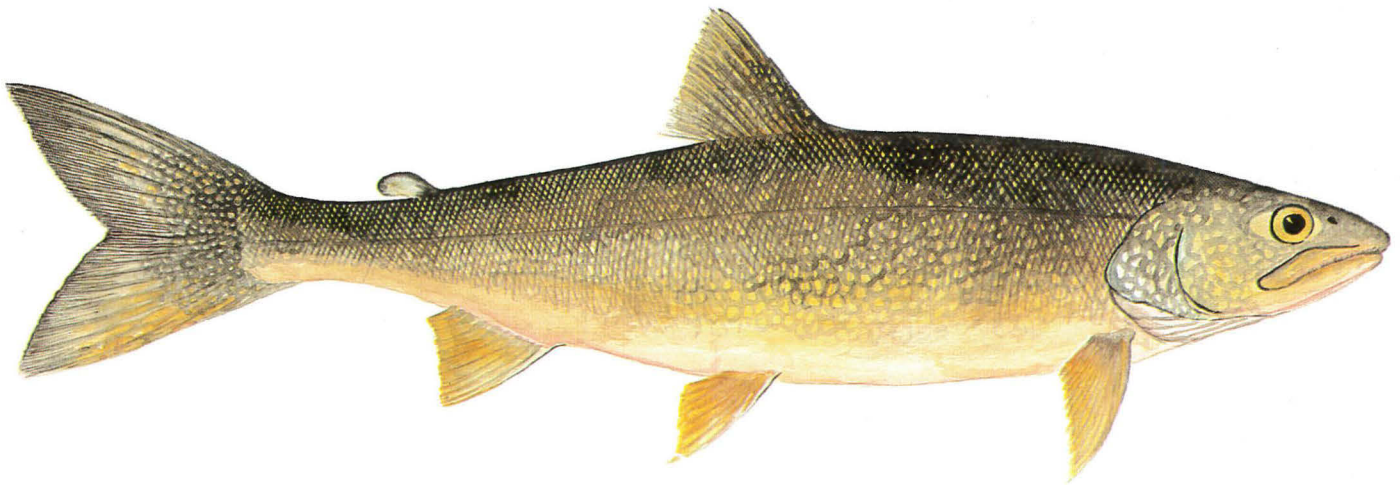
**Characteristics:** Ciscoes are a medium fat fish which can be panfried as with any small species, though some say poaching is the ideal cooking method. In addition, they are often a tasty smoked product. The Finns enjoy slow-cooking cisco at low heat, a technique that renders the bones soft and edible.

**International recognition:**

France, *cisco de l'est*  
Italy, *agone americano*  
Portugal, *arenque-de-lago*  
Spain, *arenque de lago*  
Turkey, *gol ringasi*



## LAKE TROUT (*Salvelinus namaycush*)



**General:** This *Salmonidae* is the largest of the trouts, and can attain a weight of 35 kilograms, although commercial catches are commonly around 2 kilograms per fish. It has gathered many names such as great lake trout, grey trout, salmon trout, gray trout, Great Lakes char, and the popular appellation in the central and western United States, mackinaw. In some parts of the eastern U.S. it is called togue. Its exterior can range in color from a near black to light green, and like its many relatives in northern waters, can vary in flesh tones from a kind of pale ivory to deep pink and all shades between. The higher color results when it consumes small freshwater crustaceans, but this in no way affects its distinctive flavor or quality.

**Principal landing season:** All year.

**Commercial utilization:** Available fresh and frozen; dressed, head-dressed, tray pack steaks and fillets and individually quick-frozen (I.Q.F.) fillets.

**Characteristics:** A fat fish with typical trout flesh. The ideal form is steaks, but fillets and whole trout are equally popular. Salmon recipes can be used.

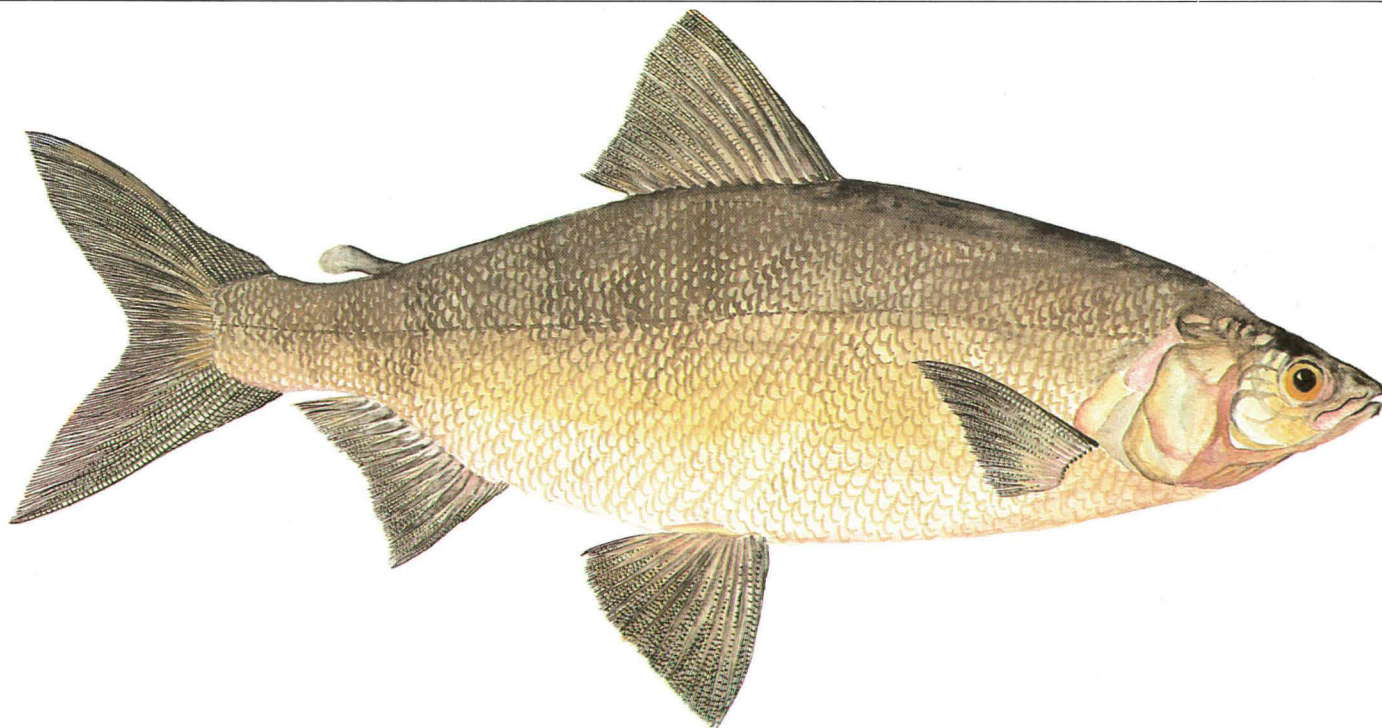
### **International recognition:**

France, *touladi*  
Iceland, *murta*  
Italy, *trota di lago americana*  
Netherlands, *amerikaanse meerforel*  
Portugal, *truta-do-lago*  
Spain, *trucha lacustre*  
Sweden, *Kanadaroding*  
Yugoslavia, *pastrva*





## LAKE WHITEFISH (*Coregonus clupeaformis*)



**General:** Sometimes taken through winter's ice from the deep waters of Canada's larger lakes, the lake whitefish is perhaps the most popular large freshwater fish in the world, with Canada producing the largest catch. Lake whitefish is a member of the salmon and trout family *Salmonidae*. It has white flesh with large flake, and a delicate, sweet flavor.

**Principal landing season:** All year.

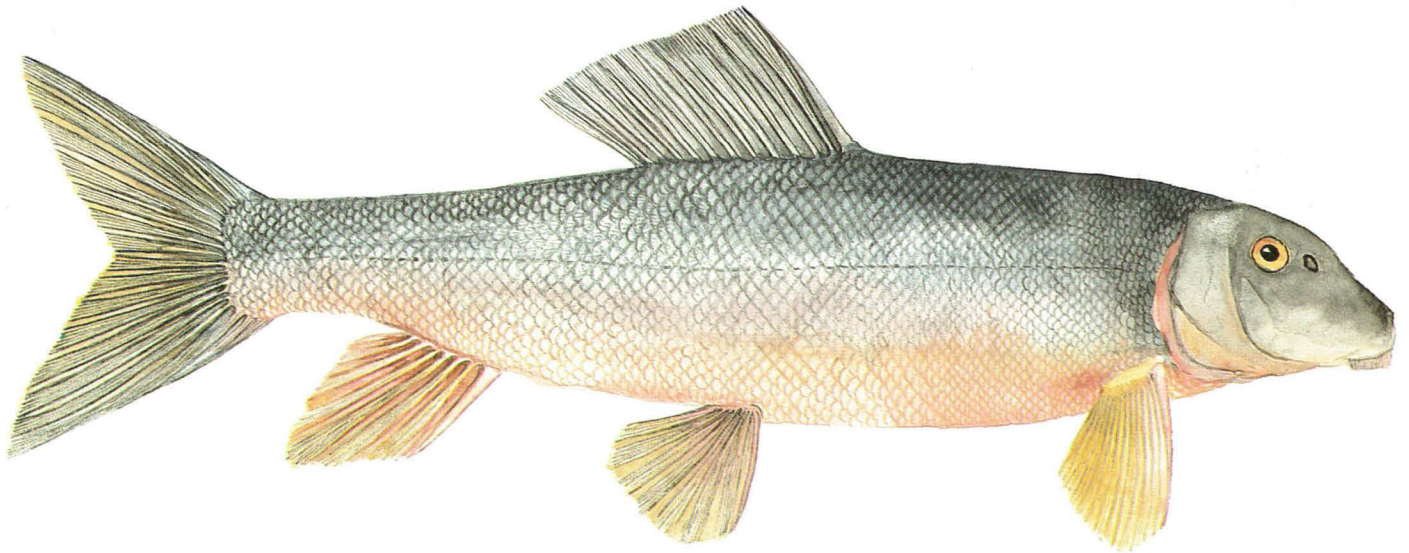
**Commercial utilization:** Whitefish is available fresh and frozen. In addition to whole fish, packs include minced blocks, individually quick frozen fillets, tray-pack fillets, tray pack pan-dressed, and roe.

**Characteristics:** A medium fat fish having delicate flesh, large flake, and sweet flavour. This species averages 1.1 kilograms, and can be used with all salmon and trout recipes, depending on cut and size.

### **International recognition:**

Denmark, *helt*  
France, *corégone*  
Germany, *marane*  
Greece, *koregonas*  
Italy, *coregone*  
Netherlands, *marane*  
Norway, *sik*  
Spain, *coregono*  
Sweden, *sik*  
USSR, *tschir*

## MULLET (*Catostomus commersonii*)



**General:** Mullet is the name given by northern fishermen to several of the species of the *Catostomidas* family when the melting ice and snow in spring streams signals the annual run. As winter melts away, these fish seek the fast-flowing rivers and streams in a week of hectic spawning activity after spending the rest of the year in the larger lakes below. In this annual renewal of stocks, the fry hatch in a few days, drift downstream with the current, and gather in schools along the shoreline of the cold, fresh water which awaits them in the larger body of water.

**Principal landing season:** Primarily spring, but taken all year.

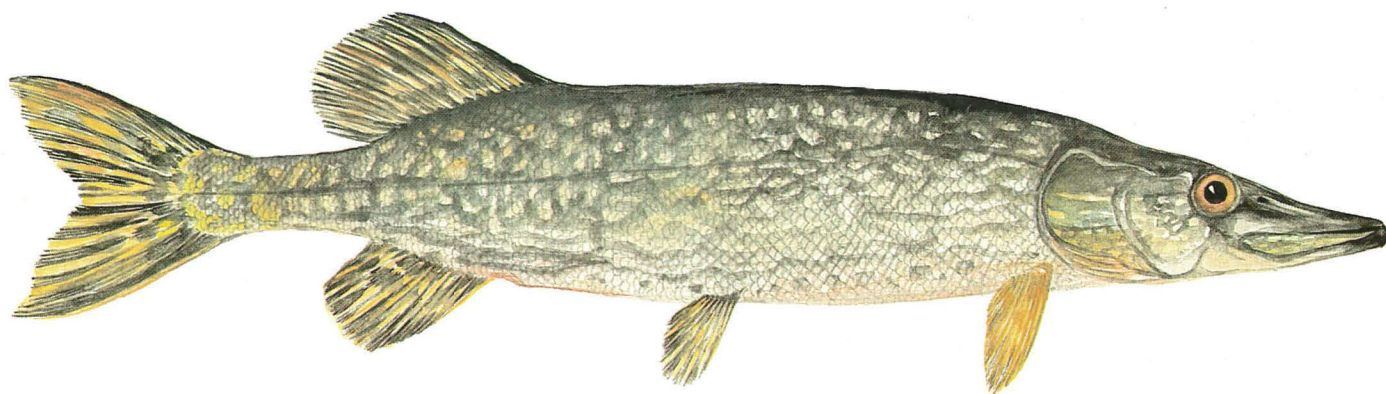
**Commercial utilization:** Available fresh and frozen in minced blocks, head-dressed and tray-pack breaded portions.

**Characteristics:** A fat fish which should not be confused with the striped mullet and silver mullet of the U.S., nor the red and so-called "grey" mullets of Europe. Recipes designed for a soft-textured, white flesh fish are preferred, and recipes used for the firmly-flaked meat of other mullets should be avoided.

**International recognition:**

France, *cyprin-sucet*  
Netherlands, *zuigkarper*  
Sweden, *vit sugkarp*  
Turkey, *vantuzlu baligi*

## NORTHERN PIKE (*Esox lucius*)



**General:** One of the most highly regarded freshwater game fish, this species is circumpolar, found in many parts of the hemisphere's lakes, ponds, and quiet streams. It is sometimes called jackfish in North America. Pike may attain 18 kilograms weight, but market sizes are commonly between 1 and 2 kilograms. A long fish in proportion to its depth and width, it is dark green mottled with lighter spots, and the mouth bristles with sharp, pointed teeth. It is taken in gill nets, pound nets, and seines.

**Principal landing season:** All year.

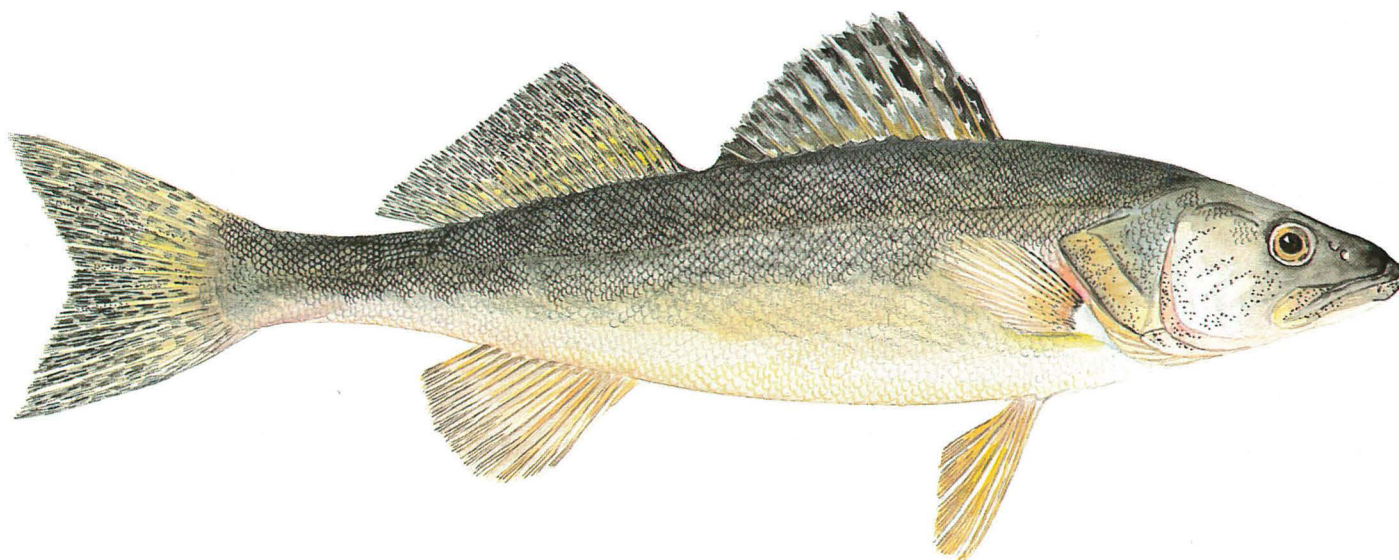
**Commercial utilization:** Available fresh and frozen in minced blocks individually quick frozen (I.Q.F.) fillets, tray-pack fillets, tray-pack steaks, fillet blocks, and head dressed.

**Characteristics:** A lean fish with flesh that is white, firm, and flaky. It has excellent keeping qualities and can be filleted and prepared as for any lean fish.

### **International recognition:**

Denmark, *gedde*  
France, *brochet*  
Germany, *hecht*  
Greece, *tourna*  
Iceland, *gedda*  
Italy, *luccio*  
Japan, *kawakamasu*  
Netherlands, *snoek*  
Norway, *gjedde*  
Portugal, *lucio*  
Sweden, *gadda*  
Spain, *lucio*  
Turkey, *turna*  
Yugoslavia, *stuka*

## SAUGER/YELLOW WALLEYE (*Stizostedion canadense*)



**General:** Either name applies to this smaller relative of the pickerel, sometimes referred to as sand pike or sand pickerel. A close European relative is the pike perch. This fish has a delicious flavor, and is considered by some to have a flesh preferred to that of its larger cousin. The maximum size of fish caught is around 1 kilogram, and the average commercial size is 0.5 kilograms. The smaller size makes it less desirable from the sportsman's point of view, but few fish achieve such high regard in the kitchen. It is caught commercially in gillnets and pound nets.

**Principal landing season:** All year.

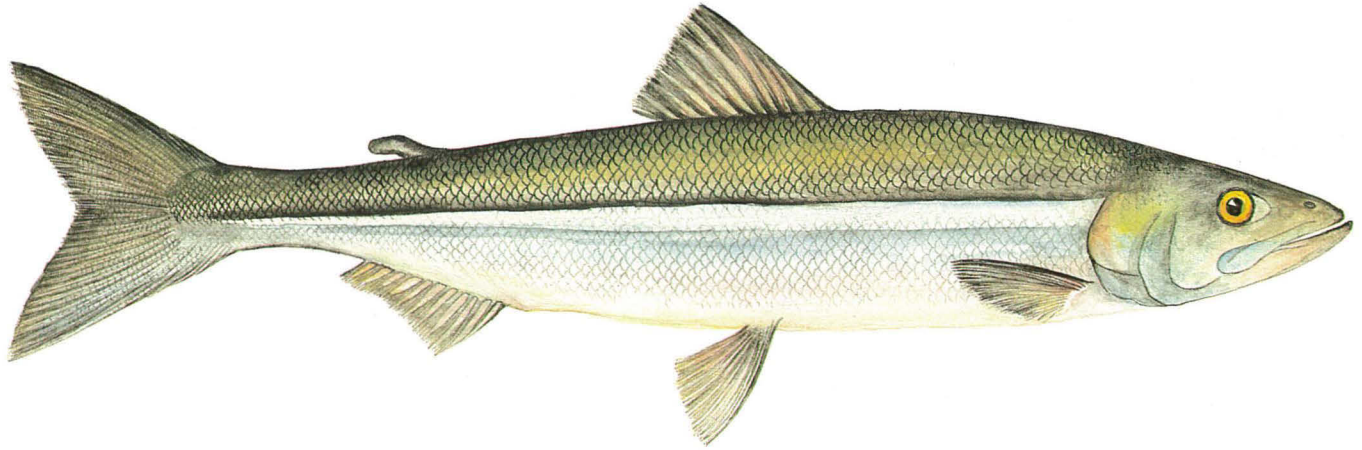
**Commercial utilization:** Available fresh and frozen, whole, head-dressed, pan-dressed and individually quick frozen (I.Q.F.) fillets.

**Characteristics:** This is a lean fish and any of the basic methods of preparing a lean fish, whole or filleted according to size and recipe, can be used.

### **International recognition:**

Denmark, *kanadischer zander*  
France, *sandre canadien*  
Netherlands, *canadese snoekbaars*  
Sweden, *kanadagos*

## RAINBOW SMELT (*Osmerus mordax*)



**General:** This species, sometimes called American smelt, is landlocked in the Great Lakes system and in waterways of southeastern Canada. It is the basis of a large commercial harvest. Rainbow smelt is the same small, delicate, trout-like species as the anadromous fish caught along the Atlantic coast. Its color is a transparent olive to bottle green on the back, with paler sides, and a silvery belly.

**Principal landing season:** April and May, but taken all year.

**Commercial utilization:** Available fresh and frozen; smelt are sometimes used in preparing secondary products like sticks and portions.

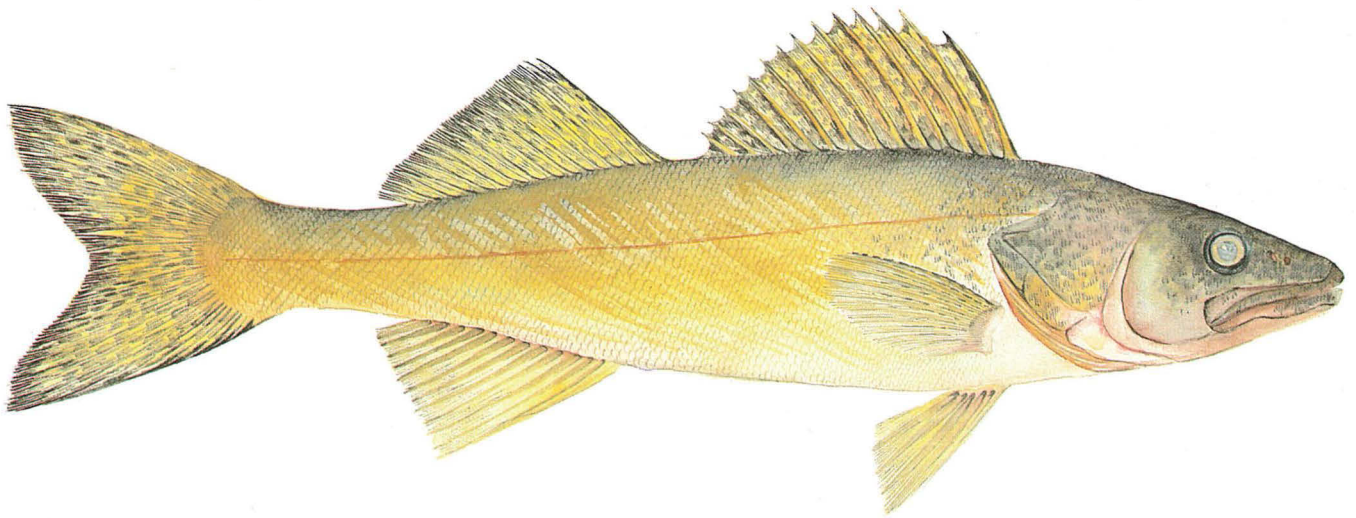
**Characteristics:** This is a fat fish having a sweet tasting meat.

### **International recognition:**

Denmark, *smelt*  
France, *éperlan*  
Germany, *stint*  
Iceland, *sifurloona*  
Italy, *sperlano*  
Japan, *kyurino*  
Netherlands, *spiering*,  
*amerikaanse smelt*  
Norway, *krokke*  
Portugal, *biqueirao*  
Spain, *eperlanos*  
Sweden, *nors*  
Yugoslavia, *gavun*



## WALLEYE/PICKEREL (*Stizostedion vitreum*)



**General:** Either name applies to this *Percidae*. It is also called yellow pickerel, walleye pike, yellow pike, jackfish, golden pike, and opal eye, among other assorted folk names. In Quebec, its gold coloration has earned the French appellation *doré*. Of these, walleye pike and yellow pike seem to be the most commonly accepted names, with the name walleye stemming from its flat and glass-like eyes which assist its habitual nocturnal foraging. Sport fishermen prize it for its fighting spirit, and as an incomparable foodfish.

**Principal landing season:** All year.

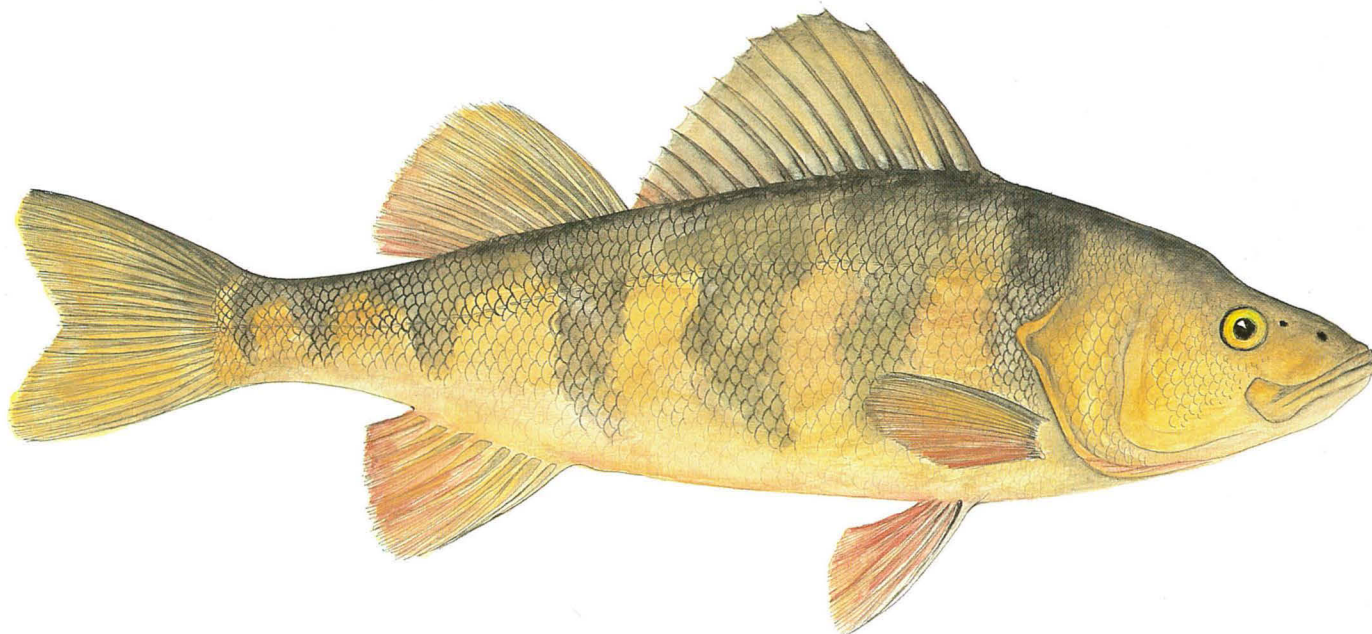
**Commercial utilization:** Available fresh and frozen; whole, head-dressed, pan-dressed, fillets and tray-pack fillets.

**Characteristics:** A lean fish the flesh of which is snowy white, firm, fine of flake and has a sweet succulence. Fillets can be prepared following any of the sole recipes.

### **International recognition:**

Denmark, *sandart*  
Finland, *kuka*  
France, *doré jaune, sandre*  
Germany, *zander*  
Hungary, *fogas*  
Italy, *sandra*  
Netherlands, *amerikaanse snoekbaars*  
Sweden, *sander*  
USSR, *ssandart*  
Yugoslavia, *smud*

## YELLOW PERCH (*Perca flavescens*)



**General:** Yellow perch are perhaps the best known of the family *Perca*. Close relatives are found in waters throughout the world, although there is general agreement that flavour and quality excel when they are taken from the cool lakes, ponds, and streams of Canada's north country. On average this fish is 25 centimetres in length and 0.3 kilograms in weight.

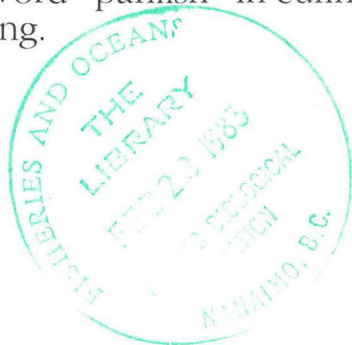
**Principal landing season:** All year.

**Commercial utilization:** Fresh and frozen whole fish.

**Characteristics:** A lean fish, generally thought of as a pan fish, and is often described by the word "panfish" in culinary circles. It is excellent for frying or grilling.

### International recognition:

France, *perche canadienne*  
Germany, *amerikanischer flussbarsch*  
Italy, *persico dorato*  
Netherlands, *amerikaanse gelebaars*  
Portugal, *perca*  
Sweden, *amerikansk abborre*



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