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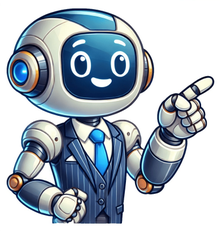

Haddock fish, scientifically known as Melanogrammus aeglefinus, stands as a testament to the diverse marine life inhabiting the vast expanse of the North Atlantic Ocean and its associated seas. This captivating creature belongs to the Gadidae family, marking its distinction as the true cod within the piscatorial realm. Interestingly, the Haddock fish takes center stage as the solitary representative of the monotypic genus Melanogrammus. Haddock fish Description The Haddock fish, Melanogrammus aeglefinus, emerges not merely as a marine entity but as an enigmatic presence that weaves through the tapestry of the North Atlantic. From the depths of the ocean to the culinary delights of European markets, its significance echoes in both biological and socio-economic realms, reminding us of the intricate dance between nature and human societies. Geographic Habitat and Significance Within the realms of the North Atlantic Ocean, Haddock fish gracefully maneuvers through the crystalline waters, establishing itself as a pivotal species for fisheries. This ichthyological marvel extends its influence, particularly in the northern reaches of Europe, where its presence is not merely a biological phenomenon but a cornerstone for economic activities. In this region, the Haddock fish is revered for its culinary versatility, with fresh, frosty, and smoked variations gracing the markets. Culinary Delights: A Palette of Flavors Delving into the culinary narrative of the Haddock fish reveals a spectrum of flavors and textures that tantalize the taste buds. Among the myriad methods of preparation, the art of smoking takes a prominent place. Two distinguished varieties emerge – the Finnan Haddy and the Arbroath Smokey, each contributing its own distinct nuance to the culinary tapestry. The Finnan Haddy, with its refined smokiness, weaves an intricate dance of flavors, while the Arbroath Smokey offers a more robust, earthy undertone, captivating the palate with its aromatic allure. Fisheries: A Symbiotic Relationship Beyond its role in the culinary world, the Haddock fish assumes a crucial position in the intricate web of fisheries. Its presence in these waters serves as a linchpin for ecosystems, contributing to the delicate balance of marine life. The interdependence between human societies and the Haddock fish establishes a symbiotic relationship, where the sustainable harvesting of this species becomes not just an economic endeavor but a responsible stewardship of the oceanic environment. Conservation and Challenges Despite its significance, the Haddock fish faces challenges that necessitate a vigilant approach to conservation. Anthropogenic activities, climate change, and overfishing cast shadows on the sustainability of this species. Understanding and addressing these challenges becomes imperative to ensure the continued existence of the Haddock fish and the ecological equilibrium it helps maintain. Haddock, a prized food fish, holds a distinguished place in culinary traditions. Its popularity is evident in various forms – fresh or preserved through smoking, frosting, drying, or canning in limited quantities. Among its esteemed companions in British cuisine, Haddock takes center stage alongside Atlantic cod and plaice, forming a quintessential trio found in the iconic British fish and chips. A Gastronomic Canvas: Freshness and Cooking Prowess The allure of haddock lies not only in its popularity but also in the culinary canvas it presents when fresh. The meat, characterized by a pristine whiteness, closely mirrors the texture and taste reminiscent of cod. A testament to its freshness, a haddock fillet, when fresh, boasts firmness, translucence, and an intact structure. However, as time elapses, fewer fresh fillets may undergo a subtle transformation, transitioning from transparency to a nearly opaque state. Fitness – Meditation – Diet – Weight Loss – Healthy Living – Yoga Boston's Culinary Tapestry: Haddock in Different Dimensions Venturing into the culinary landscape of Boston, Massachusetts reveals a unique presentation of haddock. Young and fresh haddock, along with cod fillets, make their debut in the market as shreds. This term 'shreds' encompasses various sizes, encompassing the dimensions of scrod, market size, and the substantial fish accompanied by the colloquial term 'cow.' Scotland's Delight: Haddock in the Fish Supper Haddock has entrenched itself as a favorite staple fish in the culinary realm of Scotland, finding its way into the hearts and palates of those who appreciate the flavors of the Fish Supper. Its versatility and gastronomic appeal contribute to its status as a cherished ingredient in Scottish culinary traditions. Fish and Fishing accessories Norwegian Mastery: Haddock's Role in Fishballs Crossing culinary borders, haddock finds prominence as the main ingredient in Norwegian fishballs, known as Fiskeboiler. Unlike its counterpart, cod, haddock deviates in its suitability for salting. Instead, it leans towards preservation methods such as drying and smoking, showcasing its adaptability in diverse culinary applications. Other Recommended Articles Species of fish This article is about a fish. For other uses, see Haddock (disambiguation). Haddock Haddock at the New England Aquarium Conservation status Vulnerable (IUCN 2.3)[1] Scientific classification Kingdom: Animalia Phylum: Chordata Class: Actinopterygii Order: Gadiformes Family: Gadidae Genus: MelanogrammusT. N. Gill, 1862 Species: M. aeglefinus Binomial name Melanogrammus aeglefinus(Linnaeus, 1758) Synonyms Gadus aeglefinus Linnaeus, 1758 Morhua aeglefinus (Linnaeus, 1758) Aeglefinus linnei Malm, 1877 The haddock (Melanogrammus aeglefinus) is a saltwater ray-finned fish from the family Gadidae, the true cods. It is the only species in the monotypic genus Melanogrammus. It is found in the North Atlantic Ocean and associated seas, where it is an important species for fisheries, especially in northern Europe, where it is marketed fresh, frozen and smoked; smoked varieties include the Finnan haddie and the Arbroath smokie. Other smoked versions include long boneless, the fileted side of larger haddock smoked in oak chips with the skin left on the fillet. The haddock has the elongated, tapering body shape typical of members of the cod family.[2] It has a relatively small mouth which does not extend to below the eye; with the lower profile of the face being straight and the upper profile slightly rounded, this gives its snout a characteristic wedge-shaped profile. The upper jaw projects beyond the lower more so than in the Atlantic cod.[3] There is a rather small barbel on the chin.[4] There are three dorsal fins, the first being triangular in shape[5] and these dorsal fins have 14 to 17 fin rays in the first, 20 to 24 in the second, and 19 to 22 in the third. There are also two anal fins and in these there are 21 to 25 fin rays in the first and 20 to 24 fin rays in the second.[3] The anal and dorsal fins are all separated from each other.[6] The pelvic fins are small with an elongated first fin ray.[7] The upper side of the haddock's body varies in colour from dark grey brown to nearly black while the lower part of the body is dull silvery white. It has a distinctive black lateral line contrasting with the whitish background colour and which curves slightly over the pectoral fins. It also has a distinctive oval black blotch or 'thumbprint', sometimes called the "Devil's thumbprint",[8] which sits between the lateral line and the pectoral fin,[9] a feature which leads to the name of the genus Melanogrammus which derives from Greek "melanos" meaning "black" and "gramma" meaning letter or signal.[4] The dorsal, pectoral, and caudal fins are dark grey in colour while the anal fins are pale matching the colour of the silvery sides, with black speckles at their bases. The pelvic fins are white with a variable amount of black spots. Occasionally there are differently coloured variants recorded which may be barred, golden on the back or lack the dark shoulder blotch.[3] The longest haddock recorded was 94 centimetres (37 inches) in length and weighed 11 kilograms (24 pounds). However, haddock are rarely over 80 cm (31+1⁄2 in) in length and the vast majority of haddocks caught in the United Kingdom measure between 30 and 70 cm (12 and 27+1⁄2 in).[9] In eastern Canada waters, haddock range in size from 38 to 69 cm (15 to 27 in) in length and 0.9 to 1.8 kg (2 lb 0 oz to 3 lb 15 oz) in weight.[8] The haddock has populations on either side of the north Atlantic but it is more abundant in the eastern Atlantic than it is on the North American side. In the north-east Atlantic it occurs from the Bay of Biscay north to Spitzbergen; however, it is most abundant north of the English Channel. It also occurs around Novaya Zemlya and the Barents Sea in the Arctic.[6] The largest stocks are in the North Sea, off the Faroe Islands, off Iceland and the coast of Norway but these are discrete populations with little interchange between them. Off North America, the haddock is found from western Greenland south to Cape Hatteras, but the main commercially fished stock occurs from Cape Cod and the Grand Banks of Newfoundland.[9] Fins, barbel and lateral line on a haddock. Haddock have three dorsal fins and two anal fins. The haddock is a demersal species which occurs at depths from 10 to 450 m (33 to 1,500 ft; 5.5 to 250 fathoms), although it is most frequently recorded at 80 to 200 m (300 to 700 ft; 40 to 100 fathoms). It is found over substrates made up of rock, sand, gravel or shells and it prefers temperatures of between 4 and 10 °C (39 and 50 °F). Off Iceland and in the Barents Sea, haddock undergo extensive migrations, but in the north western Atlantic its movements are more restricted, consisting of movements to and from their spawning areas. They reach sexual maturity at 4 years old in males and 5 years old in females, except for the population in the North Sea which matures at ages of 2 years in males and 3 years in females. The overall sex ratio is roughly 1:1, but in shallower areas, females predominate, while the males show a preference for waters further offshore.[6] The fecundity of the females varies with size: a fish of 25 cm (10 in) length bears 55,000 eggs while a fish at 91 cm (36 in) has 1,841,000 eggs. Spawning takes place from depths of around 50 to 150 m (200 to 500 ft; 30 to 80 fathoms). In the northwestern Atlantic spawning lasts from January to July, although it does not occur simultaneously in all areas, and in the northeastern Atlantic the spawning season runs from February to June, peaking in March and April.[6] The eggs are pelagic with a diameter of 1.2 to 1.7 millimetres (3⁄64 to 9⁄128 in), and they take one to three weeks to hatch. Following metamorphosis, the past larval fish remain pelagic until they attain a length of around 7 cm (3 in), when they settle to a demersal habit.[10] Their growth rate shows considerable regional variation and fish at one year old can measure 17 to 19 cm (6+1⁄2 to 7+1⁄2 in), at 2 years old 25 to 36 cm (10 to 14 in), up to 75 to 82 cm (29+1⁄2 to 32+1⁄2 in) at 13 years old. Their lifespan is around 14 years.[6] The most important spawning grounds are in the waters off the central coast of Norway, off the southwest of Iceland, and over the Georges Bank.[10][11] The fish which spawn in inshore waters are normally smaller and younger fish than those which occur in offshore areas. The younger fish have a spawning season which is less than half of that of the larger and older stock offshore. Once hatched the larvae do not appear to travel far from their spawning grounds, however some larvae spawning off the west coast of Scotland are transported into the North Sea through the Fair Isle-Shetland Gap or to the northeast of Shetland.[12] In their larval stages, haddock mainly feed on the immature stages of copepods, ostracods and limacina with their diet changing as they grow, moving on to larger pelagic prey such as amphipods, euphausiids, eggs of invertebrates, zoea larvae of decapods and increasing numbers of copepods.[13][14] Once they have reached the settled, demersal, post-larval stage, they gradually switch from pelagic to benthic prey.[13] Adults primarily feed on benthic invertebrates such as sea urchins, brittlestars, bivalves and worms,[15] however, they will feed opportunistically on smaller fish such as capelin, sandeels and Norway pout.[16][17] Juvenile haddock are an important prey for larger demersal fish, including other gadoids, while seals prey on the larger fish. The recorded growth rates of haddock underwent significant change over the 30 to 40 years up to 2011.[10] Growth has been more rapid in recent years, with haddock attaining adult size much earlier than was noted 30–40 years ago. However, the degree to which these larger, younger fish contribute to reproductive success of the population is unknown. The growth rates of haddock, however, have slowed in recent years. There is some evidence which indicates that these slower growth rates may be the result of an exceptionally large year class in 2003.[11] The haddock stock periodically has higher than normal productivity; for example in 1962 and 1967, and to a lesser extent, 1974 and 1999. These result in a more southerly distribution of the fish and have a strong effect on the biomass of the spawning stock, but because of high fishing mortality, these revivals do not have any lasting effect on the population. In general, there was above average recruitment from the 1960s up to the early 1980s, similar to recruitment for Atlantic cod and whiting, this has been called the gadoid outburst. There was strong recruitment in 1999 but since then, the recruitment rate has been very low.[10] Cod and related species are plagued by parasites. For example, the cod worm, Lernaeocera branchialis, starts life as a copepod, a small, free-swimming crustacean larva. The first host used by cod worm is a flatfish or lumpsucker, which they capture with grasping hooks at the front of their bodies. They penetrate the lumpsucker with a thin filament which they use to suck its blood. The nourished cod worms then mate on the lumpsucker.[18][19] The female worm, with her now fertilized eggs, then finds a cod, or a cod-like fish such as a haddock or whiting. There, the worm clings to the gills while it metamorphoses into a plump, sinusoidal, wormlike body, with a coiled mass of egg strings at the rear. The front part of the worm's body penetrates the body of the cod until it enters the rear bulb of the host's heart. There, firmly rooted in the cod's circulatory system, the front part of the parasite develops like the branches of a tree, reaching into the main artery. In this way, the worm extracts nutrients from the cod's blood, remaining safely tucked beneath the cod's gill cover until it releases a new generation of offspring into the water.[10][18][19] The haddock was first formally described as Gadus aeglefinus in 1758 by Carolus Linnaeus in the 10th edition of volume one of his Systema naturae with a type locality given as "European seas".[20] In 1862 Theodore Nicholas Gill created the genus Melanogrammus with M. aeglefinus as its only species.[21] The 5th edition of Fishes of the World classifies the haddock within the subfamily Gadinae, the typical cods, of the family Gadidae, which is within the superfamily Gadoidea of the order Gadiformes.[22] The generic name Melanogrammus means "black line", a reference to the black lateral line of this species. The specific name is a latinisation of the vernacular names egrefin and eglefin, used in France and England.[23] Landings of haddock in the eastern Atlantic in the period 1980–2022. Data from ICES.[24][25][26][27][28] Haddock is fished year-round using gear such as Danish seine nets, trawlers, long lines and gill nets and is often caught in mixed species fishery with other groundfish species such as cod and whiting. The main fishing grounds in the eastern Atlantic are in the Barents Sea, around Iceland, around the Faeroe Islands, in the North Sea, Celtic Sea, and in the English Channel. Landings in the eastern Atlantic have fluctuated around 200–350 thousand tonnes in the period 1980–2017. During the 1980s, the largest portion of the catch was taken at Rockall but from about 2000, the majority of the catch is caught in the Barents Sea. All the stocks in eastern Atlantic are assessed by ICES, which publish a recommendations on an annual basis for Total Allowable Catch.[24][25][26][27][28] Landings of haddock in the western Atlantic in the period 1960–2022[29] In the western Atlantic the eastern Georges Bank haddock stock is jointly assessed on an annual basis by Canada and the United States and the stock is collaboratively managed through the Canada–United States Transboundary Management Guidance Committee, which was established in 2000. The commercial catch of haddock in North America was approximately 40–60 thousand tonnes per year between 1920 and 1960. This declined sharply in the late 1960s to between 5 and 30 thousand tonnes per year. Despite a few good years post-1970, landings have not returned to historical levels.[11] Haddock currently resides on the Greenpeace seafood red list due to concerns regarding the impact of bottom trawls on the marine environment.[30] In contrast, Monterey Bay Aquarium considers haddock a "good alternative".[31] Many haddock fisheries have been certified as sustainable by the Marine Stewardship Council.[32] All seven stocks assessed in the eastern Atlantic are currently considered by ICES to be harvested sustainably. The haddock populations in the western Atlantic (offshore grounds of Georges Bank off New England and Nova Scotia) are also considered to be harvested sustainably.[33] See also: Cod as food Haddock, roastNutritional value per 100 g (3.5 oz)Energy469 kJ (112 kcal)Carbohydrates0.0 gDietary fiber0.0 g Fat0.93 g Protein24.24 g Vitamins and minerals VitaminsQuantity %DV†Thiamine (B1)3% 0.040 mgRiboflavin (B2)3% 0.045 mgNiacin (B3)29% 4.632 mgPantothenic acid (B5)3% 0.150 mgVitamin B620% 0.346 mgFolate (B9)3% 13 µgVitamin C0% 0.00 mg MineralsQuantity %DV†Calcium3% 42 mgIron8% 1.35 mgMagnesium12% 50 mgPhosphorus19% 241 mgPotassium13% 399 mgZinc4% 0.48 mg †Percentages estimated using US recommendations for adults,[34] except for potassium, which is estimated based on expert recommendation from the National Academies[35] Haddock is very popular as a food fish. It is sold fresh or preserved by smoking, freezing, drying, or to a small extent canning. Haddock, along with Atlantic cod and plaice, is one of the most popular fish used in British fish and chips.[36]Smoked haddock served with onions and red peppers When fresh, the flesh of haddock is clean and white and its cooking is often similar to that of cod.[5] A fresh haddock fillet will be firm and translucent and hold together well but less fresh fillets will become nearly opaque.[37] Young, fresh haddock and cod fillets are often sold as scrod in Boston, Massachusetts;[38] this refers to the size of the fish which have a variety of sizes, i.e., scrod, markets, and cows.[39] Haddock is the predominant fish of choice in Scotland in a fish supper.[40] It is also the main ingredient of Norwegian fishballs (fiskeboller).[41] Unlike cod, haddock is not an appropriate fish for salting and preservation is more commonly effected by drying and smoking.[42] The smoking of haddock was highly refined in Grimsby. Traditional Grimsby smoked fish (mainly haddock, but sometimes cod) is produced in the traditional smokehouses in Grimsby, which are mostly family-run businesses that have developed their skills over many generations.[43] Grimsby fish market sources its haddock from the North East Atlantic, principally Iceland, Norway and the Faroe Islands. These fishing grounds are sustainably managed[44] and have not seen the large scale depreciation in fish stocks seen in EU waters.[45] One popular form of haddock is Finnan haddie which is named after the fishing village of Finnan or Findon in Scotland, where the fish was originally cold-smoked over smouldering peat. Finnan haddie is often poached in milk and served for breakfast.[46][47] The town of Arbroath on the east coast of Scotland produces the Arbroath smokie. This is a hot-smoked haddock which requires no further cooking before eating.[48] Smoked haddock is naturally an off-white colour and it is frequently dyed yellow, as are other smoked fish. Smoked haddock is the essential ingredient in the Anglo-Indian dish kedgeree,[5] and also in the Scottish dish Cullen skink, a chowder-like soup.[49] ^ Sobel, J. (1996). "Melanogrammus aeglefinus". IUCN Red List of Threatened Species. 1996: e.T13045A3406968. doi:10.2305/IUCN.UK.1996.RLTS.T13045A3406968.en. Retrieved 12 April 2024. ^ Barnes, M.K.S. (2008). Tyler-Walters H.; Hiscock K. (eds.). "Melanogrammus aeglefinus Haddock". Marine Life Information Network: Biology and Sensitivity Key Information Reviews. Marine Biological Association of the United Kingdom. Retrieved 13 April 2018. ^ a b c Henry B. Bigelow & William C. Schroeder (1953). "Haddock Melanogrammus aeglefinus". Fishes of the Gulf of Maine. United States Fish and Wildlife Service. 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Archived from the original on 30 December 2012. Retrieved 14 April 2018. ^ "Cullen skink". BBC. Retrieved 14 April 2018. Alan Davidson, North Atlantic Seafood, 1979, ISBN 0-670-51524-8. Haddock; Archived 19 January 2013 at the Wayback Machine. NOAA FishWatch. Retrieved 5 November 2012. Look up haddock in Wiktionary, the free dictionary. Media related to Melanogrammus aeglefinus at Wikimedia Commons Haddock at the Wikibooks Cookbook subproject Retrieved from " Haddock is a species of saltwater fish that is closely related to the cod. It is a popular food fish that is prized for its mild flavor and firm, white flesh. Haddock are found in the Atlantic Ocean, primarily in the waters off the coasts of Europe and North America.Haddock are bottom-dwelling fish that are typically found in deep, cold waters at depths of up to 300 meters. They prefer to live on rocky or gravelly seabeds, and are often found in association with other bottom-dwelling species such as cod and hake.Haddock are a relatively small fish species, typically growing to lengths of around 1 to 1.5 feet and weights of up to 8 pounds. They have a distinctive dark spot on their sides, just above the pectoral fin, which is thought to help protect them from predators by disguising their location against the dark seabed.Haddock are a valuable commercial and recreational fishery species, and are widely harvested for their meat. They are commonly used in a variety of dishes, including fish and chips, chowders, and baked or grilled dishes.Despite their popularity as a food fish, haddock populations have been impacted by overfishing and other environmental pressures, and are subject to fishing regulations and conservation efforts in many areas.Haddock are found in the Atlantic Ocean, primarily in the waters off the coasts of Europe and North America. They are most commonly found in the northeastern Atlantic, from the Bay of Biscay in the south to the Barents Sea in the north. In North America, haddock are found along the coast from Maine to Newfoundland, and in the Gulf of St. Lawrence.Haddock are a cold-water fish species that prefer water temperatures ranging from 2 to 10°C. They are typically found at depths of up to 300 meters, although they are most commonly found at depths of 50 to 100 meters. Haddock are a bottom-dwelling species, and are often found in association with other bottom-dwelling species such as cod and hake.Haddock prefer to live on rocky or gravelly seabeds, where they can find food and shelter from predators. They are commonly found in areas with strong currents, such as near rocky headlands and underwater ridges, where they can find abundant food sources such as shrimp, squid, and small fish.In addition to their natural habitats, haddock are also commonly found in aquaculture farms around the world. Aquaculture is a growing industry for haddock, with farms located in Norway, Scotland, and other countries. These farms typically raise haddock in large tanks or pens, and feed them a controlled diet to ensure their growth and health.Haddock are a relatively solitary fish species, and are typically found swimming alone or in small groups. They are bottom-dwelling fish that spend much of their time on or near the seabed, searching for food.Haddock are known to be opportunistic feeders, and will eat a variety of prey depending on what is available in their habitat. Their diet may include shrimp, squid, small fish, and other bottom-dwelling organisms.During the spawning season, which typically occurs in the spring and summer months, haddock gather in large groups to mate. Male haddock will chase and court female haddock, and once a pair has formed, they will release their eggs and sperm into the water to be fertilized.Haddock are also known to migrate seasonally, moving to deeper waters during the winter months and returning to shallower waters in the spring and summer. This movement may be related to changes in water temperature, food availability, or other environmental factors.Overall, haddock are a relatively docile fish species, and are not known to be aggressive towards humans or other fish. They are an important commercial and recreational fishery species, and are prized for their meat, which is considered to be of high quality and excellent flavor.Haddock typically live for around 14 to 20 years, although some individuals have been known to live for up to 25 years. The lifespan of haddock can vary depending on a number of factors, including their environment, food availability, and reproductive success.As with many fish species, haddock tend to grow more slowly as they age, and their growth rate can also be affected by environmental conditions. Young haddock typically grow quickly during their first few years of life, reaching maturity at around 3 to 4 years old. Once they reach maturity, their growth rate slows down, and they continue to grow at a slower rate throughout the rest of their lives.Haddock are a relatively small fish species, with typical lengths ranging from 1 to 1.5 feet. However, some individuals can grow to be as long as 3 feet, although this is relatively rare. The weight of haddock can also vary depending on their age and environment, with mature adults typically weighing between 2 and 8 pounds.Overall, haddock are a relatively long-lived fish species, and can provide a valuable food source for many years if managed sustainably. However, like many other fish species, haddock populations have been impacted by overfishing and other environmental pressures, and are subject to fishing regulations and conservation efforts in many areas.Haddock are a relatively small fish species, with typical lengths ranging from 1 to 1.5 feet (30 to 45 cm). However, some individuals can grow to be as long as 3 feet (90 cm), although this is relatively rare.In terms of weight, haddock can range from around 1 to 8 pounds (0.5 to 4 kg), with mature adults typically weighing between 2 and 8 pounds (1 to 4 kg). However, some larger individuals have been recorded, with the current world record for haddock standing at 38 pounds (17.2 kg).The size and weight of haddock can vary depending on a number of factors, including their age, diet, and environment. In general, haddock tend to grow more slowly as they age, and their growth rate can also be affected by environmental conditions such as water temperature and food availability.Haddock is an important commercial and recreational fishery species that is prized for its meat, which is considered to be of high quality and excellent flavor. The flesh of haddock is white and flaky, with a mild, slightly sweet flavor that is often compared to that of cod.Haddock is a popular food fish, and is used in a variety of dishes around the world, including fish and chips, seafood chowders, and baked or grilled fish dishes. It is also often smoked or dried to produce products such as kippers or finnan haddie.In addition to its culinary value, haddock is also a valuable source of protein and other important nutrients. It is low in fat and calories, but high in protein, vitamin B12, and omega-3 fatty acids, which are important for maintaining good health.Overall, haddock is an important fish species that provides both economic and nutritional benefits to people around the world. However, like many other fish species, haddock populations have been impacted by overfishing and other environmental pressures, and are subject to fishing regulations and conservation efforts in many areas. Haddock is a type of fish that I feel doesn't get as much love as it should, honestly. It's a white fish, mild in flavor, and it's really versatile when it comes to cooking. If you've ever had fish and chips, chances are you've probably eaten haddock, but maybe you didn't even realize it. It's similar to cod, but haddock has this slightly sweeter taste and a finer texture, which I actually prefer. Growing up, I didn't have haddock often – it was mostly salmon or tilapia in our house – but once I discovered it, it became one of those go-to fish options, especially for quick weeknight dinners. I mean, it's super easy to cook – you can bake it, grill it, pan-fry it, whatever suits your fancy. Plus, it's packed with protein and omega-3s, which is great because I'm always trying to sneak in healthier options for the kids. Haddock is also low in fat, which makes it even more appealing if you're watching what you eat. Though, let's be real, when I fry it up for fish tacos, that kinda goes out the window. But hey, balance, right? Haddock is known by various names in different regions and languages. Some of the other names of haddock include: Finnan Haddie – This one's popular, especially if you like smoked fish. It's named after a Scottish town called Findon, where they traditionally smoked haddock. I always thought the name had a cute ring to it! Scrod – Now, this can be a little confusing. Scrod sometimes refers to young haddock, but it can also mean young cod. So, you gotta check what fish you're actually getting! Melanogrammus Aeglefinus – Ok, this is a mouthful! It's the scientific name for haddock, and honestly, I just like to call it haddock. But hey, you can sound super smart throwing this name around. Bacalao – In some places, especially in Europe, salted haddock might be referred to as bacalao. It's pretty famous in Spanish cuisine. I learned that one when trying a recipe from my friend's grandma! Funny how the same fish can have so many names, right? Always keeps me on my toes when shopping or looking at recipes. Here's the nutritional value of haddock per 100 grams (3.5 ounces) of cooked, dry heat, based on United States Department of Agriculture (USDA) data: NutrientAmount per 100gCalories90 kcalProtein18.5 gFat0.8 gSaturated Fat0.2 gMonounsaturated Fat0.1 gPolyunsaturated Fat0.2 gCholesterol48 mgSodium90 mgPotassium352 mgCalcium44 mgIron0.6 mgMagnesium42 mgPhosphorus200 mgZinc0.4 mgVitamin C0 mgThiamin (Vitamin B1)0.1 mgRiboflavin (Vitamin B2)0.1 mgNiacin (Vitamin B3)2.5 mgVitamin B60.2 mgFolate (Vitamin B9)6 mcgVitamin B121.4 mcgVitamin A24 IUVitamin E0.4 mgVitamin D2.7 IU These values are approximate and can vary based on factors such as cooking methods and specific fish variations. Haddock, like many other types of fish, offers several nutritional benefits: Great Source of ProteinIf you're looking for a lean, healthy protein, haddock is a great choice. I've always tried to find ways to sneak more protein into my kids' meals, and haddock makes it easy without being too heavy or greasy. It's mild enough that even my picky eater likes it! Low in FatWhen I'm trying to cook lighter, especially after the holidays, haddock is my go-to. It's naturally low in fat, so I don't have to worry too much about adding extra calories while making a flavorful dish. Packed with VitaminsI love that haddock has a good amount of vitamins like B12 and B6. B12 is important for energy, and trust me—chasing three kids around the house, I need all the energy I can get! Supports Heart HealthWith omega-3s and being low in cholesterol, haddock is pretty heart-friendly. My husband and I have been more mindful about heart health lately, and it's nice to have a tasty fish that helps with that. Good for Weight ManagementHaddock is a light, filling fish, and it fits well into a balanced diet. Whenever I feel like I need to reset after indulging a little too much, I whip up a simple haddock dinner—it feels good without being overly restrictive. Easy to CookLet's be real, cooking with kids running around isn't always easy. But haddock is quick to prepare, whether you're grilling, baking, or even pan-searing. In under 20 minutes, I usually have dinner ready, which is a win in my book! AffordableFish can be expensive, but haddock tends to be one of the more budget-friendly options. As a mom trying to feed a family without breaking the bank, it's nice to have a healthy, affordable protein option. It's a versatile, healthy option for busy families like mine! Haddock typically refers to a single species of fish, Melanogrammus aeglefinus, which is found in the North Atlantic Ocean. However, there may be some regional or cultural variations in the preparation and presentation of haddock dishes. For example: Smoked Haddock (Finnan Haddie)Ah, this is the classic! Smoked haddock has a distinct, rich flavor that's just perfect for warming soups or even a good old-fashioned fish pie. I've used it a few times when I wanted something smoky but not too strong. It's also a lifesaver for quick dinners. Fresh HaddockThis one's the real deal if you're all about that fresh, clean taste. Haddock is mild and not too fishy, which makes it a great option if you're feeding picky eaters (like my youngest daughter—she won't touch anything too "fishy"). I like to bake it with a little lemon and herbs. So simple, but it's a hit every time. Frozen HaddockWhen I don't have time to swing by the market, frozen haddock is my go-to. It's convenient and still pretty tasty. I keep a

Artist, and led an industry show of support for gay marriage with a performance of their song "Same Love" to accompany a mass wedding of gay and heterosexual couples, which was presided over by Queen Latifah.[9] Lorde's "Royals" received awards for Best Pop Solo Performance and Song of the Year.[10][11] Carole King was honored as MusiCares Person of the Year on January 24, two days prior to the awards ceremony.[12] On June 4, 2013, the Recording Academy approved a number of changes recommended by its Awards & Nominations Committee, including adding a new category for Best American Roots Song to the American Music field. This songwriters' award will encompass all the subgenres in this field such as Americana, bluegrass, blues, folk, and regional roots music. The Best Hard Rock/Metal Performance category was renamed Best Metal Performance and became a stand-alone category. Hard rock performances will now be screened in the Best Rock Performance category. The Music Video field will become the Best Music Video/Film field. Its two categories will be renamed: Best Short Form Music Video will now be known as Best Music Video and Best Long Form Music Video will change into Best Music Film. These changes bring the total number of categories at the 2014 Grammy Awards to 82, up from 81 at the 2013 Grammy Awards.[13] Artist(s) Song(s) BeyoncéJay-Z "Drunk in Love" Lorde "Royals" Hunter Hayes "Invisible" Katy PerryJuicy J "Dark Horse" Robin ThickeChicago "Does Anybody Really Know What Time It Is?""Beginnings""Saturday in the Park""Blurred Lines" Keith UrbanGary Clark Jr.[14] "Cop Car" John Legend "All of Me" Taylor Swift[15] "All Too Well" P!nkNate Ruess "Try""Just Give Me a Reason" Ringo Starr "Photograph" Kendrick LamarImagine Dragons[16] "m.A.A.d city""Radioactive" Kacey Musgraves "Follow Your Arrow" Paul McCartneyRingo Starr "Queenie Eye" Merle HaggardKris KristoffersonWillie NelsonBlake Shelton[17] "Highwayman""Okie from Muskogee""Mammas Don't Let Your Babies Grow Up to Be Cowboys" Daft PunkNile RodgersStevie WonderPharrell Williams "Get Lucky""Harder, Better, Faster, Stronger""Lose Yourself to Dance""Le Freak""Another Star""Around the World" Sara BareillesCarole King[15] "Beautiful""Brave" MetallicaLang Lang[18] "One" Macklemore & Ryan Lewis[15]Mary LambertMadonna[19]Queen LatifahTrombone Shorty & Orleans Avenue "Same Love""Open Your Heart" Billie Joe ArmstrongMiranda Lambert[14] Tribute to Phil Everly"When Will I Be Loved" Nine Inch NailsQueens of the Stone AgeDave GrohlLindsey Buckingham[20] "Copy of A""My God Is the Sun" Pharrell Williams and Anna Kendrick – presented Best New Artist Anna Faris and Juanes – presented Best Pop Duo/Group Performance Steve Coogan – introduced Katy Perry Bruno Mars – introduced P!nk Ariana Grande and Miguel – presented Best Pop Solo Performance Black Sabbath – introduced Paul McCartney and Ringo Starr Jamie Foxx – presented Best Rap/Sung Collaboration Julia Roberts – introduced Paul McCartney Gloria Estefan and Marc Anthony – presented Best Pop Vocal Album Jeremy Renner – introduced Willie Nelson, Blake Shelton, Merle Haggard and Kris Kristofferson Zac Brown and Martina McBride – presented Best Country Album Neil Patrick Harris – introduced Daft Punk Cyndi Lauper – introduced Sara Bareilles and Carole King Sara Bareilles and Carole King – presented Song of the Year Jared Leto – introduced Metallica Smokey Robinson and Steven Tyler – presented Record of the Year Queen Latifah – introduced Macklemore & Ryan Lewis John Legend and Ryan Seacrest – presented Music Educator Award Lang Lang – introduced "In Memoriam" Olivia Harrison, Alicia Keys and Yoko Ono – presented Album of the Year The winners and nominees per category were:[21] Record of the Year "Get Lucky" – Daft Punk, Pharrell Williams & Nile Rodgers Thomas Bangalter & Guy-Manuel de Homem-Christo, producers; Peter Franco, Mick Guzauski, Florian Lagatta & Daniel Lerner, engineers/mixers; Bob Ludwig & Antoine Chabert, mastering engineers "Radioactive" – Imagine Dragons Alex Da Kid, producer; Manny Marroquin & Josh Mosser, engineers/mixers; Joe LaPorta, mastering engineer "Royals" – Lorde Joel Little, producer; Joel Little, engineer/mixer; Stuart Hawkes, mastering engineer "Locked Out of Heaven" – Bruno Mars Jeff Bhasker, Emile Haynie, Mark Ronson & The Smeezingtons, producers; Alalal, Josh Blair, Wayne Gordon, Ari Levine, Manny Marroquin & Mark Ronson, engineers/mixers; David Kutch, mastering engineer "Blurred Lines" – Robin Thicke featuring T.I. and Pharrell Williams Pharrell, producer; Andrew Coleman & Tony Maserati, engineers/mixers; Chris Gehringer, mastering engineer Album of the Year Random Access Memories – Daft Punk Julian Casablancas, DJ Falcon, Todd Edwards, Chilly Gonzales, Giorgio Moroder, Panda Bear, Nile Rodgers, Paul Williams & Pharrell Williams, featured artists; Thomas Bangalter, Julian Casablancas, Guy-Manuel de Homem-Christo, DJ Falcon & Todd Edwards, producers; Peter Franco, Mick Guzauski, Florian Lagatta, Guillaume Le Braz & Daniel Lerner, engineers/mixers; Antoine Chabert & Bob Ludwig, mastering engineers The Blessed Unrest – Sara Bareilles Sara Bareilles, Mark Endert & John O'Mahony, producers; Jeremy Darby, Mark Endert & John O'Mahony, engineers/mixers; Greg Calbi, mastering engineer Good Kid, M.A.A.D City – Kendrick Lamar Mary J. Blige, Dr. Dre, Drake, Jay Rock, Jay-Z, MC Eiht & Anna Wise, featured artists; DJ Dahi, Hit-Boy, Skhye Hutch, Just Blaze, Like, Terrace Martin, Dawaun Parker, Pharrell, Rahki, Scoop DeVille, Sounwave, Jack Splash, Tabu, Tha Bizness & T-Minus, producers; Derek Ali, Dee Brown, Dr. Dre, James Hunt, Mauricio "Veto" Iragorri, Mike Larson, Jared Scott, Jack Splash & Andrew Wright, engineers/mixers; Mike Bozzi & Brian "Big Bass" Gardner, mastering engineers Red – Taylor Swift Gary Lightbody & Ed Sheeran, featured artists; Jeff Bhasker, Nathan Chapman, Dann Huff, Jacknife Lee, Max Martin, Shellback, Taylor Swift, Butch Walker & Dan Wilson, producers; Joe Baldridge, Sam Bell, Matt Bishop, Chad Carlson, Nathan Chapman, Serban Ghenea, John Hanes, Sam Holland, Michael Ilbert, Tyler Johnson, Jacknife Lee, Steve Marcantonio, Manny Marroquin, Justin Niebank, John Rausch, Eric Robinson, Pawel Sek, Jake Sinclair, Mark "Spike" Stent & Andy Thompson, engineers/mixers; Tom Coyne & Hank Williams, mastering engineers The Heist – Macklemore & Ryan Lewis Ab-Soul, Ben Bridwell, Ray Dalton, Eighty4 Fly, Hollis, Mary Lambert, Baffalo Madonna, Evan Roman, Schoolboy Q, Allen Stone, The Teaching & Wanz, featured artists; Ryan Lewis, producer; Ben Haggerty, Ryan Lewis, Amos Miller, Reed Ruddy & Pete Stewart, engineers/mixers; Tom Coyne & Brian "Big Bass" Gardner, mastering engineer Song of the Year "Royals" Ella Yelich O'Connor, Joel Little, songwriters (Lorde) "Just Give Me a Reason" P!nk, Jeff Bhasker and Nate Ruess, songwriters (P!nk featuring Nate Ruess) "Locked Out of Heaven" Bruno Mars, Philip Lawrence, Ari Levine, songwriters (Bruno Mars) "Roar" Katy Perry, Lukasz Gottwald, Max Martin, Bonnie McKee and Henry Walter, songwriters (Katy Perry) "Same Love" Ben Haggerty, Ryan Lewis and Mary Lambert, songwriters (Macklemore & Ryan Lewis featuring Mary Lambert) Best New Artist Macklemore & Ryan Lewis James Blake Kendrick Lamar Kacey Musgraves Ed Sheeran Best Pop Solo Performance "Royals" – Lorde "Brave" – Sara Bareilles "When I Was Your Man" – Bruno Mars "Roar" – Katy Perry "Mirrors" – Justin Timberlake Best Pop Duo/Group Performance "Get Lucky" – Daft Punk, Pharrell Williams & Nile Rodgers "Just Give Me a Reason" – P!nk featuring Nate Ruess "Stay" – Rihanna & Mikky Ekko "Blurred Lines" – Robin Thicke featuring T.I. and Pharrell Williams "Suit & Tie" – Justin Timberlake & Jay-Z Best Pop Instrumental Album Steppin' Out – Herb Alpert The Beat – Boney James HandPicked – Earl Klugh Summer Horns – Dave Koz, Gerald Albright, Mindi Abair & Richard Elliot Hacienda – Jeff Lorber Fusion Best Pop Vocal Album Unorthodox Jukebox – Bruno Mars Paradise – Lana Del Rey Pure Heroine – Lorde Blurred Lines – Robin Thicke The 20/20 Experience – The Complete Experience – Justin Timberlake Best Dance Recording "Clarity" – Zedd & Foxes Anton Zaslavski (Zedd), producer and mixer "Need U (100%)" – Duke Dumont featuring A*M*E & MNEK Adam Dyment & Tommy Forrest, producers; Adam Dyment & Tommy Forrest, mixers "Sweet Nothing" – Calvin Harris & Florence Welch Calvin Harris, producer; Calvin Harris, mixer "Atmosphere" – Kaskade Finn Bjarnson & Ryan Raddon, producers; Ryan Raddon, mixer "This Is What It Feels Like" – Armin Van Buuren & Trevor Guthrie Armin Van Buuren & Benno De Goeij, producers; Armin Van Buuren & Benno De Goeij, mixers Best Dance/Electronica Album Random Access Memories – Daft Punk Settle – Disclosure 18 Months – Calvin Harris Atmosphere – Kaskade A Color Map of the Sun – Pretty Lights Best Traditional Pop Vocal Album To Be Loved – Michael Bublé (with Bob Rock)[22] Viva Duets – Tony Bennett and various artists The Standards – Gloria Estefan Cee Lo's Magic Moment – Cee Lo Green Now – Dionne Warwick Best Rock Performance "Radioactive" – Imagine Dragons "Kashmir (Live)" – Led Zeppelin "Always Alright" – Alabama Shakes "The Stars (Are Out Tonight)" – David Bowie "My God Is the Sun" – Queens of the Stone Age "I'm Shakin'" – Jack White Best Metal Performance "God Is Dead?" – Black Sabbath "T.N.T." – Anthrax "The Enemy Inside" – Dream Theater "In Due Time" – Killswitch Engage "Room 24" – Volbeat & King Diamond Best Rock Song "Cut Me Some Slack" Dave Grohl, Paul McCartney, Krist Novoselic & Pat Smear, songwriters (Paul McCartney, Dave Grohl, Krist Novoselic, Pat Smear) "Ain't Messin 'Round" Gary Clark Jr., songwriter (Gary Clark Jr.) "Doom and Gloom" Mick Jagger & Keith Richards, songwriters (The Rolling Stones) "God Is Dead?" Geezer Butler, Tony Iommi & Ozzy Osbourne, songwriters (Black Sabbath) "Panic Station" Matthew Bellamy, songwriter (Muse) Best Rock Album Celebration Day – Led Zeppelin 13 – Black Sabbath The Next Day – David Bowie Mechanical Bull – Kings of Leon ...Like Clockwork – Queens of the Stone Age Psychedelic Pill – Neil Young & Crazy Horse Best Alternative Music Album Modern Vampires of the City – Vampire Weekend The Worse Things Get, The Harder I Fight, The Harder I Fight, The More I Love You – Neko Case Trouble Will Find Me – The National Hesitation Marks – Nine Inch Nails Lonerism – Tame Impala Best R&B Performance "Something" – Snarky Puppy & Lalah Hathaway "Love and War" – Tamar Braxton "Best of Me" – Anthony Hamilton "Nakamarra" – Hiatus Kaiyote & Q-Tip "How Many Drinks?" – Miguel & Kendrick Lamar Best Traditional R&B Performance "Please Come Home"– Gary Clark Jr. "Get It Right" – Fantasia "Quiet Fire" – Maysa "Hey Laura" – Gregory Porter "Yesterday'" – Ryan Shaw Best R&B Song "Pusher Love Girl" James Fauntleroy, Jerome Harmon, Timothy Mosley & Justin Timberlake, songwriters (Justin Timberlake) "Best of Me" Anthony Hamilton & Jairus Mozee, songwriters (Anthony Hamilton) "Love and War" Tamar Braxton, Darhyl Camper Jr., LaShawn Daniels & Makeba Riddick, songwriters (Tamar Braxton) "Only One" PJ Morton, songwriter (PJ Morton & Stevie Wonder) "Without Me" Fantasia, Missy Elliott, Al Sherrod Lambert, Harmony Samuels & Kyle Stewart, songwriters (Fantasia featuring Kelly Rowland & Missy Elliott) Best Urban Contemporary Album Unapologetic – Rihanna Love and War – Tamar Braxton Side Effects of You – Fantasia One: In the Chamber – Salaam Remi New York: A Love Story – Mack Wilds Best R&B Album Girl on Fire – Alicia Keys R&B Divas – Faith Evans Love in the Future – John Legend Better – Chrisette Michele Three Kings – TGT Best Rap Performance "Thrift Shop" – Macklemore & Ryan Lewis featuring Wanz "Swimming Pools (Drank)" – Kendrick Lamar "Berzerk" – Eminem "Started from the Bottom" – Drake "Tom Ford" – Jay-Z Best Rap/Sung Collaboration "Holy Grail" – Jay-Z & Justin Timberlake "Now or Never" – Kendrick Lamar & Mary J. Blige "Power Trip" – J. Cole & Miguel "Remember You" – Wiz Khalifa & The Weeknd "Part II (On the Run)" – Jay-Z & Beyoncé Best Rap Song "Thrift Shop" Ben Haggerty & Ryan Lewis, songwriters (Macklemore & Ryan Lewis featuring Wanz) "F**in' Problems" Tauheed Epps, Aubrey Graham, Kendrick Lamar, Rakim Mayers & Noah Shebib, songwriters (ASAP Rocky featuring Drake, 2 Chainz & Kendrick Lamar) "Holy Grail" Shawn Carter, Terius Nash, J. Harmon, Timothy Mosley, Justin Timberlake & Ernest Wilson, songwriters (Kurt Cobain, Dave Grohl & Krist Novoselic, songwriters) (Jay-Z & Justin Timberlake) "New Slaves" Christopher Breaux, Ben Bronfman, Mike Dean, Louis Johnson, Malik Jones, Elon Rutberg, Sakiya Sandifer, Che Smith, Kanye West & Cydell Young, songwriters (Anna Adamis & Gabor Presser, songwriters) (Kanye West) "Started from the Bottom" W. Coleman, Aubrey Graham & Noah Shebib, songwriters (Bruno Sanfilippo, songwriter) (Drake) Best Rap Album The Heist – Macklemore & Ryan Lewis Nothing Was the Same – Drake good kid, m.A.A.d city – Kendrick Lamar Magna Carta... Holy Grail – Jay-Z Yeezus – Kanye West Best Country Solo Performance "Wagon Wheel" – Darius Rucker "I Drive Your Truck" – Lee Brice "I Want Crazy" – Hunter Hayes "Mama's Broken Heart" – Miranda Lambert "Mine Would Be You" – Blake Shelton Best Country Duo/Group Performance "From This Valley" – The Civil Wars "Don't Rush" – Kelly Clarkson & Vince Gill "Your Side of the Bed" – Little Big Town "Highway Don't Care" – Tim McGraw, Taylor Swift & Keith Urban "You Can't Make Old Friends" – Kenny Rogers & Dolly Parton Best Country Song "Merry Go 'Round" Shane McAnally, Kacey Musgraves & Josh Osborne, songwriters (Kacey Musgraves) "Begin Again" Taylor Swift, songwriter (Taylor Swift) "I Drive Your Truck" Jessi Alexander, Connie Harrington & Jimmy Yeary, songwriters (Lee Brice) "Mama's Broken Heart" Brandy Clark, Shane McAnally & Kacey Musgraves, songwriters (Miranda Lambert) "Mine Would Be You" Jessi Alexander, Connie Harrington & Deric Ruttan, songwriters (Blake Shelton) Best Country Album Same Trailer Different Park – Kacey Musgraves Night Train – Jason Aldean Two Lanes of Freedom – Tim McGraw Based on a True Story... – Blake Shelton Red – Taylor Swift Best New Age Album Love's River – Laura Sullivan Lux – Brian Eno Illumination – Peter Kater Final Call – Kitaro Awakening The Fire – R. Carlos Nakai & Will Clipman Best Improvised Jazz Solo "Orbits" – Wayne Shorter, soloist "Don't Run" – Terence Blanchard, soloist "Song for Maura" – Paquito D'Rivera, soloist "Song Without Words #4: Duet" – Fred Hersch, soloist "Stadium Jazz" – Donny McCaslin, soloist Best Jazz Vocal Album Liquid Spirit – Gregory Porter The World According to Andy Bey – Andy Bey Attachments – Lorraine Feather WomanChild – Cécile McLorin Salvant After Blue – Tierney Sutton Best Jazz Instrumental Album Money Jungle: Provocative in Blue – Terri Lyne Carrington Guided Tour – The New Gary Burton Quartet Life Forum – Gerald Clayton Pushing the World Away – Kenny Garrett Out Here – Christian McBride Trio Best Large Jazz Ensemble Album Night in Calisia – Randy Brecker, Włodek Pawlik Trio & Kalisz Philharmonic Brooklyn Babylon – Darcy James Argue's Secret Society Wild Beauty – Brussels Jazz Orchestra featuring Joe Lovano March Sublime – Alan Ferber Intrada – Dave Slonaker Big Band Best Latin Jazz Album Song for Maura – Paquito D'Rivera and Trio Corrente La Noche Más Larga – Buika Yo – Roberto Fonseca Egg_n – Omar Sosa Latin Jazz-Jazz Latin – Wayne Wallace Latin Jazz Quintet Best Gospel/Contemporary Christian Music Performance "Break Every Chain" (Live) – Tasha Cobbs "Hurricane" – Natalie Grant "Lord, I Need You" – Matt Maher "If He Did It Before... Same God" (Live) – Tye Tribbett "Overcomer" – Mandisa Best Gospel Song "If He Did It Before... Same God" (Live) Tye Tribbett, songwriter (Tye Tribbett) "Deitrick Haddon" Calvin Frazier & Deitrick Haddon, songwriters (Deitrick Haddon) "If I Believe" Wirlie Morris, Michael Paran, Charlie Wilson & Mahin Wilson, songwriters (Charlie Wilson) "A Little More Jesus" Erica Campbell and Tina Campbell & Warryn Campbell, songwriters (Erica Campbell) "Still" Percy Bady, songwriter (Percy Bady featuring Lowell Pye) Best Contemporary Christian Music Song "Overcomer" David Garcia, Ben Glover & Christopher Stevens, songwriters (Mandisa) "Hurricane" Matt Bronleewe, Natalie Grant & Cindy Morgan, songwriters (Natalie Grant) "Love Take Me Over" Steven Curtis Chapman, songwriter (Steven Curtis Chapman) "Speak Life" Toby McKeehan, Jamie Moore & Ryan Stevenson, songwriters (Tobymac) "Whom Shall I Fear (God of Angel Armies)" Ed Cash, Scott Cash & Chris Tomlin, songwriters (Chris Tomlin) "In God's Time" – Tehrah Best Gospel Album Greater Than (Live) – Tye Tribbett Grace (Live) – Tasha Cobbs Best For Last: 20 Year Celebration Vol. 1 (Live) – Donald Lawrence Best Days Yet – Bishop Paul S. Morton God Chaser (Live) – William Murphy Best Contemporary Christian Music Album Overcomer – Mandisa We Won't Be Shaken – Building 429 All the People Said Amen (Live) – Matt Maher Your Grace Finds Me (Live) – Matt Redman Burning Lights – Chris Tomlin Best Latin Pop Album Vida – Draco Rosa Faith, Hope y Amor – Frankie J Viajero Frecuente – Ricardo Montaner Syntek – Aleks Syntek 12 Historias – Tommy Torres Best Latin Rock Urban or Alternative Album Treinta Días – La Santa Cecilia El Objeto Antes Llamado Disco – Café Tacuba Ojo Por Ojo – El Tri Chances – Illya Kuryaki and the Valderramas Repeat After Me – Los Amigos Invisibles Best Regional Mexican Music Album (Including Tejano) A Mi Manera – Mariachi Divas de Cindy Shea El Free – Banda Los Recoditos En Peligro De Extinción – Intocable Romeo y Su Nieta – Paquita la del Barrio 13 Celebrando El 13 – Joan Sebastian Best Tropical Latin Album Pacific Mambo Orchestra – Pacific Mambo Orchestra 3.0 – Marc Anthony Como Te Voy A Olvidar – Los Angeles Azules Sergio George Presents Salsa Giants – Various Artists Corazón Profundo – Carlos Vives Best American Roots Song "Love Has Come For You" Edie Brickell & Steve Martin, songwriters (Steve Martin & Edie Brickell) "Build Me Up From Bones" Sarah Jarosz, songwriter (Sarah Jarosz) "Invisible" Steve Earle, songwriter (Steve Earle & The Dukes (& Duchesses)) "Keep Your Dirty Lights On" Tim O'Brien & Darrell Scott, songwriters (Tim O'Brien and Darrell Scott) "Shrimp Po-Boy, Dressed" Allen Toussaint, songwriter (Allen Toussaint) Best Americana Album Old Yellow Moon — Emmylou Harris & Rodney Crowell Love Has Come for You — Steve Martin & Edie Brickell Buddy and Jim — Buddy Miller and Jim Lauderdale One True Vine — Mavis Staples Songbook — Allen Toussaint Best Bluegrass Album The Streets of Baltimore — Del McCoury Band It's Just a Road — The Boxcars Brothers of the Highway — Dailey & Vincent This World Oft Can Be — Della Mae Three Chords and the Truth — James King Best Blues Album Get Up! — Ben Harper With Charlie Musselwhite Remembering Little Walter — Billy Boy Arnold, Charlie Musselwhite, Mark Hummel, Sugar Ray Norcia & James Harman Cotton Mouth Man — James Cotton Seesaw — Beth Hart with Joe Bonamassa Down In Louisiana — Bobby Rush Best Folk Album My Favorite Picture of You — Guy Clark Sweetheart of the Sun — The Greencards Build Me Up from Bones — Sarah Jarosz The Ash & Clay — The Milk Carton Kids They All Played for Us: Arhoolie Records 50th Anniversary Celebration — Various Artists; Chris Strachwitz, producer Best Regional Roots Music Album Dockside Sessions — Terrance Simien & The Zydeco Experience The Life & Times Of...The Hot 8 Brass Band — Hot 8 Brass Band Hula Ku'i — Kahulanui Le Fou — Zachary Richard Apache & Crown Dance Songs — Joe Tohonnie Jr. Best Reggae Album Ziggy Marley In Concert – Ziggy Marley Reincarnated – Snoop Lion One Love, One Life – Beres Hammond The Messiah – Sizzla Reggae Connection – Sly & Robbie and the Jam Masters Best World Music Album Savor Flamenco – Gipsy Kings Live: Singing for Peace Around the World – Ladysmith Black Mambazo (tie) No Place for My Dream – Femi Kuti The Living Room Sessions Part 2 – Ravi Shankar Best Children's Album Throw a Penny in the Wishing Well – Jennifer Gasoi Blue Clouds – Elizabeth Mitchell & You Are My Flower The Mighty Sky – Beth Nielsen Chapman Recess – Justin Roberts Singing Our Way Through: Songs for the World's Bravest Kids – Alastair Moock & Friends Best Spoken Word Album (Includes Poetry, Audio Books & Story Telling) America Again: Re-becoming The Greatness We Never Weren't – Stephen Colbert Carrie and Me – Carol Burnett Let's Explore Diabetes with Owls – David Sedaris Still Foolin' 'Em – Billy Crystal The Storm King – Pete Seeger Best Comedy Album Calm Down Gurrl – Kathy Griffin I'm Here to Help – Craig Ferguson A Little Unprofessional – Ron White Live – Tig Notaro That's What I'm Talkin' About – Bob Saget Best Musical Theater Album Kinky Boots Billy Porter & Stark Sands, principal soloists; Sammy James Jr., Cyndi Lauper, Stephen Oremus & William Wittman, producers; Cyndi Lauper, composer & lyricist (Original Broadway Cast) Matilda the Musical Bertie Carvel, Sophia Gennusa, Laurence, Bailey Ryon, Miley Shapiro & Lauren Ward, principal soloists; Michael Croiter, Van Dean & Chris Nightingale, producers; Tim Minchin, composer & lyricist (Original Broadway Cast) Motown: The Musical Brandon Victor Dixon & Valisia Lakae, principal soloists; Frank Filipetti & Ethan Popp, producers (Robert Bateman, Al Cleveland, Georgia Dobbins, Lamont Dozier, William Garrett, Marvin Gaye, Berry Gordy, Freddie Gorman, Cornelius Grant, Brian Holland, Ivy Jo Hunter, Michael Lovesmith, Alphonzo Mizell, Freddie Perren, Deke Richards, William Stevenson, Norman Whitfield & Stevie Wonder, composers; Nickolas Ashford, Marvin Gaye, Berry Gordy, Lula Mae Hardaway, Eddie Holland, Michael Lovesmith, Deke Richards, Smokey Robinson, Barrett Strong, Ronald White, Stevie Wonder & Syreeta Wright, lyricists) (Original Broadway Cast) Best Compilation Soundtrack for Visual Media Sound City: Real to Reel – Dave Grohl & Various Artists Django Unchained – Various Artists The Great Gatsby (Deluxe Edition) – Various Artists Les Misérables (Deluxe Edition) – Various Artists Muscle Shoals – Various Artists Best Score Soundtrack for Visual Media Skyfall Thomas Newman, composer Argo Alexandre Desplat, composer The Great Gatsby Craig Armstrong, composer Life of Pi Mychael Danna, composer Lincoln John Williams, composer Zero Dark Thirty Alexandre Desplat, composer Best Song Written for Visual Media "Skyfall" (from Skyfall) Adele Adkins & Paul Epworth, songwriters (Adele) "Atlas" (from The Hunger Games: Catching Fire) Guy Berryman, Jonny Buckland, Will Champion & Chris Martin, songwriters (Coldplay) "Silver Lining (Crazy 'Bout You)" (from Silver Linings Playbook) Diane Warren, songwriter (Jessie J) "We Both Know" (from Safe Haven) Colbie Caillat & Gavin DeGraw, songwriters (Colbie Caillat featuring Gavin DeGraw) "Young and Beautiful" (from The Great Gatsby) Lana Del Rey & Rick Nowels, songwriters (Lana Del Rey) "You've Got Time" (from Orange Is the New Black) Regina Spektor, songwriter (Regina Spektor) Best Instrumental Composition "Pensamientos For Solo Alto Saxophone And Chamber Orchestra" Clare Fischer, composer (The Clare Fischer Orchestra) " Away" Chuck Owen, composer (Chuck Owen & The Jazz Surge) "California Pictures For String Quartet" Gordon Goodwin, composer (Quartet San Francisco) "Koko On The Boulevard" Scott Healy, composer (Scott Healy Ensemble) "String Quartet No. 1: Funky Diversion In Three Parts" Vince Mendoza, composer (Quartet San Francisco) Best Instrumental Arrangement "On Green Dolphin Street" Gordon Goodwin, arranger (Gordon Goodwin's Big Phat Band) "Invitation" Kim Richmond, arranger (The Kim Richmond Concert Jazz Orchestra) "Side Hikes – A Ridge Away" Chuck Owen, arranger (Chuck Owen & The Jazz Surge) "Skylark" Nan Schwartz, arranger (Amy Dickson) "Wild Beauty" Gil Goldstein, arranger (Brussels Jazz Orchestra Featuring Joe Lovano) Best Instrumental Arrangement Accompanying Vocalist(s) "Swing Low" Gil Goldstein, arranger (Bobby McFerrin & Esperanza Spalding) "La Vida Nos Espera" Nan Schwartz, arranger (Gian Marco) "Let's Fall In Love" Chris Walden, arranger (Calabria Foti Featuring Seth MacFarlane) "The Moon's A Harsh Mistress" John Hollenbeck, arranger (John Hollenbeck) "What A Wonderful World" Shelly Berg, arranger (Gloria Estefan) Best Recording Package Long Night Moon Sarah Dodds & Shauna Dodds, art directors (Reckless Kelly) Automatic Music Can Be Fun Mike Brown, Zac Decamp, Brian Grunert & Annie Stoll, art directors (Geneseo) Magna Carta... Holy Grail Brian Roettinger, art director (Jay-Z) Metallica Through The Never (Music From The Motion Picture) Bruce Duckworth, Sarah Moffat & David Turner, art directors (Metallica) The Next Day Jonathan Barnbrook, art director (David Bowie) Best Boxed or Special Limited Edition Package Wings Over America (Deluxe Edition) Simon Earith & James Musgrave, art directors (Paul McCartney and Wings) The Brussels Affair Charles Dooher & Scott Sandler, art directors (The Rolling Stones) How Do You Do (Limited Edition Box Set) Mayer Hawthorne, art director (Mayer Hawthorne) The Road To Red Rocks (Special Edition) Ross Stirling, art director (Mumford & Sons) The Smith Tapes Masaki Koike, art director (Various Artists) Best Album Notes Afro Blue Impressions (Remastered & Expanded) Neil Tesser, album notes writer (John Coltrane) Call It Art 1964–1965 Ben Young, album notes writer (New York Art Quartet) Electric Music for the Mind and Body Alec Palao, album notes writer (Country Joe and the Fish) Stravinsky: Le Sacre Du Printemps Jonathan Cott, album notes writer (Leonard Bernstein & New York Philharmonic) 360 Sound: The Columbia Records Story Sean Wilentz, album notes writer (various artists) Work Hard, Play Hard, Pray Hard: Hard Time, Good Time & End Time Music, 1923–1936 Nathan Salsburg, album notes writer (various artists) Best Historical Album Charlie Is My Darling – Ireland 1965 (tie) Teri Landi, Andrew Loog Oldham & Steve Rosenthal, compilation producers; Bob Ludwig, mastering engineer (The Rolling Stones) The Complete Sussex And Columbia Albums (tie) Leo Sacks, compilation producer; Joseph M. Palmaccio, Tom Ruff & Mark Wilder, mastering engineers (Bill Withers) Call It Art 1964–1965 Joe Lizzi & Ben Young, compilation producers; Steve Fallone, Joe Lizzi & Ben Young, mastering engineers (New York Art Quartet) Pictures Of Sound: One Thousand Years Of Educed Audio: 980–1980 Patrick Feaster & Steven Ledbetter, compilation producers; Michael Graves, mastering engineer (Various Artists) Wagner: Der Ring Des Nibelungen (Deluxe Edition) Philip Siney, compilation producer; Ben Turner, mastering engineer (Sir Georg Solti) Best Engineered Album, Non-Classical Random Access Memories Peter Franco, Mick Guzauski, Florian Lagatta & Daniel Lerner, engineers; Bob Ludwig, mastering engineer (Daft Punk) Annie Up Chuck Ainlay, engineer; Bob Ludwig, mastering engineer (Pistol Annies) The Blue Room Helik Hadar & Leslie Ann Jones, engineers; Bernie Grundman, mastering engineer (Madeleine Peyroux) The Devil Put Dinosaurs Here Paul Figueroa & Randy Staub, engineers; Ted Jensen, mastering engineer (Alice in Chains) ...Like Clockwork Joe Barresi & Mark Rankin, engineers; Gavin Lurssen, mastering engineer (Queens of the Stone Age) The Moorings Trina Shoemaker, engineer; Eric Conn, mastering engineer (Andrew Duhon) Producer of the Year, Non-Classical Pharrell Williams "BBC" (Jay-Z) "Blurred Lines" (Robin Thicke featuring T.I. & Pharrell) "Happy" (Pharrell Williams) "I Can't Describe (The Way I Feel)" (Jennifer Hudson featuring T.I.) "Nuclear" (Destiny's Child) "Oceans" (Jay-Z featuring Frank Ocean) "Reach Out Richard" (Mayer Hawthorne) "The Stars Are Ours" (Mayer Hawthorne) Rob Cavallo All That Echoes (Josh Groban) "Bright Lights" (Gary Clark Jr.) ¡Dos! (Green Day) "If I Loved You" (Delta Rae featuring Lindsey Buckingham) "Love They Say" (Tegan and Sara) "Things Are Changin'" (Gary Clark Jr.) ¡Tré! (Green Day) "When My Train Pulls In" (Gary Clark Jr.) "You've Got Time" (Regina Spektor) Dr. Luke Bounce It (Juicy J Featuring Wale & Trey Songz) "Crazy Kids" (Kesha) "Fall Down (will.i.am featuring Miley Cyrus) "Give It 2 U" (Robin Thicke featuring Kendrick Lamar) "Roar" (Katy Perry) "Rock Me" (One Direction) "Wrecking Ball" (Miley Cyrus) "Play it Again" (Becky G) Ariel Rechtshaid Days Are Gone (Haim) "Everything Is Embarrassing" (Sky Ferreira) "Lost in My Bedroom" (Sky Ferreira) Modern Vampires of the City (Vampire Weekend) Reincarnated (Snoop Lion) True Romance (Charli XCX) "You're No Good" (Major Lazer featuring Santigold, Vybz Kartel, Danielle Haim and Yasmin) Jeff Tweedy The Invisible Way (Low) One True Vine (Mavis Staples) Wassaic Way (Sarah Lee Guthrie & Johnny Irion) Best Remixed Recording, Non-Classical "Summertime Sadness" (Cedric Gervais Remix) Cedric Gervais, remixer (Lana Del Rey) "Days Turn Into Nights" (Andy Caldwell Remix) Andy Caldwell, remixer (Delerium featuring Michael Logen) "If I Lose Myself" (Alesso Vs. OneRepublic) Alesso, remixer (OneRepublic) "Locked Out of Heaven" (Sultan + Ned Shepard Remix) Sultan & Ned Shepard, remixers (Bruno Mars) "One Love/People Get Ready" (Photek Remix) Rupert Parkes, remixer (Bob Marley and the Wailers) Best Surround Sound Album Live Kisses Al Schmitt, surround mix engineer; Tommy LiPuma, surround producer (Paul McCartney) Sailing the Seas of Cheese (Deluxe Edition) Les Claypool & Jason Mills, surround mix engineers; Stephen Marcussen, surround mastering engineer; Les Claypool & Jeff Fura, surround producers (Primus) Signature Sound Opus One Leslie Ann Jones, surround mix engineer; Michael Romanowski, surround mastering engineer; Herbert Waltl, surround producer (various artists) Sixteen Sunsets Jim Anderson, surround mix engineer; Darcy Proper, surround mastering engineer; Jim Anderson & Jane Ira Bloom, surround producers (Jane Ira Bloom) Sprung Rhythm Daniel Shores, surround mix engineer; Daniel Shores, surround mastering engineer; Dan Merceruio, surround producer (Richard Scerbo & Inscape) Best Engineered Album, Classical Winter Morning Walks David Frost, Brian Losch & Tim Martyn, engineers; Tim Martyn, mastering engineer (Dawn Upshaw, Maria Schneider, Australian Chamber Orchestra & Saint Paul Chamber Orchestra) Hymn to the Virgin Morten Lindberg, engineer (Tone Bianca, Sparre Dahl, & Schola Cantorum) La Voie Triomphale Morten Lindberg, engineer (Ole Kristian Ruud & Staff Band of the Norwegian Armed Forces) Roomful of Teeth Mark Donahue & Jesse Lewis, engineers (Brad Wells & Roomful of Teeth) Vinci: Artaserse Hans-Martin Renz, Wolfgang Rixius & Ulrich Ruscher, engineers (Diego Fasolis, Philippe Jaroussky, Max Emanuel Cenčić, Daniel Behle, Franco Fagioli, Valer Barna-Sabadus, Yuriy Mynenko & Concerto Köln) Producer of the Year, Classical David Frost Andres: Home Stretch (Timo Andres, Andrew Cyr & Metropolis Ensemble) Angel Heart, A Music Storybook (Matt Haimovitz & Uccello) Beethoven: Piano Sonatas, Vol. 2 (Jonathan Biss) Ben-Haim: Chamber Works (ARC Ensemble) Celebrating The American Spirit (Judith Clurman & Essential Voices USA) Elgar: Enigma Variations; Vaughan Williams: The Wasps; Greensleeves (Michael Stern & Kansas City Symphony) Guilty Pleasures (Renée Fleming, Sebastian Lang-Lessing & Philharmonia Orchestra) Verdi: Otello (Riccardo Muti, Aleksandrs Antonenko, Krassimira Stoyanova, Carlo Guelfi, Chicago Symphony Chorus & Chicago Symphony Orchestra) Winter Morning Walks (Dawn Upshaw, Maria Schneider, Australian Chamber Orchestra & St. Paul Chamber Orchestra) Manfred Eicher Beethoven: Diabelli-Variationen (András Schiff) Canto Oscuro (Anna Gourari) Pärt: Adam's Lament (Tõnu Kaljuste, Latvian Radio Choir, Vox Clamantis, Sinfonietta Riga, Estonian Philharmonic Chamber Choir & Tallinn Chamber Orchestra) Tabakova: String Paths (Maxim Rysanov) Marina A. Ledin, Victor Ledin Bizet: Symphony In C; Jeux D'Enfants; Variations Chromatiques (Martin West & San Francisco Ballet Orchestra) Traveling Sonata – European Music For Flute & Guitar (Viviana Guzmán & Jérémy Jouve) Voyages (Conrad Tao) Zia (Del Sol String Quartet) James Mallinson Berlioz: Grande Messe Des Morts (Colin Davis, London Symphony Chorus, London Philharmonic Choir & London Symphony Orchestra) Bloch: Symphony In C-Sharp Minor & Poems Of The Sea (Dalia Atlas & London Symphony Orchestra) Fauré: Requiem; Bach: Partita, Chorales & Ciaccona (Nigel Short, Tenebrae & London Symphony Orchestra Chamber Ensemble) Nielsen: Symphonies Nos. 2 & 3 (Colin Davis & London Symphony Orchestra) Wagner: Das Rheingold (Valery Gergiev, René Pape, Stephan Rügamer, Nikolai Putilin & Mariinsky Orchestra) Wagner: Die Walküre (Valery Gergiev, Anja Kampe, Jonas Kaufmann, René Pape, Nina Stemme & Mariinsky Orchestra) Weber: Der Freischütz (Colin Davis, Christine Brewer, Sally Matthews, Simon O'Neill, London Symphony Chorus & London Symphony Orchestra) Jay David Saks Adams: Nixon in China (John Adams, Russell Braun, Ginger Costa-Jackson, James Maddalena, Janis Kelly, Richard Paul Fink, Robert Brubaker, Kathleen Kim, Metropolitan Opera Chorus and Orchestra) Adès: The Tempest (Thomas Adès, Audrey Luna, Isabel Leonard, Alan Oke, Simon Keenlyside, Metropolitan Opera Chorus & Orchestra) The Enchanted Island (William Christie, Joyce DiDonato, David Daniels, Danielle De Niese, Luca Pisaroni, Lisette Oropesa, Plácido Domingo, Metropolitan Opera Orchestra & Chorus) Handel: Rodelinda (Harry Bicket, Renée Fleming, Andreas Scholl, Joseph Kaiser, Stephanie Blythe, Iestyn Davies, Shenyang & The Metropolitan Opera Orchestra) Live At Carnegie Hall (James Levine, Evgeny Kissin & The Metropolitan Opera Orchestra) Verdi: Rigoletto (Michele Mariotti, Željko Lučić, Diana Damrau, Piotr Beczała, Oksana Volkova, Štefan Kocán, The Metropolitan Opera Orchestra & Chorus) Best Orchestral Performance Sibelius: Symphonies Nos. 1 & 4 Osmo Vänskä (conductor), Minnesota Orchestra Atterberg: Orchestral Works Vol. 1 Neeme Järvi (conductor), Gothenburg Symphony Orchestra Lutoslawski: Symphony No. 1 Esa-Pekka Salonen (conductor), Los Angeles Philharmonic Schumann: Symphony No. 2; Overtures Manfred & Genoveva Claudio Abbado (conductor), Orchestra Mozart Stravinsky: Le Sacre du Printemps Simon Rattle (conductor), Berliner Philharmoniker Best Opera Recording Adès: The Tempest Thomas Adès (conductor); Simon Keenlyside, Isabel Leonard, Audrey Luna, Alan Oke (soloists); Luisa Bricetti and Victoria Warivonchick (producers) Britten: The Rape of Lucretia Oliver Knussen (conductor); Ian Bostridge, Peter Coleman-Wright, Susan Gritton, Angelika Kirchschlager (soloists); John Fraser (producer) Kleiberg: David and Bathsheba Tõnu Kaljuste (conductor); Anna Eimarsson and Johannes Weisser (soloists); Morten Lindberg (producer) Vinci: Artaserse Diego Fasolis (conductor); Valer Barna-Sabadus, Daniel Behle, Max Emanuel Cenčić, Franco Fagioli, Philippe Jaroussky (soloists); Ulrich Russcher (producer) Wagner: Der Ring des Nibelungen Christian Thielemann (conductor); Katarina Dalayman, Albert Dohmen, Stephen Gould, Eric Halfvarson, Linda Watson (soloists); Ohmar Eichinger (producer) Best Choral Performance Performers who are not eligible for an award (such as orchestras, soloists or choirs) are mentioned in parentheses Pärt: Adam's Lament Tõnu Kaljuste (conductor) (with Tui Hirv & Rainer Vilu; Estonian Philharmonic Chamber Choir; Sinfonietta Riga & Tallinn Chamber Orchestra; Latvian Radio Choir & Vox Clamantis) Berlioz: Grande Messe de Morts Colin Davis (conductor) (with Barry Banks, London Symphony Orchestra, London Philharmonic Choir and London Symphony Chorus) Parry: Works for Chorus & Orchestra Neeme Järvi (conductor), Adrian Partington (chorus master) (with Amanda Roocroft, BBC National Orchestra of Wales and BBC National Chorus of Wales) Whitbourn: Annelies James Jordan (conductor) (with Arianna Zukerman, The Lincoln Trio and the Westminster Williamson Voices) Palestrina: Volume 3 Harry Christophers (conductor) (with The Sixteen) Best Chamber Music/Small Ensemble Performance Roomful of Teeth Brad Wells & Roomful of Teeth Beethoven: Violin Sonatas Leonidas Kavakos & Enrico Pace Cage: The 10,000 Things Vicki Ray, William Winant, Aron Kallay & Tom Peters Duo Hélène Grimaud & Sol Gabetta Times Go By Turns New York Polyphony Best Classical Instrumental Solo Corigliano: Conjurer – Concerto for Percussionist & String Orchestra Evelyn Glennie (soloist), David Alan Miller (conductor) Bartók, Eötvös & Ligeti Patricia Kopatchinskaja (soloist), Peter Eötvös (conductor) The Edge of Light Gloria Cheng Lindberg: Piano Concerto No. 2 Yefim Bronfman (soloist), Alan Gilbert (conductor) Salonen: Violin Concerto; Nyx Leila Josefowicz (soloist), Esa-Pekka Salonen (conductor) Schubert: Piano Sonatas D. 845 & D. 960 Maria João Pires Best Classical Vocal Solo Winter Morning Walks Dawn Upshaw Drama Queens Joyce DiDonato Mission Cecilia Bartoli Schubert: Winterreise Christoph Prégardien Wagner Jonas Kaufmann Best Classical Compendium Hindemith: Violinkonzert; Symphonic; Konzertmusik Christoph Eschenbach (conductor) Holmboe: Concerto Dima Slobodeniouk (conductor), Preben Iwan (producer) Tabakova: String Paths Maxim Rysanov (conductor), Manfred Eicher (producer) Best Classical Contemporary Composition Winter Morning Walks Maria Schneider Piano Concerto No. 2 Magnus Lindberg Adam's Lament Arvo Pärt Violin Concerto Esa-Pekka Salonen Partita for 8 Voices Caroline Shaw Best Music Video "Suit & Tie" – Justin Timberlake & Jay-Z David Fincher, video director; Timory King, video producer "Safe and Sound" – Capital Cities Grady Hall, video director; Buddy Enright, video producer; Daniel Weisman, video producer; Danny Lockwood, video producer "Picasso Baby: A Performance Art Film" – Jay-Z Mark Romanek, video director; Shawn Carter & Aristides McGarry, video producers "Can't Hold Us" – Macklemore & Ryan Lewis featuring Ray Dalton Jon Jon Augustavo, Jason Koenig & Ryan Lewis, video directors; Tricia Davis, Honna Kimmerer & Jenny Koenig, video producers "I'm Shakin'" – Jack White Dori Oskowitz, video director; Raquel Costello, video producer Best Music Film Live Kisses – Paul McCartney Jonas Åkerlund, video director; Violaine Etienne, Aron Levine & Scott Rodger, video producers Live 2012 – Coldplay Paul Dugdale, video director; Jim Parsons, video producer ¡Cuatro! – Green Day Tim Wheeler, video director; Tim Lynch, video producer I'm in I'm out and I'm Gone: The Making of Get Up! – Ben Harper with Charlie Musselwhite Danny Clinch, video director; Ben Harper, video producer The Road to Red Rocks – Mumford & Sons Nicolas Jack Davies & Frederick Scott, video directors; Dan Bowen, video producer Carole King[12] The Beatles[23] Clifton Chenier The Isley Brothers Kraftwerk Kris Kristofferson Armando Manzanero Maud Powell Rick Hall[23] Jim Marshall Ennio Morricone Emile Berliner Lexicon Kent Knappenberger (of Westfield Academy and Central School in Westfield, New York) Main article: Grammy Hall of Fame Title Artist Record Label Year of Release Genre Format After the Gold Rush Neil Young and Crazy Horse Reprise 1970 Folk Rock Album All Things Must Pass George Harrison Apple 1970 Rock Album The Chicago Transit Authority Chicago Columbia 1969 Progressive Rock Album Cosmo's Factory Creedence Clearwater Revival Fantasy 1970 Rock Album Doc Watson Doc Watson Vanguard 1964 Folk Album "Fortunate Son" Creedence Clearwater Revival Fantasy 1969 Rock Single "Georgia on My Mind" Hoagy Carmichael & his Orchestra (featuring Bix Beiderbecke on Cornet) Victor 1930 Jazz Single "Get Up (I Feel Like Being a) Sex Machine" James Brown King 1970 Funk Single "Honky Tonk Women" The Rolling Stones London 1969 Hard Rock Single "Jolene" Dolly Parton RCA Nashville 1973 Country Pop Single The Joshua Tree U2 Island 1987 Rock Album Kristofferson Kris Kristofferson Monument 1970 Country Album "Low Rider" War United Artists 1975 Funk Single Mary Poppins Cast including Julie Andrews, Dick Van Dyke, David Tomlinson, Karen Dotrice, Matthew Garber and others Walt Disney 1964 Soundtrack Album "Nobody Knows the Trouble I've Seen" Louis Armstrong Decca 1938 Negro Spiritual Single "Raindrops Keep Fallin' on My Head" B. J. Thomas Scepter 1969 Easy Listening Single "Rapper's Delight" The Sugarhill Gang Sugar Hill 1979 Old-school hip hop Single Relaxin' with the Miles Davis Quintet Miles Davis & his Quintet Prestige 1958 Jazz Album "The Revolution Will Not Be Televised" Gil Scott-Heron Flying Dutchman 1971 Funk Single "Strange Things Happening Every Day" Sister Rosetta Tharpe Decca 1944 Negro Spiritual Single "Sweet Home Chicago" Robert Johnson Vocalion 1936 Blues Single "3 O'Clock Blues" B.B. King RPM 1951 R&B Single "Under the Boardwalk" The Drifters Atlantic 1964 Pop Single "Walk This Way" Run-D.M.C. featuring Aerosmith Profile 1986 Rap Rock Single "(What a) Wonderful World" Sam Cooke Keen 1960 R&B Single Woodstock: Music from the Original Soundtrack and More Various Artists including John Sebastian, Joan Baez, and Crosby, Stills, Nash & Young Cotillion 1970 Soundtrack Album "Yardbird Suite" Charlie Parker & his Septet Dial 1946 Bebop Single The following people appeared in the In Memoriam segment:[24][25] Van Cliburn George Jones Ray Price Eydie Gormé Annette Funicello Richie Havens Ray Manzarek Alvin Lee Dennis Frederiksen Andy Johns Sid Bernstein Al Coury Marian McPartland Cedar Walton Gloria Lynne George Duke Bebo Valdés Chico Hamilton Donald Shirley Colin Davis Stanley Solow Bobby Bland Morris Holt Larry Monroe Chris Kelly Lord Infamous Junior Murvin Hugh McCracken Ricky Lawson Mike Shipley Tompall Glaser Jack Greene Cowboy Jack Clement Slim Whitman Jody Payne Steven Fromholz Mindy McCready Jim Foglesong Sherman Halsey JJ Cale Peter Rauhofer Chi Cheng Chet Flippo Paul Williams (Crawdaddy! creator) Steve Jones Marvin Junior Bobby Smith Deke Richards Cordell Mosson Bobby Martin Jerry Boulding George Beverly Shea Cleotha Staples Patti Webster Phil Ramone Polly Anthony Mel Ilberman Jules Kurz Donald Engel Jonathan Winters Tony Sheridan Jerry G. Bishop Larry Lujack Sara Montiel Oralia Domínguez Juan Carlos Calderón Risë Stevens János Starker Claudio Abbado Yusef Lateef Donald Byrd Roy Campbell Jr. Cory Monteith Randy Ostin Milt Olin Ed Shaughnessy Al Porcino Norman Winter Oscar Castro-Neves Jim Hall Frank Wess Ray Dolby Amar Bose Mort Nasatir Lou Reed Alan Myers Phil Everly The following artists received multiple nominations: Nine: Jay-Z Seven: Kendrick Lamar, Macklemore & Ryan Lewis, Justin Timberlake, Pharrell Williams Five: Daft Punk, Drake, Bob Ludwig Four: Lorde, Bruno Mars, Kacey Musgraves, Taylor Swift, Three: Jeff Bhasker, Black Sabbath, Tamar Braxton, Fantasia, Peter Franco, Dave Grohl, Mick Guzauski, Florian Lagatta, Daniel Lerner, Manny Marroquin, Charlie Musselwhite, Nile Rodgers, Robin Thicke, Tye Tribbett, Tehrah Two: Jessi Alexander, Sara Bareilles, Mary J. Blige, David Bowie, Edie Brickell, Rob Caggiano, Gary Clark Jr., Tasha Cobbs, Coldplay, Ray Dalton, Lana Del Rey, Alexandre Desplat, Dr. Luke, Natalie Grant, Dave Grohl, Anthony Hamilton, Ben Harper, Connie Harrington, Calvin Harris, Imagine Dragons, Sarah Jarosz, Kaskade, Mary Lambert, Led Zeppelin, Ari Levine, Joel Little, Matt Maher, Mandisa, Max Martin, Steve Martin, Shane McAnally, Paul McCartney, Tim McGraw, Miguel, Katy Perry, P!nk, Gregory Porter, Queens of the Stone Age, Rihanna, Nate Ruess, Noah Shebib, Ed Sheeran, Blake Shelton, T.I., Timbaland, Chris Tomlin, Allen Toussaint, Wanz, Kanye West, Jack White The following artists received multiple awards:[6] Five: Daft Punk Four: Bob Ludwig, Macklemore & Ryan Lewis, Pharrell Williams Three: Peter Franco, Mick Guzauski, Florian Lagatta, Daniel Lerner, Nile Rodgers, Justin Timberlake Two: David Frost, Dave Grohl, Jay-Z, Lorde, Paul McCartney, Kacey Musgraves, Tye Tribbett The 56th Annual Grammy Awards were the first in the show's history to incorporate comprehensive Live-GIF integration through Tumblr. Creative agency Deckhouse Digital was hired to facilitate the integration, producing more than 50 animated GIFs during the live broadcast and publishing them to the official Grammy tumblr page in real time.[26] The images contributed to the more than 5.1 million reblogs and likes that Grammy related posts received on the blogging site, and the record breaking 34 million combined social media interactions related to the live broadcast.[27]

^ "Grammy TV ratings remain solid for CBS". USA Today. January 28, 2014. Archived from the original on January 31, 2018. Retrieved August 23, 2017. ^ Jon Weisman, Grammy Awards Set for Jan. 26, Los Angeles Times, May 13, 2013 ^ "According to an Adobe Reader file from GRAMMYS.com" (PDF). Archived from the original (PDF) on November 13, 2013. Retrieved January 31, 2014. ^ ""The GRAMMY Nominations Concert Live!!" To Be Held In L.A. On Dec. 6". GRAMMY.com. September 18, 2013. Archived from the original on December 25, 2013. Retrieved January 13, 2014. ^ "Jay Z Tops 56th Grammy Nominations With Nine". GRAMMY.com. November 6, 2013. Archived from the original on February 11, 2017. Retrieved December 15, 2013. ^ a b EDM and Rap Duos and Prolific Producer Win Four Awards Each,[1] Archived January 28, 2014, at the Wayback Machine, grammy.com Jan 26, 2014 ^ "The 2014 Grammy Awards Recap: Weddings, French Robots, Paul & Ringo". Billboard.com. January 27, 2014. 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For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. You probably consume several types of fish without knowing about their health benefits. Here’s another fish you should try: The haddock is packed with minerals, omega-3 fatty acids, and B vitamins, but also low levels of mercury. Haddock is a popular fish eaten in many places in the Northern Atlantic ocean. Their scientific name is Melanogrammus aeglefinus, derived from the Greek melanogrammus, or "black line." This oceanic fish is a member of the cod family. Haddock and cod may appear similar, but you can spot the differences by looking at the following distinguishing features:Size: Haddock is much smaller than cod. Cod is fatter and rounder than haddock.Lateral lines: On both fish, you can spot some form of lateral line that can either be more or less developed. For the haddock fish, the lateral line is distinctively black. There is a pectoral fin between the lateral fine that also has an oval black blotch. On the other hand, cod has a white or cream lateral line. Dorsal fins: Haddock has a long pointed front dorsal fin, while a cod’s fin is round.Body color: A haddock’s body is dark grey to nearly black, unlike a cod, whose color is a speckled gray-brown. Haddock is found near the seafloor where it can feed on fish food like shrimp, invertebrates, and small fish. Younger fish feed on smaller prey like fish larvae, copepods, and plankton. The older haddock’s prey can be sand eels, worms, sea urchins, and capelins. As a deep-sea fish, haddock thrives in water depths between 50 and 300 meters at a temperature above 2 degrees Celsius. Bait is used to capture haddock. To catch one, you place the bait where the haddock likes spending its time: for instance, around obstacles like rocks and wrecks. Once you find out the haddock eats, you can use the same prey as bait.Haddock has a powerful flavor, and its flesh has a little more texture than other fish. The fish is rich in nutrients and with several beneficial properties as mentioned below: Haddock and omega-3 fatty acidsHaddock contains fat, primarily omega-3 fatty acids. Omega-3s are popular because they support heart health. You can improve the condition of your heart by consuming food that is rich in omega-3s, like haddock fish. Besides, omega-3 elements help the human brain to function normally and are beneficial for skin health, particularly when it comes to preventing dermatitis. You can consume three ounces of cooked haddock. Think about the size of the palm of your hand to visualize a three ounce portion. This amount of haddock contains 77 calories. It also has 17 grams of protein, 34% of the daily recommended amount. Minerals in haddockMinerals are essential nutrients for your body. A haddock meal contains phosphorous and selenium. Phosphorous can support healthy bones and teeth. Selenium helps combat free radicals that can destroy your cells, leading to chronic illnesses. Smoked haddock provides 66% of your daily selenium needs and 17% percent of the phosphorous you need. Although salting is involved in smoking, avoid adding too much salt. Excess sodium strains the kidney’s functions and, in turn, increases the risk of hypertension, heart attack, and stroke. Vitamins in haddockVitamins perform hundreds of roles in the body that you need to be aware of. They support the development of bones, heal wounds, and strengthen our immune system. Haddock is rich in several B vitamins such as niacin, B3, B6, and B12. Niacin converts food into energy that your body uses as fuel. B3 improves the nervous and digestive systems. Vitamin B6 and B12 help in the formation of red blood cells, nerve health, and cognition. Low mercury levels in haddockMercury is a heavy metal that usually accumulates in water. Almost all fish carry traces of mercury. Ingesting fish containing impurities and heavy metals, though, poses a risk to neurological, digestive, and immune systems. Children's nervous systems keep developing and therefore pose a high risk for mercury poisoning. Mercury poisoning is most likely to occur when eating larger fish like sharks, tilefish, and swordfish. Consuming haddock is beneficial as it contains low mercury levels. This places the smaller haddock among the safer options. Now that you are informed about the healthy benefits of haddock, it is as good to know how to prepare haddock. Haddock is a versatile fish and can be prepared in numerous ways.BakingDeep fryingGrillingPan-fryingPoaching in milkCasserolingHaddock is a sea fish mostly found in the North Atlantic ocean. Most people consume it as seafood since it is tasty and has nutritional value. Haddock's health benefits include its composition of minerals, B vitamins, omega-3 fatty acids, and low levels of mercury. You can prepare haddock in numerous ways and use it in many dishes.

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The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. The Haddock is a species of fish in the Gadidae family. Other members of the family include cod, pollock, whiting, and more. Like other members of the Gadidae family, this species is important in commercial fisheries and local economies. Read on to learn about the Haddock.Description of the HaddockYou can distinguish this species from other members of the Gadidae family by its pointed dorsal fin, which superficially resembles that of a shark. It has dark colored scales on the upper portion of its body, and lighter colored scales on its sides and underbelly.On average, this species measures about 15 – 28 in. long and weighs between 2 and 4 lbs. or so. However, the largest recorded individual measured 37 in. long and weighed 24 lbs.Interesting Facts About the HaddockThese fish have a number of interesting traits and adaptations. Learn more about what makes them unique, below.Fishery – Commercial fisheries target this species as a source of food. Because they live in similar habitats, fishermen often catch this species with whiting, cod, and other bottom-dwelling fish.This Fish as Food – People prepare and sell the meat of this fish in a number of ways. You can buy this fish fresh, dried, frozen, or smoked. People compare the meat of this fish to the related cod.Finnan Haddie – People often prepare this fish as “Finnan haddie,” which comes from the town of Finnan, Scotland. They cold-smoke the fish, and then poach it in milk as a breakfast food.Habitat of the HaddockThis species prefers demersal habitats, or habitats along the bottom. They live primarily in saltwater, and do not range into freshwater ecosystems. You can find this fish in coastal regions, and they live in waters as deep as 1,400 ft. However, most members of this species live primarily around 260 ft. deep.Distribution of the HaddockYou can find this fish throughout the Northern Atlantic Ocean. Though they live on both the eastern coast of North America and along the coasts of Europe, this fish has much higher populations in European waters, particularly in the English Channel. In the western Atlantic, this species ranges from the coast of North Carolina up along the coast of Canada.Diet of the HaddockThe diet of this species varies based on the age of the fish and the population. Younger fish feed on smaller prey, like plankton, krill, copepods, fish larvae, and more. As they grow, they begin feeding on small fish and other larger prey. Some common prey items include sand eels, herring, hake, capelin, worms, sea urchins, and more.Haddock and Human InteractionHumans interact with this species quite frequently, as this fish is an important commercially fished species. In some regions, overfishing impacts their overall populations. The IUCN list the species as Vulnerable. In addition, trawler nets destroy their preferred habitat. While trawling, fishermen drag the nets along the bottom, scooping fish and damaging the habitat in the process.DomesticationHumans have not domesticated this species in any way.Does the Haddock Make a Good PetNo, you wouldn’t want to keep this fish as a pet. It grows too large to easily house in a home aquarium.Haddock CarePublic aquariums often house this species alongside similar fish, like cod. They keep the fish in schools, as they have social behavior and prefer living in groups. The aquarists house them in large saltwater tanks with plenty of space for multiple fish and different species. Their diet typically consists of herring, squid, capelin, smelt, and other seafood.Behavior of the HaddockThis fish spends its time foraging along the seafloor. Researchers have not extensively studied their behavior. However, they believe the fish forage in groups along the seafloor, as they often consume the same prey. Some populations undergo migrations during the breeding season.Reproduction of the HaddockThese fish reproduce via spawning. The females release their eggs and the males fertilize them outside of the body. Larger females produce more eggs than smaller females, ranging to a million eggs or more. The eggs float freely in the water until they hatch after a period of two or three weeks. Enjoy sharper detail, more accurate color, lifelike lighting, believable backgrounds, and more with our new model update. Your generated images will be more polished than ever.See What's NewExplore how consumers want to see climate stories told today, and what that means for your visuals.Download Our Latest VisualGPS ReportData-backed trends. Generative AI demos. Answers to your usage rights questions. Our original video podcast covers it all—now on demand.Watch NowEnjoy sharper detail, more accurate color, lifelike lighting, believable backgrounds, and more with our new model update. Your generated images will be more polished than ever.See What's NewExplore how consumers want to see climate stories told today, and what that means for your visuals.Download Our Latest VisualGPS ReportData-backed trends. Generative AI demos. Answers to your usage rights questions. Our original video podcast covers it all—now on demand.Watch NowEnjoy sharper detail, more accurate color, lifelike lighting, believable backgrounds, and more with our new model update. Your generated images will be more polished than ever.See What's NewExplore how consumers want to see climate stories told today, and what that means for your visuals.Download Our Latest VisualGPS ReportData-backed trends. Generative AI demos. Answers to your usage rights questions. Our original video podcast covers it all—now on demand.Watch Now Though cod and haddock are the main fish species used in traditional British fish suppers, other whitefish like plaice, coley, pollock, and skate are often used. Sometimes these fish are used as alternatives simply because they're cheaper, but regional tastes and availability also vary. Haddock is a valuable North Atlantic fish of the Gadidae family. It is also known as Finnan Haddie. Haddock is a carnivore, feeding on invertebrates and fishes. It resembles the cod and has a chin barbel, two anal, and three dorsal fins. This deep-sea fish has a purplish-grey-coloured head and back with a white belly. The size is about three feet, and the average weight is 11 kg. It has an elongated, tapering body and has an oval black thumbprint. So it is also known as the Devil’s thumbprint. One can identify a haddock by a dark lateral line and a distinctive dark spot on each shoulder. Haddock is a healthy fish due to its high-protein, low-calorie and low-mercury content. As per USDA, 100 grams of cooked haddock contain the following nutrients: Calories: 90 kcalProtein: 20 gFats: 0.55 gCalcium : 14 mgIron : 0.21 mgPhosphorous: 278 mgPotassium : 351 mgSelenium: 31.7 µgSodium : 261 mgMagnesium: 26 mgVitamin B3: 4.12 mgVitamin B6: 0.327 mgVitamin B12: 2.13 mgCholine: 79.6 mgFolate: 13 µg The mercury content of haddock is 0.055 parts per million, which is relatively low compared to most marine saltwater fish. Haddock is rated one of the best fish to eat because of its high B vitamin, protein, omega-3 fatty acids, and potassium content. Haddock is rich in B complex vitamins, a family of water-soluble nutrients humans must get from diet. Niacin plays a vital role in metabolising carbs and fats into energy. It is also essential for digestion. Vitamin B6, also known as pyridoxine, aids in the digestion of protein and carbohydrates and supports brain cells. Eating 100 grams of haddock offers 4.12 mg of niacin, 2.13 mg of B12, and 0.327 mg of vitamin B6. Haddock has niacin present in it. A study shows that niacin decreases LDL cholesterol and increases HDL cholesterol levels. As a result, it prevents the thickening of artery walls and atherosclerosis. Research has proven that pantothenic acid in haddock fish lowers stress and mental problems such as depression and anxiety, promoting mental fitness. Pantothenic acid helps regulate the production of the stress hormone cortisol when one is under chronic stress. It is necessary for the regulation of hormones that is the cause of the mental condition. Low Mercury Content Most fishes carry traces of mercury, a heavy metal accumulation that causes neurological, digestive and immune disorders. Mercury contamination is the most serious among large fish. However, with just 0.055 ppm mercury, you can safely enjoy haddock twice a week. It is also one of the low-mercury fish chosen by the FDA for pregnant and nursing women. Broiled, poached, baked, and light sautéing or stir-fried haddock are low-calorie, healthy preparation for weight loss diets. Haddock has around 90 calories for every 100 grams serving portion. It is also low in fat and contains zero carbohydrates. However, deep-frying can add unwanted fat and calories to an otherwise nutritious haddock. Haddock supplies a mix of minerals, including calcium, potassium, phosphorus, magnesium, and iron. It has notable phosphorus and selenium content, while others are present in small amounts. Eating one serving of cooked haddock provides 19% of the daily value for phosphorus and 49% for selenium. Smoked haddock gives you more selenium, around 66% of your everyday needs. Selenium boosts the antioxidant capacity of haddock and helps combat free radicals. The phosphorus mineral in haddock can also support building healthy bones and teeth. As with all white fish, it is easy to overcook or undercook haddock. Therefore, you need to take the fish off the heat when it starts to flake and is hot in the middle. The residual heat will finish the pending cooking, not leading to overcooked or undercooked haddock. Haddock has a subtle flavour and soft texture. Therefore, it relies heavily on other ingredients. Baking is the best way to cook a whole haddock and retain its nutrients. If you’re roasting haddock as a whole, roast it for around 12-15 minutes per 1 pound of weight at 200°C. The haddock fillet must be pin-boned before cooking. To crisp the skin of the haddock fillet when pan-frying, place it skin-side down in a preheated pan for most of the cooking time. Then, turn the fillet over at the last minute to finish. Prep time: 10 minutesCooking time: 10 minutesTotal time: 20 minutesServings: 4 Haddock fillets: 2 pounds Onion powder: ½ tspPaprika: ½ tspGarlic powder: ½ tspGround black pepper: ½ tspSalt: ½ tspCayenne pepper: ¼ tspLemon: 1 (cut into wedges) Preheat the broiler and keep the oven rack 6 inches below the heat source. Spray a baking pan with cooking spray and line it with aluminium foil. Then, place the haddock on top of it.Mix paprika, garlic powder, onion powder, black pepper, salt, and cayenne pepper in a small bowl. Then, marinate the fish with seasoning.Preheat the oven to broil and cook the fish for 6 to 8 minutes, or until it flakes easily with a fork. Serve with lemon slices on the side. Prep time: 10 minutesCook time: 15 minutesTotal time: 25 minutesServings: 4 Milk: 3/4 cupSalt: 2 tspBrown bread crumbs: ¾ cup Grated Parmesan cheese: ¼ cup Ground dried thyme: ¼ tspHaddock fillets: 4 Olive oil: ¼ cup Preheat the oven to 500 degrees Fahrenheit.Combine the milk and salt in a small bowl. Mix the bread crumbs, Parmesan cheese, and thyme in a separate bowl. After dipping the haddock fillets in the milk, coat them with the crumb mixture. Drizzle olive oil over haddock fillets in a glass baking dish. Bake for 15 minutes on the top shelf of a preheated oven until the fish flakes easily. Prep time: 10 minutesCooking time: 45 minutesTotal time: 55 minutesServings: 2 Haddock: 250 gOlive oil: 2 tbspGarlic, minced: 3 cloves Lemon zest from one lemonKosher salt: ½ tspCracked pepper: ¼ tspThyme: 1 tbspOnion, thinly sliced: 1Juice of one lemonFennel bulb, very thinly sliced: 1Tomatoes: 2 cups Preheat the oven to 400F.Cut the haddock into 4-6 pieces.Mix olive oil, garlic, salt, pepper, thyme, and lemon zest in a medium bowl. Toss the mixture with fish, and set aside. Place onion slices and fennel on a lightly oiled baking dish. Top with tomatoes, one teaspoon of olive oil, lemon juice, salt and pepper.Place in the oven for 30-35 minutes. Then, place the haddock overtop, nestling among the tomatoes. Drizzle the leftover marinade and cook for 7-8 minutes or until the fish cooks to the desired level.Remove from the oven. Add any remaining lemon juice and thyme. You should refrigerate the haddock within two hours of cooking. Refrigerate cooked haddock in shallow airtight containers or wrap securely in heavy-duty aluminium foil to extend its shelf life for safety and quality. Cooked haddock will stay fresh in the refrigerator for 3 to 4 days if refrigerated properly. Cooked haddock can be frozen to increase its shelf life. Freeze it in closed airtight containers or freezer bags, or wrap it securely in heavy-duty aluminium foil or freezer wrap. It will keep its finest quality for around 2 to 3 months if properly stored. The freezer time indicated is for optimal quality only. Bacteria tend to develop quickly at temperatures between 40°F and 140°F. Therefore keeping cooked haddock at room temperature for more than 2 hours is not safe. A foul smell and a slimy texture are signs of rotten haddock. Therefore, discard any haddock with an odd smell, pale brownish gills, and cloudy mucus skin. In addition to correct handling and storage, checking the skin, gills, and eyes is essential to ensure a safe, high-quality seafood product. For example, an excellent quality haddock shows bright red gills with little to no mucus, bright and bulging eyes, and shiny, transparent mucus skin. Sodium occurs naturally in haddock, with 261 mg per 100 grams. Adding too much salt during cooking can increase the sodium levels in haddock. People with hypertension and heart disease should eat less than 1,500 milligrams of sodium. Whitefish, such as haddock, can cause an allergy in a small number of people. Unlike other dietary intolerances, a fish allergy may not exhibit itself until you’re an adult. Hives, sneezing, headaches, respiratory issues, and, in severe cases, anaphylaxis is all haddock allergy symptoms. If you have signs and suspect you are allergic to fish, avoid eating it. Haddock provides a plethora of health advantages. Haddock is good for digestion and bone health and keeps the body’s fluid levels in check. In addition, a 100 grams serving of haddock is rich in several B vitamins, including vitamins B6, B12, and niacin or B3. The healthy preparation methods for haddock include light sautéing or stir-frying, baking, broiling, and poaching. However, deep frying and adding too much salt can increase the calories, sodium, and fat in an otherwise healthy haddock. In addition, those with a fish allergy should avoid consuming it. A. Haddock is high in minerals that help strengthen bones and regulate heart rate, including selenium, magnesium, potassium, zinc, and iron. In addition, haddock is full of necessary vitamins, especially B vitamins like niacin, cobalamin, vitamin B6, thiamine, riboflavin, folate, and pantothenic acid. These vitamins play essential roles in cell and food metabolism and red blood cell production. A. Vitamins A, B12, B6, and B3 are more significant in the haddock, whereas vitamins C, E, D, B1, and B5 are higher in the cod. Moreover, haddock has a more excellent protein content, but cod has a higher calorie content. Nevertheless, cod and haddock are low-fat protein alternatives to red meat with several health benefits. A. Haddock is rich in minerals that help build bone strength and

regulate heart rate, including protein, magnesium, potassium, zinc, and iron. In addition, mercury contamination is relatively lesser in haddocks. Therefore, it is also suitable for pregnant and nursing women. A. Haddock has fewer calories than salmon. Moreover, the calories in salmon come from fat, whereas most of the calories in haddock come from protein. It's also clear that salmon has a higher fat content than haddock. The high B vitamins, magnesium, and potassium levels make haddock as healthy as salmon. It is also a nutritious alternative to salmon. A. 100g of haddock contains 0.21 mg iron, according to USDA. Despite not being a prominent iron source, the combined effect of iron, B vitamins, and protein makes haddock healthy. A. Yes, haddock is rich in protein. You get around 20 grams of protein from eating 100 grams of haddock. So it is a go-to protein source for many, particularly for weight loss diets. A. One serving of cooked haddock meets more than 20% of daily needs for vitamin B12. It is also an abundant source of vitamin B5 and B6. Besides vitamins, haddock offers a healthy dose of protein, potassium, and calcium. A. Haddock is an omega3-rich nutrient. Studies show that omega3 supports heart health. The omega-3 fats you'll find in haddock are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). A. Yes, haddock is high in cholesterol. However, the amount of cholesterol varies as per the types and serving sizes of haddock. It also changes according to how you cook and prepare haddock. For example, methods like deep frying can cause a rise in fat and cholesterol levels of haddock. A. Mercury is present in all types of fish. However, this does not imply that you should exclude fish from your diet. For example, haddock is a low mercury fish approved by the FDA. It has only 0.055 ppm of mercury, which is comparatively lesser. The Haddock is a species of fish in the Gadidae family. Other members of the family include cod, pollock, whiting, and more. Like other members of the Gadidae family, this species is important in commercial fisheries and local economies. Read on to learn about the Haddock.Description of the HaddockYou can distinguish this species from other members of the Gadidae family by its pointed dorsal fin, which superficially resembles that of a shark. It has dark colored scales on the upper portion of its body, and lighter colored scales on its sides and underbelly.On average, this species measures about 15 – 28 in. long and weighs between 2 and 4 lbs. or so. However, the largest recorded individual measured 37 in. long and weighed 24 lbs.Interesting Facts About the HaddockThese fish have a number of interesting traits and adaptations. Learn more about what makes them unique, below.Fishery – Commercial fisheries target this species as a source of food. Because they live in similar habitats, fishermen often catch this species with whiting, cod, and other bottom-dwelling fish.This Fish as Food – People prepare and sell the meat of this fish in a number of ways. You can buy this fish fresh, dried, frozen, or smoked. People compare the meat of this fish to the related cod.Finnan Haddie – People often prepare this fish as "Finnan haddie," which comes from the town of Finnan, Scotland. They cold-smoke the fish, and then poach it in milk as a breakfast food.Habitat of the HaddockThis species prefers demersal habitats, or habitats along the bottom. They live primarily in saltwater, and do not range into freshwater ecosystems. You can find this fish in coastal regions, and they live in waters as deep as 1,400 ft. However, most members of this species live primarily around 260 ft. deep.Distribution of the HaddockYou can find this fish throughout the Northern Atlantic Ocean. Though they live on both the eastern coast of North America and along the coasts of Europe, this fish has much higher populations in European waters, particularly in the English Channel. In the western Atlantic, this species ranges from the coast of North Carolina up along the coast of Canada.Diet of the HaddockThe diet of this species varies based on the age of the fish and the population. Younger fish feed on smaller prey, like plankton, krill, copepods, fish larvae, and more. As they grow, they begin feeding on small fish and other larger prey. Some common prey items include sand eels, herring, hake, capelin, worms, sea urchins, and more.Haddock and Human InteractionHumans interact with this species quite frequently, as this fish is an important commercially fished species. In some regions, overfishing impacts their overall populations. The IUCN list the species as Vulnerable. In addition, trawler nets destroy their preferred habitat. While trawling, fishermen drag the nets along the bottom, scooping fish and damaging the habitat in the process.DomesticationHumans have not domesticated this species in any way.Does the Haddock Make a Good PetNo, you wouldn't want to keep this fish as a pet. It grows too large to easily house in a home aquarium.Haddock CarePublic aquariums often house this species alongside similar fish, like cod. They keep the fish in schools, as they have social behavior and prefer living in groups. The aquarists house them in large saltwater tanks with plenty of space for multiple fish and different species. Their diet typically consists of herring, squid, capelin, smelt, and other seafood.Behavior of the HaddockThis fish spends its time foraging along the seafloor. Researchers have not extensively studied their behavior. However, they believe the fish forage in groups along the seafloor, as they often consume the same prey. Some populations undergo migrations during the breeding season.Reproduction of the HaddockThese fish reproduce via spawning. The females release their eggs and the males fertilize them outside of the body. Larger females produce more eggs than smaller females, ranging to a million eggs or more. The eggs float freely in the water until they hatch after a period of two or three weeks. It might be the No1 choice of fish and chip shops across many parts of Britain but there's so much more to haddock than deep fried and covered in batter. From soft, succulent fillets to smoky cuts that give a wonderful depth to dishes, find out all about one of the nation's favourite fish.What is haddock?A close cousin of cod, haddock (Melanogrammus aeglefinus) is a member of the Gadidae family, which includes coley, whiting and pollack. Although found on both sides of the Atlantic, haddock is more common in European waters, all around the Scottish coasts and as far south as the Humber estuary.Typically weighing in at between one and three kilos, haddock feed on shellfish, sea urchins, worms and small fish like sand eels. Just like cod, haddock are demersal – bottom feeders with a goat-like piece of skin under their chin to help them locate food at murky depths.The fish spend most of their lives in deep waters between 40m and 300m and have an average lifespan of between three and seven years.Haddock have a purplish-grey coloured head and back that gives way to silvery grey with a pinkish tinge and a white belly. It is an elongated fish with a forked tail and three dorsal fins.CLICK HERE TO BUY HADDOCK FILLETS CLICK HERE TO BUY PEAT-SMOKED HADDOCK FILLETS CLICK HERE TO BUY FINNAN SMOKED HADDOCK FILLETS CLICK HERE TO BUY ARBROATH SMOKIESAccording to fish lore, the distinctive dark mark above the pectoral fin is said to be the fingerprint of St Peter, the biblical fisherman.During the spawning season, from March to May, a female haddock can produce 300,000 eggs around the Scottish coasts and as far away as the Norwegian Deeps, taking from one to three weeks to hatch.For a number of years there have been questions about overfishing of haddock. Stock numbers have grown and all haddock sold with the blue Marine Stewardship Council label is certified sustainable.The fact most haddock is landed in northern ports means it is the fish of choice in fish and chip shops in Scotland and the north of England, compared to cod in southern regions of the UK, proving a clearly defined north-south divide.With a mild flavour and moist texture, haddock is often swapped with cod but does have a slightly sweeter taste.There are different styles of smoked haddock, all with very different flavours. Finnan haddock have a smoky taste while Arbroath smokies are a delicacy with a unique flavour, thanks to the traditional smoking methods used, which date back more than 200 years.WHAT'S AVAILABLE?The most common cuts of haddock are fillet, smoked fillet, finnan smoked fillet and Arbroath smokies.Haddock fillets are taken from large fish, cut away from the bone lengthwise and parallel to the backbone. Unlike those you'll find in supermarkets, Fresh Fish Daily's haddock fillets are angel cut, which results in a 99% bone-free portion of fish.Our peat-smoked haddock fillets – which are also angel cut – are smoked by our fishmongers in a kiln with woody chips for maximum flavour. We prepare our peat-smoked haddock fillets without additives or dye, unlike those you'll commonly find in supermarkets. Dye serves no purpose other than making the fillets stand out on the iced display and masking the freshness or otherwise of the fillets.Finnan haddock or finnan haddie is on-the-bone smoked haddock. Cut with the skin and back bone still on, the fillets are salted and smoked over peat and green wood.Arbroath smokies are a world-class speciality with Protected Geographical Indication status, just like Orkney cheddar and Stornoway black pudding. These small whole haddock – cleaned and with their heads removed – are hot smoked. Read more here.IS HADDOCK GOOD FOR YOU? Absolutely. High in protein and low in calories, haddock is a good source of vitamins and minerals. Containing omega-3 fatty acids, haddock provides a wide range of health benefits, boosting the immune system and cardiovascular health.Per 100g raw haddock Energy 75kcal Fat 0.4g (of which saturated fat 0.09g) Protein 17.8g Rich in vitamin B12, iodine, phosphorus, potassium, niacin and selenium.HOW DO YOU COOK HADDOCK?It couldn't be easier. Delicately flavoured haddock can be steamed, poached, shallow fried, deep fried or oven baked.Fast and easy to work with, just be careful not to overcook to ensure the haddock is juicy and moist. If you want to check, cut or carefully break open the fillet on the underside. If it's ready, the flesh should break away easily and the inside of the fillet should be the same colour all the way through.Tartare sauce is the traditional accompaniment if you decide to deep fry haddock fillets for a taste of traditional fish and chips at home.Bake haddock fillets with soured cream and capers in a simple recipe from Delia Smith's Complete Cookery Course (BBC Books, 1989). White wine, fresh tarragon, lemon, leek and watercress are all you need to make a midweek dinner that will be on the table in less than half an hour.Use smoked haddock fillets as the main ingredient in flavoursome fishcakes, mousses and fish pie.If you want to find out how to cook smoked haddock, there are endless options. Look for recipes with ingredients that perfectly match the deep, comforting flavours of the fish, from bacon and sweetcorn in a smoked haddock chowder to tomatoes and spinach in a classic smoked haddock gratin. Full of protein, the fish used in smoked recipes are a healthy choice.Poaching enhances the flaky texture and sweet taste of smoked haddock. The deep, earthy, smoky flavour of finnan haddock fillets can be used in kedgeree and chowders. Meanwhile, the creamy flesh and luscious savoury flavour of Arbroath smokies is perfect for Cullen skink, smoked risotto or simply served with traditional accompaniments such as boiled potatoes and root vegetables. Just be careful to remove the bones when flaking off the fish as they are smoked whole to retain moisture.HADDOCK RECIPESRecipes for haddock can be as straightforward as adding garlic, salt and pepper to fillets pan-fried with a knob of butter. Push the boat out – pardon the pun – and you can find a world of flavours to complement the sweet, soft fillets.A sauce for haddock could be made with cheese or look for spinach and mustard in a good sauce for smoked haddock.Popular haddock fillet recipes, smoked and unsmoked, to look out for are:HADDOCK VS CODThe deep-water cousins are an easy swap, though it's purely down to personal taste what texture and flavour you prefer, and the other ingredients in the recipe.If you're still looking for help, consider Hugh Fearnley-Whittingstall and Nick Fisher's advice in The River Cottage Fish Book (A&C Black, 2007): "Haddock flesh is softer and breaks into smaller flakes than cod, and because it is more delicate it isn't as suitable for salting."As a result, haddock was traditionally preserved by drying and smoking. Smoked haddock is wonderful for so many dishes because of its lovely pervasive 'oaky-smoky' flavour."CLICK HERE TO BUY HADDOCK FILLETS CLICK HERE TO BUY PEAT-SMOKED HADDOCK FILLETS CLICK HERE TO BUY FINNAN SMOKED HADDOCK FILLETS CLICK HERE TO BUY ARBROATH SMOKIES Introducing HealthifyRx: Medical Weight Loss That Lasts Clinically backed GLP-1 medication, doctor support, and personalized coaching — all in one plan. Snap your meal for instant nutritional details and smart, AI-driven advice from Coach Ria. Harness the power of data-driven health: AI Ria anticipates your needs, offering insights and notifications to steer your daily choices towards a healthier future. No crash diets, only balanced nutrition, with foods you love to eat. Customised diet and workout plan as per your need anytime with AI Coach Ria. Unlock a wealth of health information and discover personalized insights tailored based on your health data with AI Coach Ria. Redefine fitness with HealthifyPro: Expert guidance from the world's best coaches Species of fish This article is about a fish. For other uses, see Haddock (disambiguation). Haddock Haddock at the New England Aquarium Conservation status Vulnerable (IUCN 2.3)[1] Scientific classification Kingdom: Animalia Phylum: Chordata Class: Actinopterygii Order: Gadiformes Family: Gadidae Genus: MelanogrammusT. N. Gill, 1862 Species: M. aeglefinus Binomial name Melanogrammus aeglefinus(Linnaeus, 1758) Synonyms Gadus aeglefinus Linnaeus, 1758 Morhua aeglefinus (Linnaeus, 1758) Aeglefinus linnei Malm, 1877 The haddock (Melanogrammus aeglefinus) is a saltwater ray-finned fish from the family Gadidae, the true cods. It is the only species in the monotypic genus Melanogrammus. It is found in the North Atlantic Ocean and associated seas, where it is an important species for fisheries, especially in northern Europe, where it is marketed fresh, frozen and smoked; smoked varieties include the Finnan haddie and the Arbroath smokie. Other smoked versions include long boneless, the fileted side of larger haddock smoked in oak chips with the skin left on the fillet. The haddock has the elongated, tapering body shape typical of members of the cod family.[2] It has a relatively small mouth which does not extend to below the eye; with the lower profile of the face being straight and the upper profile slightly rounded, this gives its snout a characteristic wedge-shaped profile. The upper jaw projects beyond the lower more so than in the Atlantic cod.[3] There is a rather small barbel on the chin.[4] There are three dorsal fins, the first being triangular in shape[5] and these dorsal fins have 14 to 17 fin rays in the first, 20 to 24 in the second, and 19 to 22 in the third. There are also two anal fins and in these there are 21 to 25 fin rays in the first and 20 to 24 fin rays in the second.[3] The anal and dorsal fins are all separated from each other.[6] The pelvic fins are small with an elongated first fin ray.[7] The upper side of the haddock's body varies in colour from dark grey brown to nearly black while the lower part of the body is dull silvery white. It has a distinctive black lateral line contrasting with the whitish background colour and which curves slightly over the pectoral fins. It also has a distinctive oval black blotch or 'thumbprint', sometimes called the "Devil's thumbprint",[8] which sits between the lateral line and the pectoral fin,[9] a feature which leads to the name of the genus Melanogrammus which derives from Greek "melanos" meaning "black" and "gramma" meaning letter or signal.[4] The dorsal, pectoral, and caudal fins are dark grey in colour while the anal fins are pale matching the colour of the silvery sides, with black speckles at their bases. The pelvic fins are white with a variable amount of black spots. Occasionally there are differently coloured variants recorded which may be barred, golden on the back or lack the dark shoulder blotch.[3] The longest haddock recorded was 94 centimetres (37 inches) in length and weighed 11 kilograms (24 pounds). However, haddock are rarely over 80 cm (31+1⁄2 in) in length and the vast majority of haddocks caught in the United Kingdom measure between 30 and 70 cm (12 and 27+1⁄2 in).[9] In eastern Canada waters, haddock range in size from 38 to 69 cm (15 to 27 in) in length and 0.9 to 1.8 kg (2 lb 0 oz to 3 lb 15 oz) in weight.[8] The haddock has populations on either side of the north Atlantic but it is more abundant in the eastern Atlantic than it is on the North American side. In the north-east Atlantic it occurs from the Bay of Biscay north to Spitzbergen; however, it is most abundant north of the English Channel. It also occurs around Novaya Zemlya and the Barents Sea in the Arctic.[6] The largest stocks are in the North Sea, off the Faroe Islands, off Iceland and the coast of Norway but these are discrete populations with little interchange between them. Off North America, the haddock is found from western Greenland south to Cape Hatteras, but the main commercially fished stock occurs from Cape Cod and the Grand Banks of Newfoundland.[9] Fins, barbel and lateral line on a haddock. Haddock have three dorsal fins and two anal fins. The haddock is a demersal species which occurs at depths from 10 to 450 m (33 to 1,500 ft; 5.5 to 250 fathoms), although it is most frequently recorded at 80 to 200 m (300 to 700 ft; 40 to 100 fathoms). It is found over substrates made up of rock, sand, gravel or shells and it prefers temperatures of between 4 and 10 °C (39 and 50 °F). Off Iceland and in the Barents Sea, haddock undergo extensive migrations, but in the north western Atlantic its movements are more restricted, consisting of movements to and from their spawning areas. They reach sexual maturity at 4 years old in males and 5 years old in females, except for the population in the North Sea which matures at ages of 2 years in males and 3 years in females. The overall sex ratio is roughly 1:1, but in shallower areas, females predominate, while the males show a preference for waters further offshore.[6] The fecundity of the females varies with size: a fish of 25 cm (10 in) length bears 55,000 eggs while a fish at 91 cm (36 in) has 1,841,000 eggs. Spawning takes place from depths of around 50 to 150 m (200 to 500 ft; 30 to 80 fathoms). In the northwestern Atlantic spawning lasts from January to July, although it does not occur simultaneously in all areas, and in the northeastern Atlantic the spawning season runs from February to June, peaking in March and April.[6] The eggs are pelagic with a diameter of 1.2 to 1.7 millimetres (3⁄64 to 9⁄128 in), and they take one to three weeks to hatch. Following metamorphosis, the past larval fish remain pelagic until they attain a length of around 7 cm (3 in), when they settle to a demersal habit.[10] Their growth rate shows considerable regional variation and fish at one year old can measure 17 to 19 cm (6+1⁄2 to 7+1⁄2 in), at 2 years old 25 to 36 cm (10 to 14 in), up to 75 to 82 cm (29+1⁄2 to 32+1⁄2 in) at 13 years old. Their lifespan is around 14 years.[6] The most important spawning grounds are in the waters off the central coast of Norway, off the southwest of Iceland, and over the Georges Bank.[10][11] The fish which spawn in inshore waters are normally smaller and younger fish than those which occur in offshore areas. The younger fish have a spawning season which is less than half of that of the larger and older stock offshore. Once hatched the larvae do not appear to travel far from their spawning grounds, however some larvae spawning off the west coast of Scotland are transported into the North Sea through the Fair Isle-Shetland Gap or to the northeast of Shetland.[12] In their larval stages, haddock mainly feed on the immature stages of copepods, ostracods and limacina with their diet changing as they grow, moving on to larger pelagic prey such as amphipods, euphausiids, eggs of invertebrates, zoea larvae of decapods and increasing numbers of copepods.[13][14] Once they have reached the settled, demersal, post-larval stage, they gradually switch from pelagic to benthic prey.[13] Adults primarily feed on benthic invertebrates such as sea urchins, brittlestars, bivalves and worms,[15] however, they will feed opportunistically on smaller fish such as capelin, sandeels and Norway pout.[16][17] Juvenile haddock are an important prey for larger demersal fish, including other gadoids, while seals prey on the larger fish. The recorded growth rates of haddock underwent significant change over the 30 to 40 years up to 2011.[10] Growth has been more rapid in recent years, with haddock attaining adult size much earlier than was noted 30–40 years ago. However, the degree to which these larger, younger fish contribute to reproductive success of the population is unknown. The growth rates of haddock, however, have slowed in recent years. There is some evidence which indicates that these slower growth rates may be the result of an exceptionally large year class in 2003.[11] The haddock stock periodically has higher than normal productivity; for example in 1962 and 1967, and to a lesser extent, 1974 and 1999. These result in a more southerly distribution of the fish and have a strong effect on the biomass of the spawning stock, but because of high fishing mortality, these revivals do not have any lasting effect on the population. In general, there was above average recruitment from the 1960s up to the early 1980s, similar to recruitment for Atlantic cod and whiting, this has been called the gadoid outburst. There was strong recruitment in 1999 but since then, the recruitment rate has been very low.[10] Cod and related species are plagued by parasites. For example, the cod worm, Lernaeocera branchialis, starts life as a copepod, a small, free-swimming crustacean larva. The first host used by cod worm is a flatfish or lumpsucker, which they capture with grasping hooks at the front of their bodies. They penetrate the lumpsucker with a thin filament which they use to suck its blood. The nourished cod worms then mate on the lumpsucker.[18][19] The female worm, with her now fertilized eggs, then finds a cod, or a cod-like fish such as a haddock or whiting. There, the worm clings to the gills while it metamorphoses into a plump, sinusoidal, wormlike body, with a coiled mass of egg strings at the rear. The front part of the worm's body penetrates the body of the cod until it enters the rear bulb of the host's heart. There, firmly rooted in the cod's circulatory system, the front part of the parasite develops like the branches of a tree, reaching into the main artery. In this way, the worm extracts nutrients from the cod's blood, remaining safely tucked beneath the cod's gill cover until it releases a new generation of offspring into the water.[10][18][19] The haddock was first formally described as Gadus aeglefinus in 1758 by Carolus Linnaeus in the 10th edition of volume one of his Systema naturae with a type locality given as "European seas".[20] In 1862 Theodore Nicholas Gill created the genus Melanogrammus with M. aeglefinus as its only species.[21] The 5th edition of Fishes of the World classifies the haddock within the subfamily Gadinae, the typical cods, of the family Gadidae, which is within the superfamily Gadoidea of the order Gadiformes.[22] The generic name Melanogrammus means "black line", a reference to the black lateral line of this species. The specific name is a latinisation of the vernacular names egrefin and eglefin, used in France and England.[23] Landings of haddock in the eastern Atlantic in the period 1980–2022. Data from ICES.[24][25][26][27][28] Haddock is fished year-round using gear such as Danish seine nets, trawlers, long lines and gill nets and is often caught in mixed species fishery with other groundfish species such as cod and whiting. The main fishing grounds in the eastern Atlantic are in the Barents Sea, around Iceland, around the Faeroe Islands, in the North Sea, Celtic Sea, and in the English Channel. Landings in the eastern Atlantic have fluctuated around 200–350 thousand tonnes in the period 1980–2017. During the 1980s, the largest portion of the catch was taken at Rockall but from about 2000, the majority of the catch is caught in the Barents Sea. All the stocks in eastern Atlantic are assessed by ICES, which publish a recommendations on an annual basis for Total Allowable Catch.[24][25][26][27][28] Landings of haddock in the western Atlantic in the period 1960–2022[29] In the western Atlantic the eastern Georges Bank haddock stock is jointly assessed on an annual basis by Canada and the United States and the stock is collaboratively managed through the Canada–United States Transboundary Management Guidance Committee, which was established in 2000. The commercial catch of haddock in North America was approximately 40–60 thousand tonnes per year between 1920 and 1960. This declined sharply in the late 1960s to between 5 and 30 thousand tonnes per year. Despite a few good years post-1970, landings have not returned to historical levels.[11] Haddock currently resides on the Greenpeace seafood red list due to concerns regarding the impact of bottom trawls on the marine environment.[30] In contrast, Monterey Bay Aquarium considers haddock a "good alternative".[31] Many haddock fisheries have been certified as sustainable by the Marine Stewardship Council.[32] All seven stocks assessed in the eastern Atlantic are currently considered by ICES to be harvested sustainably. The haddock populations in the western Atlantic (offshore grounds of Georges Bank off New England and Nova Scotia) are also considered to be harvested sustainably.[33] See also: Cod as food Haddock, roastNutritional value per 100 g (3.5 oz)Energy469 kJ (112 kcal)Carbohydrates0.0 gDietary fiber0.0 g Fat0.93 g Protein24.24 g Vitamins and minerals VitaminsQuantity %DV†Thiamine (B1)3% 0.040 mgRiboflavin (B2)3% 0.045 mgNiacin (B3)29% 4.632 mgPantothenic acid (B5)3% 0.150 mgVitamin B620% 0.346 mgFolate (B9)3% 13 µgVitamin C0% 0.00 mg MineralsQuantity %DV†Calcium3% 42 mgIron8% 1.35 mgMagnesium12% 50 mgPhosphorus19% 241 mgPotassium13% 399 mgZinc4% 0.48 mg †Percentages estimated using US recommendations for adults,[34] except for potassium, which is estimated based on expert recommendation from the National Academies[35] Haddock is very popular as a food fish. It is sold fresh or preserved by smoking, freezing, drying, or to a small extent canning. Haddock, along with Atlantic cod and plaice, is one of the most popular fish used in British fish and chips.[36]Smoked haddock served with onions and red peppers When fresh, the flesh of haddock is clean and white and its cooking is often similar to that of cod.[5] A fresh haddock fillet will be firm and translucent and hold together well but less fresh fillets will become nearly opaque.[37] Young, fresh haddock and cod fillets are often sold as scrod in Boston, Massachusetts;[38] this refers to the size of the fish which have a variety of sizes, i.e., scrod, markets, and cows.[39] Haddock is the predominant fish of choice in Scotland in a fish supper.[40] It is also the main ingredient of Norwegian fishballs (fiskeboller).[41] Unlike cod, haddock is not an appropriate fish for salting and preservation is more commonly effected by drying and smoking.[42] The smoking of haddock was highly refined in Grimsby. Traditional Grimsby smoked fish (mainly haddock, but sometimes cod) is produced in the traditional smokehouses in Grimsby, which are mostly family-run businesses that have developed their skills over many generations.[43] Grimsby fish market sources its haddock from the North East Atlantic, principally Iceland, Norway and the Faroe Islands. These fishing grounds are sustainably managed[44] and have not seen the large scale depreciation in fish stocks seen in EU waters.[45] One popular form of haddock is Finnan haddie which is named after the fishing village of Finnan or Findon in Scotland, where the fish was originally cold-smoked over smouldering peat. Finnan haddie is often poached in milk and served for breakfast.[46][47] The town of Arbroath on the east coast of Scotland produces the Arbroath smokie. This is a hot-smoked haddock which requires no further cooking before eating.[48] Smoked haddock is naturally an off-white colour and it is frequently dyed yellow, as are other smoked fish. Smoked haddock is the essential ingredient in the Anglo-Indian dish kedgeree,[5] and also in the Scottish dish Cullen skink, a chowder-like soup.[49] ^ Sobel, J. (1996). "Melanogrammus aeglefinus". IUCN Red List of Threatened Species. 1996: e.T13045A3406968. doi:10.2305/IUCN.UK.1996.RLTS.T13045A3406968.en. Retrieved 12 April 2024. ^ Barnes, M.K.S. (2008). Tyler-Walters H.; Hiscock K. (eds.). "Melanogrammus aeglefinus Haddock". Marine Life Information Network: Biology and Sensitivity Key Information Reviews. Marine Biological Association of the United Kingdom. Retrieved 13 April 2018. ^ a b c Henry B. Bigelow & William C. Schroeder (1953). "Haddock Melanogrammus aeglefinus". Fishes of the Gulf of Maine. United States Fish and Wildlife Service. 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Retrieved 28 March 2024. ^ "TABLE 4-7 Comparison of Potassium Adequate Intakes Established in This Report to Potassium Adequate Intakes Established in the 2005 DRI Report". p. 120. In: Stallings, Virginia A.; Harrison, Meghan; Oria, Maria, eds. (2019). "Potassium: Dietary Reference Intakes for Adequacy". Dietary Reference Intakes for Sodium and Potassium. pp. 101–124. doi:10.17226/25353. ISBN 978-0-309-48834-1. PMID 30844154. NCBI NBK545428. ^ "Fish and chips". Seafish Business to Business Website. Archived from the original on 11 October 2008. Retrieved 14 April 2018. ^ "Products > Whole Fish & Seafood > Haddock Melanogrammus aeglefinus". SevenSeasFoods. Archived from the original on 14 April 2018. Retrieved 14 April 2018. ^ G. Stephen Jones (23 July 2010). "Cod or Scrod – What's the Difference?". Reluctant Gourmet. Retrieved 14 April 2018. ^ "Haddock" (PDF). Rastelli Seafood. Archived from the original (PDF) on 14 April 2018. 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Archived from the original on 30 December 2012. Retrieved 14 April 2018. ^ "Cullen skink". BBC. Retrieved 14 April 2018. Alan Davidson, North Atlantic Seafood, 1979, ISBN 0-670-51524-8. Haddock; Archived 19 January 2013 at the Wayback Machine. NOAA FishWatch. Retrieved 5 November 2012. Look up haddock in Wiktionary, the free dictionary. Media related to Melanogrammus aeglefinus at Wikimedia Commons Haddock at the Wikibooks Cookbook subproject Retrieved from " Melanogrammus Aeglefinus, commonly known as Haddock, is a salt-water fish that resembles the cod and shares commonalities such as a chin barbel, two anal and three dorsal fins. In Greek, "Melanogrammus" translates to "black line" for the distinct line that they possess. The name "Aeglefinus" is derived from églefin, the French word for Haddock. It is the sole surviving species of its genera and a kind of ray-fin fish that belongs to the real cod family. The main visual difference that distinguishes it from Cods is the lighter colors and dark patches. Among the fish taken by trawls, Haddock may be cod's commercial rival in significance. From its preferred habitat on the seabed to its role as a valuable food source, let's delve into its world and discover what makes this fish so significant. The haddock is a silvery-grey fish with a dark purplish-grey back and a white belly. Its most distinctive features are a dark lateral line running along its side and a prominent black blotch just above its pectoral fin, often called the "Devil's thumbprint" or "St. Peter's mark." This mark is linked to a legend about St. Peter taking a coin from the haddock's mouth, leaving his thumbprint behind. They have a relatively small mouth and a pointed snout, giving them a slightly downturned appearance. They possess three dorsal fins, the first being tall and pointed, and two anal fins. Their body shape is streamlined, typical of fish adapted for life in open water, though they spend much of their time near the seabed. Haddock are easily distinguishable by the thumbprint mark on their side The Haddock has a tiny mouth that does not reach underneath the eyeball, and because the top and bottom profiles of its face are both slightly convex and vertical. On the chin, they have a little barbel. The first of the three dorsal fins is triangular in form. All in all, Haddock is a moderate fish, weighing around 3-5 lbs and ranging in length from 1-3 ft. This groundfish inhabits typical environments such as gravel, clay, and firm or smooth sand. They are bottom-dwellers across the board. Haddocks thrive in seas that are between 100-500 ft deep and thrive in temperatures around 45° Fahrenheit. While bigger adults are more prevalent in deeper water, juveniles are more numerous in shallower depths along banks and shoals. In the North Sea, especially in the northern portion, as well as farther north to the Faroe Islands, Iceland, and the Barents Sea, it is in great abundance. It is also plentiful on the western side of the Atlantic, from Cape Cod to the Cabot Strait, and there are significant populations on the southern part of the Grand Banks of Newfoundland. Haddocks are carnivorous fish, and the majority of their food is invertebrates that move slowly along the seafloor. They prey on fish, including herring, capelin, hake, and eels, in addition to gobies and sprats. In particular, during the winter, shellfish, sea urchins, brittle stars, and worms are their essential prey items. Haddocks rely mostly on copepods, krill, decapod larvae, and copepods when they are still in their larvae stage. Although they continue to consume pelagic species like krill, they eventually rely on benthic invertebrates to get more and more significant as they develop. The upper side of the haddock's body varies in color from dark grey-brown to nearly black. Haddock spawn mostly from February to April, at which time the adult fish migrate to shallower depths to breed. The bigger females may lay up to 3 million eggs during a mating season, whereas the typical female produces around 800,000. Males fertilize the eggs when the female releases big clusters of her eggs close to the ocean floor. During spawning season, males produce a series of knocks that change in speed and duration as courtship progresses. The sounds get faster and longer as the male becomes more aroused. The eggs then rise to the top along the water column and float for around 15 days along the ocean currents. Haddock moved to an adult diet and swam deeper after gaining a few inches. Haddock may live up to ten years and require one to four years to reach sexual maturity. Natural predators include spiny dogfish, skates, and gray seals, as well as other groundfish, including cod, pollock, cusk, and hakes. Haddocks have grown to be one of the most sought-after species for recreational anglers, as well as the most common fish that is used for food. Adults travel to shallower waters in the spring to spawn. Recent stock evaluations revealed that no species were overfished and that no exploitation was taking place. Haddock mortality is at an all-time low, while biomass is at a record high. The largest Haddock measured 37 in and weighed around 24 lbs. For defense, they swim in big schools. Haddocks can survive in deep, icy waters. They are short-distance "sprinters," able to swim very fast and avoid predators. Haddock can exist in the wild for more than a decade. Cod is a greenish-brown or dark fish with spots. Haddock has mucus-coated scales that are gray or black, as well as a dark spot above the pectoral fin known as St. Peter's imprint, the Devil's fingerprint, or plain the fingerprint. Due to the larger, fatter, and thicker filets, cod is somewhat more expensive since it contains more flesh. Haddock is harvested in multispecies fisheries with other groundfish species like cod and halibut and is often captured using equipment including Danish seine nets, trawlers, long lines, and gill nets. It is particularly caught in the eastern Atlantic and in the Northern Sea due to high population concentrations. Haddocks typically inhabit deeper seas between 130-450 ft underwater, with larvae often inhabiting the lesser depths. The deepest Haddock ever found was collected during a bottom trawl sweep at a depth of more than 1000 ft. Seasonally migratory, haddock are most common in coastal New England during summertime in the relatively shallow waters of the Gulf of Maine. Spawning season is between March and April. The most fruitful haddock spawning grounds may be found in the Northwest Atlantic on Eastern Georges Bank. Haddock fish in the water. Credit: NOAA Fisheries Haddock fish in the water. Credit: NOAA Fisheries Haddock are found on both sides of the North Atlantic. In the western North Atlantic, they're found from Newfoundland to Cape May, New Jersey, and are most abundant on Georges Bank and in the Gulf of Maine. The Gulf of Maine and Georges Bank stocks are not overfished. Not subject to overfishing. Area closures and gear restrictions protect habitat that are affected by some kinds of trawl gear. Regulations are in place to minimize bycatch. Celebrate Culinary Arts Month with a sustainable seafood recipe for every month of the year. Fresh-caught ta'ape on ice. Credit: Conservation International Hawai'i. Chef Tyler Hadfield's Curried Skate Wings with Tomato-Masala Chutney NOAA Fisheries, in collaboration with Blue Ocean Mariculture, is conducting a multi-year pilot study to evaluate observational methods and tools for studying Hawaiian monk seal behavior. Courtesy of Blue Ocean Mariculture

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