COD FAMILY

# Poor cod

*Trisopterus minutus*

Not recorded off Sussex in our sources | None listed



Poor cod (*Trisopterus minutus*). Picture: Julien Renoult, CC BY 4.0 (creativecommons.org/licenses/by/4.0/), via Wikimedia Commons: commons.wikimedia.org/wiki/File:Trisopterus_minutus_26635311.jpg.

## Key facts

**IDENTIFY IT**
Small, yellowish-brown fish with coppery sides; easy to mix up with pouting, so check fin positions.

**SIZE**
Up to about 26 cm; 15-20 cm is more usual.

**HABITAT**
Common over the seabed at about 25-200 m; less common close inshore than pouting.

**OFF SUSSEX**
Not recorded in our sources

**AROUND BRITAIN**
No months in our sources

**METHODS**
Takes almost any small bait; small sabiki lures fished hard on the bottom also work.

**GROUP**
Cod family

**IN SHORT**
Poor cod is a small fish, yellowish-brown with coppery sides. Our sources do not record it off the Sussex coast. British boat record: none listed.

COME FISHING WITH US

## Fish with Kestrel Warrior from Brighton Marina

The poor cod is not one of the fish our sources record off Sussex, so no Kestrel Warrior trip targets it. Come and fish the Sussex coast on one of our eight trips (Prices 2027):

- **Sightseeing tour** 1 hour, £20 pp
- **Squid and cuttlefish trip** 3 hours, £55 pp
- **Sea fishing trip at anchor, multiple species** 8 hours, £75 pp
- **Wreck fishing at anchor** 10 hours, £110 pp
- **Mackerel trip** 90 minutes, £27 pp
- **Sea fishing trip, multiple species** 4 hours, £55 pp
- **Flatfish drift trip** 8 hours, £90 pp
- **Shark fishing trip** 10 hours, £150 pp

Free tuition and free gutting and filleting of your catch. Rod hire £10 per person; fishing tackle is included on the shark trip.

Scan to book

Book: ring **07896 471691** (8am to 9pm, seven days a week) · info@kestrelwarrior6.co.uk · kestrelwarrior6.co.uk/contact/

## About the poor cod

Poor cod is a small fish, yellowish-brown with coppery sides. It is easy to mix up with pouting, so check the positions of the fins before you decide which you have.

It grows to about 26 cm, though 15 to 20 cm is more usual, which puts it among the mini-species. It is still a cod-family fish, just a small one.

Poor cod are common over the seabed, in about 25 to 200 m of water. They are less common close inshore than pouting, which is worth remembering when you are working out which small fish is on your hook.

They take almost any small bait. Small sabiki lures fished hard on the bottom also work.

The record does not say the species is caught off Sussex, and it gives no months for when it is best, so we will not guess. What we can say is that this is a modest little fish with a name that sells it short.

## On the boat

Poor cod take almost any small bait, and small sabiki lures fished hard on the bottom also work. They are common over the seabed at about 25 to 200 m, and less common close inshore than pouting. The record gives no months for Britain or Sussex, and does not list Sussex as a place where poor cod are caught, so we cannot say more.

## British boat-caught record

None listed

No British boat-caught record is listed for this species. The official mini-species record is 358 g, caught by Adam Slack at Berry Head, Torquay, in 2003. That list does not split boat and shore catches, so it is not confirmed as boat-caught.

## Care and rules

Poor cod is a mini-species. No minimum size was found on the Gov.uk page. The record has no notes on release or eating, so we do not offer any. Rules change: check the current rules before you fish.

## Did you know?

Poor cod is easy to confuse with pouting. The record says to check fin positions to tell them apart, and that poor cod is less common close inshore.

**Sources:** Planet Sea Fishing - Poor cod; BRFC Sea Fish Listings June 2026. The full guide, with links to every source: kestrelwarrior6.co.uk/sea-fish-guide/poor-cod/