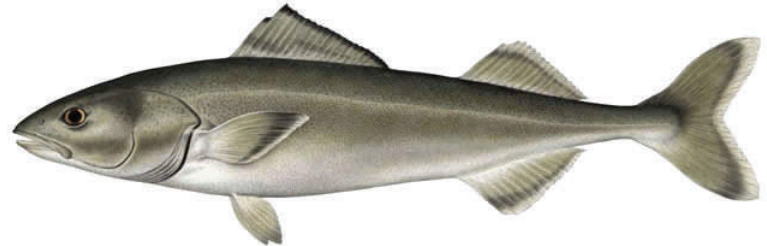




BLACK COD— SABLEFISH

ANOPLOMA FIMBRIA



DESCRIPTION

Black Cod is commonly known as sable fish in the United States and gets its name from the dark color of its skin. Although it resembles a cod, it is actually not a member of the codfish family. It is a member of the Anoplopomatidae, a group of fish confined to the North Pacific. Usually caught in muddy banks, black cod can be caught at depths of 3,000 feet. The average commercially-caught black cod measures about two feet long and weighs a little less than 10 pounds. Around 40,000 tons are caught each year in North America from the coast of California to Alaska. It is highly prized in Japan and getting a larger following in the United States.

EATING QUALITIES:

The black cod is extremely flavorful, because of its high fat content. It has a large flake, velvety texture and cooks up to a snowy white. It is often mistakenly called butterfish, because of its rich flavor. The fats are also highly polyunsaturated and thus well-suited for low cholesterol diets. It is easily prepared in a variety of cooking methods and is excellent smoked.

FISHING METHODS AND REGULATIONS:

Caught by long-line or with pots in the Bering Sea and the Gulf of Alaska. The Alaska black cod season opens in mid-March and runs through mid-November.

SOLD AS:

Whole fish—H&G
Fillets
Steaks
Portions

NUTRITIONAL INFORMATION

3 oz raw portion

Calories	205
Fat Calories	137.7
Total Fat	16 g
Saturated Fat	3 g
Protein	14 g
Sodium	60 mg
Cholesterol	55 mg
Omega-3	1.41 g

COOKING METHODS

Sautéed
Broil
Grill
Poach
Bake
Steam

HANDLING

Whole fish should be packed in flaked ice. Whole fish and Fillets should be stored in a drain pan in the coldest part of the walk-in. Fillets should also be covered in ice although with a barrier, so the ice never touches the flesh.

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