

HAWAIIAN KAMPACHI

SERIOLA RIVOLIANA



DESCRIPTION:

Hawaiian Kampachi is a delicious, sushi-grade Hawaiian yellowtail, sustainably raised in the pristine open ocean off the coast of Hawaii. In the wild, *Seriola rivoliana* would be known as Almaco Jack or kahala, but Hawaiian Kampachi is substantially different from its wild counterpart. It is nurtured through its entire life cycle from hatchling to harvest, yielding one of the healthiest and most delicious fish on the market. Hawaiian Kampachi is also rich in healthy Omega-3 fish oils.

EATING QUALITIES:

Hawaiian Kampachi has a clean, rich but crisp taste. Its high fat content (30%) creates a fish that is prized for its succulent yet subtle flavor and firm texture, and versatile enough for both raw and cooked applications.

FARMING AND FISHING METHODS:

Hawaiian Kampachi is farmed in open ocean, off-shore submerged net pens deep in the Pacific Ocean near Hawaii. No growth hormones or antibiotics are used in raising this fish.

SOLD AS:

Whole fish, Fillets

NUTRITIONAL INFORMATION

Per 3oz portion

Calories	110
Fat Calories	20
Total Fat	2.5 g
Saturated Fat	0.4 g
Protein	24 g
Sodium	54 mg
Cholesterol	0 mg
Omega-3	0.9 g

COOKING METHODS

Broil
Grill
Sauté
Roast
Sushi
Sashimi

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 with a barrier, so the ice never touches the flesh.

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