

# FORTUNE FISH COMPANY

THE SEAFOOD SPECIALISTS 

## SMELT OSMERUS MORDAX



### DESCRIPTION:

Smelt are small, silvery herring-like fish nicknamed the candlefish. Smelt are so fatty that Native Americans used them for making candles. When dried, placed upright, and lit, the fish would burn from end to end. Their color is olive to pale green with a broad silver strip on its side. Some smelt migrate to rivers from the sea for breeding, while others live entirely in freshwater.

### EATING QUALITIES:

Smelt has a oily, mild taste and a soft texture. The 6-10 inch long fish has an odor and flavor like freshly cut cucumber. Lake smelt are considered less oily than saltwater smelt. Smelt are usually eaten whole- including head, bones, and all.

### FISHING METHODS:

The major smelt runs are in the northeast and eastern Canada. Smelt are caught by gillnets as they migrate to spawn in rivers or close to shore. They are also box-netted in the winter through holes in the ice. In the Great Lakes smelt are mostly caught by trawl.

### SOLD AS:

H & G  
Roe

### NUTRITIONAL INFORMATION

Per 3.5 ounce portion

Calories	97
Total Fat	2.42 g
Protein	18 g
Sodium	60 mg
Cholesterol	70 g
Omega-3	0.7g

### COOKING METHODS

Bake  
Broil  
Fry  
Grill  
Sauté

### 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.

### FORTUNE FISH COMPANY

1068 Thorndale Avenue  
Bensenville, IL 60106  
T:630.860.7100  
F:630.860.7400  
[www.fortunefishco.net](http://www.fortunefishco.net)

