

BLACK SEA BASS

CENTROPRISTIS STRIATA



DESCRIPTION:

Black bass is a true sea bass caught along the Atlantic Coast of the United States from Cape Cod to Florida. A reef fish landed mainly from Long Island to South Carolina. It is a stout bodied fish, with large dorsal, pectoral and pelvic fins. The rounded tail often has a long streamer trailing out from the top edge. The background color is smoky grey to bluish black with darker patches and light speckles. Uncooked flesh should be sparkling white and translucent, not opaque.

EATING QUALITIES:

Black bass is a firm snow white fleshed fish when cooked. It has a medium flake and a delicate flavor. The skin is delicious and often kept on when steaming or sautéing. It is extremely versatile in use, particularly popular for cooking whole in Asian cuisines.

FISHING METHODS:

They are primarily caught with pots and traps. They are also caught with bottom trawls, hook and line and gillnets.

COMMERCIAL REGULATIONS:

Commercial harvests are controlled by a quota system, which holds annual harvests to about 3 million pounds. All fish is sold fresh, there is not enough harvested for the frozen market.

AVAILABLE:

Whole
 H&G
 Fillet (skin-on)
 Fillet (skin-off)
 Portions

NUTRITIONAL INFORMATION

Per 3.5 ounce portion:

Calories	96
Total Fat	1.9 g
Cholesterol	55 mg
Sodium	62 mg
Protein	18.4 g
Omega-3	.4 g

Source USDA

COOKING METHODS

Sauté - Fillets
 Steam - Fillets or Whole Fish
 Broil - Fillets or Whole Fish
 Bake - Fillets or Whole Fish
 Deep Fry - Whole Fish
 Pan Fry - Fillets or Whole Fish

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.