

CHILEAN SEA BASS
PATAGONIAN TOOTHFISH



DESCRIPTION:

The Patagonian Toothfish is a large fish found on seamounts and continental shelves around most sub-Antarctic islands and temperate waters of the Southern Atlantic, Southern Pacific, Indian, and Southern oceans. The Chileans were the first to market toothfish commercially in the United States, earning it the name *Chilean sea bass*, although it is really not a bass and it is caught in many other waters outside Chile. This large deepwater fish is found between the depths of 1600 - 3200 feet. The average weight of a commercially caught toothfish is 20 pounds with large adults occasionally exceeding 440 pounds.

EATING QUALITIES:

Big, moist tender flakes of flavor are the trademarks of Chilean Sea Bass. Meat from the raw Chilean Sea Bass is snow white. When cooked, the meat remains white, comparable to cod in appearance.

FISHING METHODS:

Chilean Sea Bass is fished by long-line boats and is usually headed gutted and frozen on the boat at sea. They feed largely on squid, small fish and prawns. All of our suppliers adhere to all toothfish importation rules and regulations as prescribed in the Federal Register Vol. 68, No. 84 / Thursday, May 1, 2003 (50 CFR Part 300)

SOLD AS:

H&G Fresh And Refreshed	Portions hand cut
H&G Frozen	Frozen 6, 8 and 10 oz portions
Fresh & Refreshed Fillets	IQF Skin-On Fillet

NUTRITIONAL INFORMATION
 Per 3.5 ounce raw portion:

Calories	184
Fat Calories	130
Total Fat	14.2 g
Saturated Fat	3.2 g
Cholesterol	49 mg
Sodium	56 mg
Protein	13.2 g
Omega-3	1.3 g

Source USDA

COOKING METHODS

- Bake
- Boil
- Roast
- Pan fry
- Grill

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. Fillets should be stacked skin to skin or flesh to flesh.