

**ESCOLAR**  
*Lepidocybium flavobrunneum*



**DESCRIPTION:**

Consumed in Asia and European countries as well as the United States, and found in tropical waters worldwide, escolar is sometimes consumed raw as sushi or sashimi. It is known as Walu in Hawaii and Fiji. In the United States, escolar primarily comes from the Gulf of Mexico. It is caught as by-catch during tuna fishing.

**EATING QUALITIES:**

Raw meat is flavorful and oil-rich. In a culinary class with Chilean sea bass and sablefish, the flesh is bright white to cream color and cooks up snow white. Escolar is sometimes confused with 'oil fish' *Ruvettus pretiosus*, which can cause intestinal upset due to its high oil concentrations. It is suggested to verify fish species to confirm you are getting true Escolar. At Fortune Fish Company, we only sell true Escolar.

**FISHING METHODS AND REGULATIONS:**

Caught as by-catch during the tuna fishery usually by long-line. Our escolar is usually caught in Fijian waters.

**SOLD AS:**

H&G  
Fillets (skin on/skinless)  
Portions

**NUTRITIONAL**  
**INFORMATION**

3.5 oz raw portion

Calories	240
Fat Calories	174
Total Fat	19.4 g
Saturated Fat	0 g
Protein	16 g
Sodium	N/A
Cholesterol	N/A
Omega-3	N/A

**COOKING METHODS**

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.

**FORTUNE FISH COMPANY**

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