

LOUP DE MER
DICENTRARCHUS LABRAX



DESCRIPTION:

Also known as the European sea bass, it lives throughout the Mediterranean and the Black Seas; it is found from Norway to the Canary Islands. Loup de Mer, or Bronzini, prefers areas close to where streams enter the ocean and is caught inshore where it hugs the beaches close to the surf-line. Slow-growing and not common, commercial fishing is limited. Catches of sea bass are small, only about 5,000 tons per year, mostly in the Mediterranean.

EATING QUALITIES:

The pale pink meat can be cooked using almost any method, including baking, broiling and boiling. The flavor is sweet, mild and the texture is moist.

FISHING METHODS AND REGULATIONS:

Farm-raised in open-ocean net pens in the Mediterranean, often in Greece.

SOLD AS:

Whole fish
Fillets (skin-on or skin-off)
Portions

NUTRITIONAL
INFORMATION

3.5 oz raw portion

Calories	100
Fat Calories	36
Total Fat	2.5 g
Saturated Fat	.9 g
Protein	20 g
Sodium	54 mg
Cholesterol	60 mg
Omega-3	.5 g

COOKING METHODS

Sauté
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.

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