

OPAKAPAKA HAWAIIAN PINK SNAPPER



DESCRIPTION:

A deep water marine fish found in the waters surrounding the Hawaiian Islands. Its sweet, delicate flesh ranges from white to pink in color, however, cooked opakapaka is always white. They are usually caught at depths between 30 and 100 fathoms. Fish caught over hard bottoms have brighter skin colors than those caught over soft bottoms. It can run from lean to fat, depending on the season (they're fattier in the winter). In Hawaii, it's also referred to as "pink snapper" or "crimson snapper". Opakapaka is the most important bottom fish species in terms of total landed weight and value in Hawaii.

EATING QUALITIES:

Opakapaka has a clear, light pink flesh that has a firm texture and a delicate flavor. It is very versatile and well suited for most preparations including some of the finest sashimi.

FISHING METHODS AND REGULATIONS:

Opakapaka are caught year-round in the Hawaiian Islands by vertical hook and line gear. There is also a trap-net fishery for smaller fish. There is a distinct peak in landings during the winter season, which is October through February.

SOLD AS:

Whole Fish
 H&G
 Fillets
 Portions

NUTRITIONAL INFORMATION

3.5 oz raw portion

Calories	102
Total Fat	.9 g
Protein	21.8 g
Sodium	54 mg

COOKING METHODS

Sautéed
 Bake
 Broil
 Fry
 Grill
 Poach
 Sashimi
 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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