

WILD STRIPED BASS

ROCKFISH



DESCRIPTION:

Striped bass are large fish with prominent stripes along the sides. It is found mostly from the St. Lawrence river to the St. John's river in Florida, although man has extended its region throughout the United States. Most commercial striped bass come from Maine to North Carolina. There are a few land locked populations of striped bass, but most are anadromous, swimming into major rivers in spring to spawn. In Summer and Fall, stripers consume bay anchovy and Atlantic Menhaden; in winter they eat larval and juvenile spot and Atlantic croaker; in the Spring they feed on white perch, alewives and blueback herring.

EATING QUALITIES:

Cooked, striped bass is grayish and soft with a large, meaty flake. It is a full and richly flavored fish.

FISHING METHODS AND REGULATIONS:

The population once struggled until a ban was put in place and now the fishery is extremely healthy. From Maine through North Carolina, Atlantic striped bass is managed through the Interstate Fishery Management Plan for Atlantic Striped Bass, developed by the Atlantic States Marine Fisheries Commission (ASMFC). It is fished mainly by hook and line and gill-nets.

SOLD AS:

In the Round
 Whole fish
 H&G
 Fillet (Skin-on)
 Fillet (Skin-off)
 Hand-cut Portions

NUTRITIONAL INFORMATION

3.5 oz raw portion

Calories	92
Fat Calories	21
Total Fat	2.3 g
Saturated Fat	.5 g
Protein	17.7 g
Sodium	69 mg
Cholesterol	80 mg
Omega-3	.8 g

COOKING METHODS

Sautéed
 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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