

WHITEFISH
COREGONUS CLUPEAFORMIS



DESCRIPTION:

Whitefish or Lake Whitefish inhabits cold, deep-water lakes in the northern United States and Canada. Most commonly found in the waters of Lake Michigan, Huron, Erie and Superior. It is the most valuable commercial freshwater fish in Canada. Whitefish roe or Golden Caviar is also highly regarded. They are silvery, small mouthed, freshwater fish in the salmonidae family. They are related to the salmon and trout, although have pure white meat unlike their cousins. Whitefish are at their peak in colder weather when the meat tends to be firmer and fattier.

EATING QUALITIES:

Whitefish is known as one of the best-eating freshwater fish there is. The delicate white meat has a high fat content that gives it a wonderful richness and lends itself to smoking. The mild flavor is more like salmon than trout. The meat is medium-firm with a large flake.

FISHING METHODS AND REGULATIONS:

They are caught using trap nets, gill nets and hook and line. Trap net fish are the highest quality and located on the Green List. Commercial regulations are controlled with-in the United States and Canada. The seasons vary by lake and state, although there are fish available year round. They will even fish through the ice in the winter.

SOLD BY:

- Jumbo (20oz and up)
- Med/Jumbo (12-16oz)
- #1 (8-12oz)
- Hand cut Fillets (Skin on/off, Pin-bones in/out)
- Hand Cut Portions
- Hand Cut Steaks

NUTRITIONAL INFORMATION

Per 3.5 ounce raw portion:

Calories	134
Total Fat	5.8 g
Cholesterol	60 mg
Sodium	51 mg
Protein	19.1 g
Omega-3	1.3 g

Source USDA

COOKING METHODS

- Sauté - Fillets
- Broil - Fillets
- Bake - Fillets
- Pan Fry - Fillets
- Smoking - Fillets or Whole Fish
- *Great with a crust

HANDLING

Whole fish should be packed in flaked ice making sure to fill the belly. 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.

FORTUNE FISH COMPANY

1068 Thorndale Avenue
 Bensenville, IL 60106
 T: 630.860.7100
 F: 630.860.7400
 www.fortunefishco.net