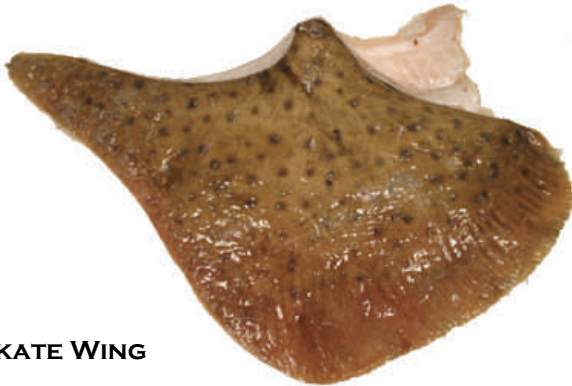


SKATE
SKATE WING / SKATE CHEEKS



SKATE WING



SKATE CHEEKS

DESCRIPTION:

Skates are found worldwide in temperate and cold waters as well as deep, tropical waters. Skates are like sharks and have no bones, only cartilage. The edible portions of the skate are the wings and the cheeks. The wings are composed of strands of flesh, a layer of cartilage and then more strands of flesh. The skin should be removed before cooking and the cartilage can be easily removed after cooking. Skate has a shorter shelf-life in the summer months.

EATING QUALITIES:

The meat of the skate is reddish in color in the raw state and cooks up to an off- white. It is a moist fish with a firm texture. The strands of the flesh in the wing structure form an open-fan configuration and lead to a stringy texture. This can be misleading and most assume the meat will be tough, although the meat is rather delicate.

FISHING METHODS AND REGULATIONS:

Skate is caught by hook and line, trawls and traps.

AVAILABLE:

- Skate wings whole (Skin-on)
- Fillets (Skin-off, cartilage removed)
- Cheeks

NUTRITIONAL
INFORMATION
 3.5 oz raw portion

Calories	9.5
Fat Calories	9
Total Fat	1 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	N/A
Protein	20.6 g
Omega-3	.1 mg

COOKING METHODS

- Sauté
- Bake
- Broil
- Fry
- Poach

HANDLING

Properly handled skate should have a fresh order. If the skate isn't bled, gutted and chilled immediately, the uric acid breaks down into ammonia. If you detect an ammonia smell reject the fish. Skate should be packed in flaked ice in the coldest part of the refrigerator.

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