

FORTUNE

FISH & GOURMET

THE SEAFOOD & GOURMET SPECIALISTS



AMBERJACK

SERIOLA QUINQUERADIATA



DESCRIPTION:

The Amberjack and other members of the Jack family are found in all tropical and subtropical seas. The amberjack has a brownish skin that is hued lavender and golden colors. The fish also has an amber colored band that extends from the head to the tail. Amberjacks weighing 15 pounds or less are considered the best to eat. They are caught by commercial fishermen using longlines. Wild caught amberjack feed on other fish such as Pinfish, Sand Perch, Tomtate Grunts, and Grass Grunts. Most farmed amberjack are fed fresh fry but most farm raised amberjack are fed fishmeal, fish oil and grain pellets.

EATING QUALITIES:

Amberjack has a firm texture, white meat with mild flavor. It is an extra lean fish.

FISHING/FARMING METHODS AND REGULATIONS:

Amberjack can be open ocean farmed or commercially caught by longline.

SOLD BY:

Whole fish, fillets, portions

NUTRITIONAL INFORMATION

Per 3.5 ounce portion:

Calories	146
Fat Calories	47.3
Total Fat	5.24 g
Saturated Fat	1.3 g
Cholesterol	55 mg
Sodium	40 mg
Total Carbohydrates	0 g
Protein	24 g

COOKING METHODS

Sautéed
Pan fry
Custom smoked
Grill

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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