

GULF CONEY / GROUPER
EPINEPHELUS ACANTHISTIUS



DESCRIPTION:

Gulf Coney, also known as the Baqueta Grouper, is commonly exported out of Baja California and Mexico. There is a brown and red variety that are prevalent in the deep pristine waters along the Baja California Peninsula. Gulf Coney range in size from 3-25 lb and have a white, opalescent flesh. The quality of these fish are exceptional due to careful handling techniques developed by local fishing groups. The Brown Gulf Coney variety are prevalent on the Pacific side of the Baja, and the Red variety occur predominately inside the Gulf of California. Red Gulf Coney are striking in color and are more sought after.

EATING QUALITIES:

Gulf Coney has a firm white meat that holds up to a wide variety of cooking styles. It has a mild, slightly sweet flavor.

FISHING METHODS AND REGULATIONS:

Like many seafood products in the Baja, the Gulf Coney is regulated through the limitations of the rustic fishing fleet. The small 18-22 foot boats used to fish in these areas, use primitive hand-line fishing equipment and have restricted fishing days. They are limited in fishing range due to weather and a lack of technological equipment. Populations of Gulf Coneys remain strong and a sustainable choice.

SOLD As:

Whole, Fillets, Portions

NUTRITIONAL INFORMATION
 Per 3.5 ounce portion

Calories	96
Total Fat	2.3 g
Saturated Fat	0.4 g
Protein	17.5 g
Sodium	53 mg
Cholesterol	50 mg

COOKING METHODS

- Sauté
- Bake
- Broil
- Grill
- Poach
- Fry

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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