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THE SEAFOOD & GOURMET SPECIALISTS

AMERICAN EEL

ANGUILLA ROSTRATA



DESCRIPTION:

The American Eel, *Anguilla rostrata*, can be found in many areas throughout the east coast of the United States. They are catadromous, meaning that they breed in saltwater and spend most of their lives in fresh water. Eel spawning grounds are found in the Sargasso Sea. As larvae, they ride the Gulf Stream and currents to the Atlantic coast. Along the way they develop into glass eels, a translucent stage. They mature in freshwater and return to the Sargasso Sea to spawn and die. American Eels live in coastal rivers from Greenland to the Gulf of Mexico. It has a snakelike body that is covered with a protective slime coating.

EATING QUALITIES:

Eel is best purchased when still alive, and with the help of their slime coat American Eels can survive for several days out of water if kept damp. Eel flesh has a firm texture, small flake, high fat content and somewhat sweet. The meat is grey when raw but turns white when cooked. Almost any fish recipe will work great for eel; baked, fried, smoked or grilled.

FISHING METHODS & REGULATIONS:

American Eels are typically caught using baited traps, fyke nets and long lines. Harvest quotas and mechanisms restoring Eel passage around dams have alleviated pressure on Eel populations. Most of the world's Eels are now farm raised.

SOLD AS:

Whole
Fillet

NUTRITIONAL INFORMATION

Per 3.5 ounce portion

Calories	184
Total Fat	11.7 g
Protein	18.4 g
Sodium	51 mg
Cholesterol	80 mg
Omega-3	579 mg

COOKING METHODS

Bake
Broil
Grill
Sauté
Sushi

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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