

# FORTUNE • FISH & GOURMET •

THE SEAFOOD & GOURMET SPECIALISTS



## JOHN DORY

ZEUS FABER



### DESCRIPTION:

John Dory, also called St. Pierre, is an odd looking benthic fish, can weigh up to 7 lbs. It has a large dark spot on each side of its oval, flat body and long spines on its dorsal and anal fin. The myth is that St. Peter caught the John Dory and left his fingerprints, which are known as the dark spots on the fish. Due to a distressing noise the fish made while being caught, St. Peter tossed the John Dory back to sea. John Dories are usually solitary fish caught as bycatch in trawls.

### EATING QUALITIES:

The flesh is sweet with a finely textured medium flake. Dory fillets are very delicate.

### FISHING METHODS AND REGULATIONS:

John Dory is trawl caught. In the United States John Dory is a by catch fishery. It is not a targeted species. New Zealand's John Dory fishery is managed by strict quotas, which allow only a set amount of John Dory to be taken commercially each year based on population surveys and historical harvests.

### SOLD AS:

Fillet and Whole

### NUTRITIONAL INFORMATION

Per 3 oz. portion

Calories	77
Fat Calories	1.5 g
Total Fat	0.6 g
Saturated Fat	0 g
Protein	17.5 g
Cholesterol	47 mg
Omega-3	1.5 g

### COOKING METHODS

Fry  
Sauté  
Steam  
Bake  
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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