

FORTUNE • FISH & GOURMET •

THE SEAFOOD & GOURMET SPECIALISTS



MAKO SHARK

ISURUS OXYRINCHUS



DESCRIPTION:

Mako Shark is a robust and streamlined pelagic shark with large, well developed eyes and a warm blooded-like circulatory system. They have striking coloring with deep purple on the dorsum, silvery sides, and a white bottom. Mako Sharks have rapid growth rates, twice as fast as some other Sharks, including the closely related Great White Shark. Mako Sharks can be found worldwide in warm temperate and tropical waters.

EATING QUALITIES:

Mako Shark is considered the best of all Sharks to eat. The flesh is dense and meaty making it exceptionally versatile. It is low in fat with a medium full flavor. Mako meat is similar to Swordfish, but is generally a little darker and moister. Its pinkish-white flesh will lighten during cooking.

FISHING METHODS:

Mako Sharks are an extremely fast and active fish, caught mostly by hook and line. The domestic Mako Shark fishery is regulated by the U.S. National Marine Fisheries Service.

SOLD AS:

Whole. Fillets, Portions, Loins

NUTRITIONAL INFORMATION

Per 3.5 ounce portion

Calories	130
Total Fat	4.5 g
Protein	21 g
Sodium	79 mg
Cholesterol	51 g
Omega-3	900 mg

COOKING METHODS

Bake
Broil
Grill
Saute
Steam

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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