

# FORTUNE • FISH & GOURMET •

THE SEAFOOD & GOURMET SPECIALISTS

## BLACK SEA BASS

*CENTROPRISTIS STRIATA*



### DESCRIPTION:

Black Sea Bass is a true Sea Bass caught along the Atlantic Coast of the United States from Cape Cod to Florida. It is a stout bodied fish, with large fins. The rounded tail often has a long streamer trailing out from the top edge. The background color is smoky grey to bluish black with darker patches and light speckles.

### EATING QUALITIES:

Black Sea Bass is a firm snow white fleshed fish when cooked. Uncooked flesh should be sparkling white and translucent, not opaque. It has a medium flake and a delicate flavor. The skin is delicious and often kept on when steaming or sautéing. It is extremely versatile and particularly popular for whole fish preparations in Asian cuisines.

### FISHING METHODS AND REGULATIONS:

Black Sea Bass are primarily caught with pots and traps. They are also caught with bottom trawls, hook and line and gillnets. Commercial harvests are controlled by a quota system. All Black Sea Bass is sold fresh. There is not enough harvested for the frozen market.

### SOLD AS:

Whole, Fillet

### NUTRITIONAL INFORMATION

Per 3.5 ounce portion

Calories	96
Total Fat	2 g
Protein	18.4 g
Sodium	68 mg
Cholesterol	41 mg
Omega-3	0.7 g

### 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.

### FORTUNE FISH & GOURMET

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