

## SILK SNAPPER

LUTJANUS VIVANUS



### DESCRIPTION:

The Silk Snapper, or Yelloweyed Snapper, is a mélange of warm colors, beautifully shading from pink to red, with reddish or yellow fins and eyes. It lives in deep waters and grows to a maximum of 2.5 feet. A relatively small snapper, it weighs usually less than 5 pounds. The species is commonly found in the western Atlantic from northern South America to North Carolina. It is found in the Gulf of Mexico and Caribbean as well as Bermuda. In studies, the smallest sexually mature silk snappers were a 9-inch female and an 11-inch male. Spawning occurs from late spring through the summer. The silk snapper feeds on crabs, shrimp and fishes.

### EATING QUALITIES:

Silk snapper has a pinkish meat that is lean, moist and sweet with a mild although distinctive flavor.

### FISHING METHODS AND REGULATIONS:

Silk snapper is caught by trawl and hook and line. It is a highly regulated fishery by NOAA and in 2008 the fishery was cut by almost 50% to help the stock recover. They also put seasonal closures on the gulf shrimp fishery, which is believed to be depleting the juvenile snappers through by-catch and habitat destruction.

### SOLD AS:

Whole, fillets

### NUTRITIONAL INFORMATION

Per 3.5 ounce portion:

Calories	100
Fat Calories	36
Total Fat	1.3 g
Saturated Fat	0.9 g
Protein	20 g
Sodium	60 mg
Cholesterol	35mg
Omega-3	0.5 g

### COOKING METHODS

Broil  
Bake  
Grill  
Poach  
Steam  
Sauté

### 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 COMPANY

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