



## SWAI

PANGASIUS HYPOPHthalmus



### DESCRIPTION:

Swai, also known by its genus name Pangasius, is a farm raised freshwater river catfish from Vietnam. Swai are hearty fish that grow quickly and consume a mostly vegetarian diet. The fish can breathe air through its mouth making it adaptable to growing conditions with low oxygen levels. The fish have a shiny, iridescent scaleless skin.

### EATING QUALITIES:

Swai when cooked has a very white moist meat with a sweet mild flavor and delicate texture. This product is all natural, no additives or chemicals. Swai is a versatile fish, adaptable to any number of cooking methods.

### FARMING METHODS:

Swai is sustainably pond raised in Vietnam. The water quality of each pond is carefully monitored at the inflow and effluent. Swai are fed a low protein diet, mainly vegetarian soy, wheat, rice, and bran. It takes approximately 6-7 months for fish to reach market size. Fish conversion ration is between 1.4 and 1.6. The fish are hand selected and hand filleted, then are individually flash frozen by a proprietary method preserving the fresh quality.

### SOLD AS:

5-7 oz Refreshed fillets

7-9 oz Refreshed fillets

### NUTRITIONAL INFORMATION

Per 3.5 ounce portion

Calories	88
Total Fat	4 g
Protein	13 g
Sodium	50 mg
Cholesterol	45 mg
Omega-3	n/a g

### COOKING METHODS

Bake  
Broil  
Fry  
Grill  
Sauté  
Poach

### 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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