

FORTUNE FISH COMPANY

THE SEAFOOD SPECIALISTS 

NORWEGIAN WOLF FISH ANARHICHAS LUPUS



DESCRIPTION:

Wolf fish are known to reach lengths of 7 feet and weigh up to 40 pounds. They have rather fat heads and a large mouth filled with sharp fang-like teeth. Their skin has no scales. Wolf fish inhabit rocky bottoms in nearly freezing deep waters and feed on hardshell mollusks and crustaceans. They are an important predator of sea urchins and green crabs.

EATING QUALITIES:

Wolf fish is never served whole. Its pearly white meat has a mild, sweet flavor and a texture similar to lobster.

FISHING METHODS:

The Norwegian Wolf fish is a solitary fish which does not lend to a targeted fishery. It is primarily caught as bycatch from cod and haddock fisheries and frozen at sea. Norway's management of this species has led to catches more than doubling and an increase in the size of the fish.

SOLD AS:

H&G Refreshed

H&G Frozen

Refreshed Portions and Fillets

NUTRITIONAL INFORMATION

Per 3 ounce portion

Calories	96
Total Fat	2 g
Protein	17 g
Sodium	85 mg
Cholesterol	46 g
Saturated Fat	0 g

COOKING METHODS

Bake
Fry
Grill
Poach
Steam
Saute

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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