

KYUQUOT SOUND
SABLEFISH
ANOPLOPOMA FIMBRIA



DESCRIPTION:

Sablefish is commonly known as Black Cod. Although it resembles a cod, it is not a member of the Codfish family. Kyuquot Sound Sablefish is premium sushi-grade Sablefish. It is grown from egg to plate in partnership with the Kyuquot Checlesht First Nations who have lived in Kyuquot Sound for centuries and spent the last 15 years perfecting rearing techniques for a healthy Sablefish. The partnership is based on mutual respect of nature and the environment, and the desire to produce the world's best fresh Sablefish.

EATING QUALITIES:

Kyuquot Sablefish has a rich buttery flavor, firm white flesh and a balanced oil content. It has a large flake, velvety texture and cooks up to a snowy white. It is easily prepared in a variety of cooking methods and is excellent smoked.

FARMING METHODS:

Kyuquot Sablefish is sustainably raised in net pens in the pristine ice-cold waters of Kyuquot Sound, Vancouver Island, Canada. The farm is completely integrated and the Sablefish are fully traceable. The fish are fed a diet high in omega 3 amino acids and free of antibiotics and growth hormones. Dedicated staff provide care 24 hours a day, every day of the year, and they guarantee year-round availability.

SOLD AS:

Whole, Fillets, Portions

NUTRITIONAL
INFORMATION

3.5 oz raw portion

Calories	250
Total Fat	20 g
Saturated Fat	4.1g
Protein	17 g
Sodium	72 mg
Cholesterol	63 mg
Omega-3	1.66 g

COOKING METHODS

Sautéed
 Broil
 Grill
 Poach
 Bake
 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.

FORTUNE FISH & GOURMET

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