

**OCEAN PERCH**  
*SEBASTES MARINUS*



**DESCRIPTION:**

Atlantic Ocean Perch is not a true perch but a member of the Rockfish family. They are slow-growing, deep-water fish with bright-red or orangish coloring. Known as Redfish in New England and eastern Canada, Ocean Perch should not be confused with Redfish from the Gulf of Mexico. Ocean Perch are found in offshore waters of the Atlantic from southern Labrador to the Gulf of Maine.

**EATING QUALITIES:**

Ocean Perch has a firm flesh that is a bit coarse, with a mild delicate flavor. Fillets are generally thin and are well suited to all types of cooking. The flesh is white, though not as light as cod, and it turns opaque white when cooked. Whole fish may have bulging eyes and distended air bladders, which is a result of being brought up from great depths, not an indication of poor quality.

**FISHING METHODS AND REGULATIONS:**

Most Ocean Perch are trawl caught and weigh 1 1/2 to 2 pounds. Ocean Perch is managed by the National Marine Fisheries Service (NMFS) and the New England Fishery Management Council (Council) and regulated by the Northeast Multispecies Fishery Management Plan, which utilizes the best available science to set biological reference points and harvest restrictions.

**SOLD AS:**

Fillets

**NUTRITIONAL INFORMATION**  
 3.5 oz raw portion

Calories	94
Fat Calories	14.4
Total Fat	1.6 g
Saturated Fat	0.2 g
Protein	18.6 g
Sodium	75mg
Cholesterol	42 mg
Omega-3	0.3mg

**COOKING METHODS**

- Sauté
- Poach
- Fry
- 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.