

**CHILEAN SEABASS /
 PATAGONIAN TOOTHFISH**
DISSOSTICHUS ELEGINOIDES



DESCRIPTION:

The Chilean Seabass or Patagonian Toothfish is a large fish found on seamounts and continental shelves around most sub-Antarctic islands and temperate waters of the Southern Atlantic, Southern Pacific, Indian, and Southern oceans. The Chileans were the first to market Toothfish commercially in the United States, earning it the name Chilean Seabass, although it is not truly a Bass and it is caught in many other waters outside Chile. This large deep-water fish is found between the depths of 1600 - 3200 feet. The average weight of a commercially caught toothfish is 20 pounds with large adults occasionally exceeding 440 pounds. They feed largely on squid, small fish and prawns.

EATING QUALITIES:

Big, moist tender flakes of flavor are the trademarks of Chilean Seabass. Meat from the raw Chilean Seabass is snow white. When cooked, the meat remains white, comparable to cod in appearance.

FISHING METHODS:

Chilean Seabass is fished by long-line boats and is usually headed gutted and frozen on the boat at sea. All of our suppliers adhere to all Toothfish importation rules and regulations as prescribed in the Federal Register Vol. 68, No. 84 / Thursday, May 1, 2003 (50 CFR Part 300).

SOLD AS:

Refreshed Whole, Fillets, Portions

NUTRITIONAL INFORMATION
 3.5 oz raw portion:

Calories	97
Fat Calories	18
Total Fat	2 g
Saturated Fat	0.5 g
Cholesterol	41 mg
Sodium	68 mg
Protein	18.4 g
Omega-3	595 mg

COOKING METHODS

- Bake
- Boil
- Roast
- Pan fry
- Grill

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. Fillets should be stacked skin to skin or flesh to flesh.

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