

SPOTTED SEATROUT
CYNOSCION NEBULOSUS



DESCRIPTION:

Spotted Seatrout, also known as Speckled Seatrout, is not a true trout but a member of the drum family. It is similar in shape to a Snapper but silver in color with an olive-green back with small irregular black dots on its upper half. They inhabit the western Atlantic Ocean from Massachusetts to Florida and the entire Gulf of Mexico. Spotted Seatrout live in seagrass and shallow sandy bottoms venturing deeper in cold weather. They eat crustacean and small bony fish.

EATING QUALITIES:

Spotted Seatrout has a similar flavor profile as the California White Seabass or Corvina. It has a meaty, small flaked flesh with a slightly briny taste.

FISHING METHODS AND REGULATIONS:

This species is one of the most intensively managed finfish in the U.S. Gulf of Mexico. The Atlantic States Marine Fisheries Commission manages the fishery along the Eastern U.S. Spotted Seatrout are caught by hook and line and cast net.

SOLD AS:

Whole fish, Fillets, Portions

NUTRITIONAL INFORMATION
 Per 3.5 ounce portion:

Calories	91
Fat Calories	56
Total Fat	6 g
Saturated Fat	0.8 g
Protein	20 g
Sodium	53 mg
Cholesterol	44 mg

COOKING METHODS

- Raw
- Steam
- Grill
- Poach
- Bake

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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