

TAUTOG
TAUTOGA ONITIS



DESCRIPTION:

Tautog is a deep water species of wrasse harvested from Nova Scotia to Georgia. They prefer to inhabit rocks, wrecks and mussel beds. Tautog are brown and dark olive with white mottling and molar-like teeth to help grind up shellfish and crabs. When these stout fish are not feeding, they are known to find a hole and lie motionless on their sides.

EATING QUALITIES:

Tautog have a very white meat that is flaky and mild with a sweet, delicate flavor.

FISHING METHODS AND REGULATIONS:

Tautog are caught using hook and line, gillnets, trawl and traps. Tautog is managed under the Fishery Management Plan for Tautog and the subsequent addenda.

SOLD AS:

Whole, Fillets, Portions

NUTRITIONAL INFORMATION
 3.5 oz raw portion

Calories	164
Total Fat	9.5 g
Saturated Fat	0.3 g
Protein	18.5 g
Sodium	65 mg
Cholesterol	50 mg
Omega-3	570 mg

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.

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