

**TRIPLETAIL**  
*LOBOTES SURINAMENSIS*



**DESCRIPTION:**

The Atlantic Tripletail is a warm-water marine fish that can weigh over 40 pounds, but average under 15 pounds. It gets its name from its elongated dorsal and anal fins, which are almost as long as the tail fin, making it appear to have three tails. Tripletail have the ability to change color to match their surroundings, from almost solid black to yellow or even silvery grey. They feed on a variety of species, from menhaden and anchovies to blue crab and shrimp.

**EATING QUALITIES:**

It may not be a very pretty fish, but it is beautiful to eat. The meat is white, sweet and flaky. It can be cooked a variety of ways and is very forgiving if overcooked.

**FISHING METHODS AND REGULATIONS:**

Tripletail are only caught by hook and line commercially.

**SOLD AS:**

Whole, Fillets, Portions

**NUTRITIONAL INFORMATION**  
 3.5 oz raw portion

Calories	xxx
Fat Calories	xx
Total Fat	x g
Saturated Fat	x g
Protein	xx g
Sodium	xx mg
Cholesterol	xx mg
Omega-3	xxx mg

**COOKING METHODS**

- Sautéed
- Broil
- Grill
- Poach
- Grill

**HANDLING**

Bullets should be packed in flaked ice. Bullets 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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