

# ARCTIC CHAR



**DESCRIPTION:**

The Arctic char is closely related to both salmon and trout and has many characteristics of both. Individual char fish can weigh 20 lbs or more. Generally, whole market sized fish are between 2 and 5 lb in weight. The flesh color of char varies; it can range from a bright red to a pale pink, however most farmed char are uniform in flesh color. Most of the world's Arctic char supply is farmed, primarily in Canada, Iceland and USA, making arctic char an excellent ocean-friendly seafood option.

**EATING QUALITIES:**

Arctic Char is a delicious freshwater fish with a mild flavor without having a strong fishy taste. It has a meaty texture with small flakes. Its flesh is pink but cooks to white. Arctic Char is suitable for all cooking methods: poached, baked, grilled, smoked or seared. The high fat content and mild flavor of Arctic char make it an excellent choice for grilling, broiling or smoking.

**FEED:** Young char feed on bottom invertebrates and the older and larger char feed on other fishes like landlocked smelt. Some farm-raised char are fed fish meal, fish oil and grain.

**SELL BY:** Whole fresh: head on dressed 2-7lbs Fillets: fresh, frozen, hand cut portions and frozen portions

<b><u>NUTRITIONAL INFORMATION</u></b>	
<b><u>SERVING SIZE 5.5 OZ. RAW</u></b>	
<b>CALORIES</b>	<b>137</b>
<b>FAT CALORIES</b>	<b>54</b>
<b>TOTAL FAT</b>	<b>6.0G</b>
<b>SATURATED FAT</b>	<b>1.56G</b>
<b>CHOLESTEROL</b>	<b>48MG</b>
<b>PROTEIN</b>	<b>20.8G</b>
<b>OMEGA-3</b>	<b>1.41G</b>

<b><u>COOKING METHODS</u></b>
<b>GRILLING</b>
<b>BROIL</b>
<b>SMOKE</b>
<b>BAKE</b>
<b>PAN FRY</b>
<b>POACHED</b>

**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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