

CALIFORNIA WHITE SEABASS
ATRACTOSCION NOBILIS



DESCRIPTION:

The California White Seabass is not exactly a Seabass. It is a member of the Croaker family, and the largest Croaker in the Pacific Ocean (maximum recorded length is 5 feet). The family is named after the croaking sound that is emitted by the fish by vibrating its swim bladder. The White Seabass can be found along the Pacific Coast of North America from San Francisco Bay to Magdalena Bay, Baja California, Mexico.

EATING QUALITIES:

The meat of the California White Seabass is moderately fatty and has a mild taste with a flaky and firm texture.

FISHING METHODS AND REGULATIONS:

White Seabass are caught by hook and line or gillnets. They have been fished commercially and for sport since the early 1900's and in the 1960's populations began to decline. New management efforts, including supplementing the wild population with hatchery-raised fish, have helped California's population recover. California White Seabass is a Best Choice on Monterey Bay Aquarium's Seafood Watch Program.

SOLD AS:

Whole, Fillets

NUTRITIONAL INFORMATION
 Per 3.5 ounce portion:

Calories	97
Fat Calories	18
Total Fat	2 g
Protein	18 g
Sodium	68 mg
Cholesterol	41mg

COOKING METHODS

- Broiled
- Baked
- Grill
- Pan fried
- Sautéed

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.