

PETRALE SOLE
EOPSETTA JORDANI



DESCRIPTION:

Petrале Sole, *Eopsetta jordani*, is a right-eyed flounder that lives on the sandy ocean floor in deep water. They tend to inhabit the Eastern Pacific from Baja California to the Bering Sea. Its upper surface is light to dark brown and its underside is white.

EATING QUALITIES:

Petrале Sole is considered the most flavorful of the Pacific Flounder. The meat is mild and sweet in flavor with small firm flakes. Petrале Sole does not have a high oil content, so it is important to cook it very quickly to avoid drying it out.

FISHING METHODS AND REGULATIONS:

Petrале Sole are a fast-growing flatfish caught using trawl gear. The fishery is well managed under the Pacific Coast Groundfish Management Plan. The plan sets limits to allowable harvest size, sets quotas, sets gear restrictions and manages fishing closures.

SOLD AS:

Whole, Fillets, Portions

NUTRITIONAL INFORMATION
 Per 3 ounce portion

Calories	91
Total Fat	1.2 g
Protein	18.8 g
Sodium	81 mg
Cholesterol	48 mg
Omega-3	200 mg

COOKING METHODS

- Bake
- Fry
- Sauté
- Broil

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.