

POMPANO
TRACHINOTUS CAROLINUS



DESCRIPTION:

Pompano, *Trachinotus carolinus*, is a flat-bodied fish with silvery skin in the Jack family. In the wild, these fish inhabit the waters from Virginia to Texas but primarily off the Florida coast. Fortune’s farmed Pompano is raised off the coast of Laguna de Chiriquil, Panama.

EATING QUALITIES:

Pompano is similar to Permit and has a firm but finely flaked meat with a sweet, mild flavor. The flesh is pearly white, high in omega-3 fatty acids, and has a moderate fat content.

FISHING METHODS:

Pompano are reared in land based tanks, and then transferred to ocean pens in areas of high current in the pristine waters of Panama. They are raised at low stocking densities of 10kg per cubic meter. The fish are raised without the use of hormones, and the feed is free of GMO ingredients and artificial colorants. In addition, the farm does not use chemicals or antifouling agents in the process of raising the Pompano.

SOLD AS:

Whole, Fillets, Portions

NUTRITIONAL INFORMATION
 Per 3.5 ounce portion

Calories	164
Total Fat	9.5 g
Protein	18 g
Sodium	65 mg
Cholesterol	50 g
Omega-3	0.6g

- COOKING METHODS**
- Bake
 - Broil
 - Grill
 - Fry
 - Sauté

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.