

## RED MULLET

*MULLUS BARBATUS*



### DESCRIPTION:

Also known as the Striped Goatfish or Rouget Barbet, the Red Mullet can be found in the coastal waters off the coast of West Africa. Despite their name "mullet" these fish are not closely related to the many other species called mullet. The skin is an iridescent mix of orange, red-gold, and rose pink. Usually weighing in at 150-250g, the Red Mullet is highly prized in the Mediterranean region.

### EATING QUALITIES:

Red Mullet are rich in fat with delicate meat that resembles great shellfish in flavor. Cooked whole, they can deliver flavor profiles similar to sweet shrimp, oysters, and good scallops. The liver of red mullet is a popular dish in many European countries. It has a creamy texture similar to chicken liver. Red Mullet can be prepared a variety of ways-pan-fried, grilled or steamed. The bones also make excellent stock. The delicate pale pink flesh works well with strong flavors like Spanish olives.

### FISHING METHODS AND REGULATIONS:

The Red Mullet is usually caught by gillnets, trammel nets and bottom trawls.

### SOLD AS:

Whole

### NUTRITIONAL INFORMATION

3.5 oz raw portion

Calories	110
Fat Calories	23
Total Fat	2.6 g
Saturated Fat	1 g
Protein	18.7 g
Sodium	65 mg
Cholesterol	49 g

### COOKING METHODS

Sautéed  
 Broil  
 Grill  
 Poach  
 Bake  
 Steam

### 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.