

SEA BREAM/MADAI
PAGRUS MAJOR



DESCRIPTION:

Sea Bream, *Pagrus major*, is known as Madai in Japan. It is prized for its flavor and for being the "celebration" fish, served at special occasions dating back thousands of years. Madai is known for its beautiful, coppery-red color and large head with a curved back profile.

EATING QUALITIES:

This highly iconic Japanese fish has the ability to compliment all kinds of cuisine, especially in raw applications.

FISHING METHODS AND REGULATIONS:

There are many types of these Sea Bream, in waters off the coast of Japan, but Madai is a favorite. Fortune's Madai are farmed off the coast of Japan in open-water pens. These fish are raised to approximately 4 pounds.

SOLD AS:

Whole fish

NUTRITIONAL INFORMATION
 3.5 oz raw portion

Calories	124
Fat Calories	46
Total Fat	5.1 g
Saturated Fat	x g
Protein	20 g
Sodium	x mg
Cholesterol	x mg
Omega-3	0.8 g

COOKING METHODS

- Sautéed
- Broil
- Grill
- Poach
- Bake
- Steam
- Sushi

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.

FORTUNE FISH & GOURMET

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