

FORTUNE • FISH & GOURMET •

THE SEAFOOD & GOURMET SPECIALISTS



SILK SNAPPER

LUTJANUS VIVANUS



DESCRIPTION:

The Silk Snapper, or Yelloweyed Snapper, is a mixture of beautiful pinks and reds, with reddish or yellow fins and eyes. A relatively small Snapper, it weighs usually less than 5 pounds. The species is commonly found in the western Atlantic from northern South America to North Carolina. It is found in the Gulf of Mexico and Caribbean as well as Bermuda. Spawning occurs from late spring through the summer. The Silk Snapper feeds on crabs, shrimp and fishes.

EATING QUALITIES:

Silk Snapper has a pinkish meat that is lean, moist and sweet with a mild although distinctive flavor.

FISHING METHODS AND REGULATIONS:

Silk Snapper is caught longline and hook and line. In the U.S. and Gulf of Mexico the fishery is regulated by the Gulf of Mexico Fishery Management Council and the Florida Fish and Wildlife Conservation Commission.

SOLD AS:

Whole, Fillets

NUTRITIONAL INFORMATION

Per 3.5 ounce portion:

| | |
|---------------|-------|
| Calories | 100 |
| Fat Calories | 12 |
| Total Fat | 1.3 g |
| Saturated Fat | 0.3 g |
| Protein | 20 g |
| Sodium | 64 mg |
| Cholesterol | 37 mg |
| Omega-3 | 0.4 g |

COOKING METHODS

Broil
Bake
Grill
Poach
Steam
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.

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