

GOLDEN TILEFISH
LOPHOLATILUS CHAMAELEONTICEPS



DESCRIPTION:

Tilefish, sometimes known as “the clown of the sea,” are colorful. They are iridescent blue-green on the back, with numerous spots of bright yellow and gold. Their bellies are white, and their heads are rosy with blue under the eyes.

EATING QUALITIES:

Raw Tilefish is pinkish-white; when cooked, it turns white and is firm and flaky. They mainly feed on crustaceans such as Shrimp and Crabs, and people often describe the Tilefish’s mild, sweet flavor as similar to Crab or Lobster.

FISHING METHODS AND REGULATIONS:

Tilefish is harvested from southern New England to the Gulf of Mexico. Today, the commercial tilefish fisheries in the Mid-Atlantic/Southern New England and the Gulf of Mexico are managed through individual fishing quota (IFQ) programs. While the specific details of these programs vary by region, in general, managers allocate a share percentage of the annual catch to participating fishermen. Fishermen can choose when to fish for their allocation throughout the year.

SOLD AS:

Whole, Fillets, Portions

NUTRITIONAL INFORMATION
 Per 3.5 ounce portion

Calories	96
Total Fat	2.3 g
Saturated Fat	0.4 g
Protein	17.5 g
Sodium	53 mg
Cholesterol	50 mg

COOKING METHODS

- Sauté
- Bake
- Broil
- Grill
- Poach
- Fry

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

Chicago Office:	Minneapolis Office:
(630) 860-7100	(612) 724-5911
(888) 803-2345	(866) 363-6063
www.fortunefishco.net	