

NORWEGIAN WOLFFISH
ANARHICHAS LUPUS



DESCRIPTION:

Wolffish are known to reach lengths of 7 feet and weigh up to 40 pounds. They have rather fat heads and a large mouth filled with sharp fang-like teeth. Their skin has no scales. Wolffish inhabit rocky bottoms in nearly freezing deep waters and feed on hard-shell mollusks and crustaceans. They are an important predator of sea urchins and green crabs.

EATING QUALITIES:

Wolffish is never served whole. Its pearly white meat has a mild, sweet flavor and a texture similar to lobster.

FISHING METHODS:

The Norwegian Wolffish is a solitary fish which does not lend to a targeted fishery. It is primarily caught as bycatch from cod and haddock fisheries and frozen at sea. Norway's management of this species has led to catches more than doubling and an increase in the size of the fish.

SOLD AS:

- H&G Refreshed
- H&G Frozen
- Refreshed Portions and Fillets

NUTRITIONAL INFORMATION
 Per 3 ounce portion

Calories	123
Total Fat	3 g
Protein	22 g
Sodium	109 mg
Cholesterol	59 g
Saturated Fat	0 g

- COOKING METHODS**
- Bake
 - Fry
 - Grill
 - Poach
 - Steam
 - Saute

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.