

## ANCHOVY

*ENGAILIS MORDAX*



### DESCRIPTION:

The anchovy is a small but common salt-water fish. A small green fish with blue reflections due to a silver longitudinal stripe that runs from the base of the caudal fin. The body shape is variable with more slender fish in northern populations. Anchovies swim in huge schools and feed on algae and zooplankton. They are found in scattered areas throughout the world's oceans, but are concentrated in temperate waters and are rare or absent in very cold or very warm seas. Large schools can be found in shallow, brackish areas with muddy bottoms, as in estuaries and bays.

### EATING QUALITIES:

Anchovies are mild, with many small bones which are easily eaten with the meat. Mostly canned for European and American markets, the bones are undetectable after processing. Cured Anchovies were originally left whole and packed in salt, but now they tend to be boned, cleaned and preserved in salt or oil and sold in tins or jars.

### FISHING METHODS AND REGULATIONS:

Anchovies are harvested by purse seine.

### SOLD AS:

Whole, gutted and fillets

### NUTRITIONAL INFORMATION

Per 3.5 ounce portion:

Calories	131
Fat	43 g
Protein	20.4 g
Omega-3	1.4 mg
Cholesterol	60 mg
Sodium	104 mg
Fat Calories	43

### COOKING METHODS

Bake  
Broil  
Fry  
Grill  
Smoked

### 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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