

WHITE BASS
MORONE CHRYSOPS



DESCRIPTION:

White Bass, *Morone chrysops*, are caught by gill net from the fresh waters of the Great Lakes and average 1-2 pounds whole. They can also be found in other lakes and rivers in the Midwest. White Bass are silver-white to green in coloration with white sides and belly and narrow dark strips along its sides. They are relatives of Wild Striped Bass but are very different and are not a substitute in the culinary world. White Bass are more similar to Hybrid Striped Bass.

EATING QUALITIES:

White Bass has a more pronounced taste and is not as delicate as Hybrid Striped Bass, but just as versatile. White Bass is a mild fish with a delicate, sweet flavor and medium flaky texture. The raw meat is translucent white with a pinkish hue.

FISHING METHODS:

White Bass are caught by gill net from the fresh waters of the Great Lakes

SOLD AS:

Whole fish, Fillets

NUTRITIONAL INFORMATION
 Per 3.5 oz portion

Calories	97
Fat Calories	21
Total Fat	2.3 g
Saturated Fat	0.5 g
Protein	17.7 g
Sodium	69 mg
Cholesterol	80 mg

COOKING METHODS

- Broil
- Grill
- Sauté
- Roast
- 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 with a barrier, so the ice never touches the flesh.