

COBIA
RACHYCENTRON CANADUM



DESCRIPTION:

Cobia is the only species in the family Rachycentridae. The scientific name for Cobia is *Rachycentron canadum*, which is derived from two Greek words: rachis (vertebral column) and kentron (sharp point). This name refers to their 7-9 extremely sharp, retractable, dorsal spines. Cobia occurs worldwide in all tropical and temperate seas, except for the eastern Pacific Ocean. Cobia migrate south to warmer waters during autumn and winter then journey back north when temperatures rise again in the spring. Globally, there is no significant cobia fishery, this is because adults are often solitary or travel with just a few other individuals, frequently in the company of sharks. This makes them a difficult species to target and capture.

EATING QUALITIES:

Cobia is its remarkable versatility. Cobia holds together so well it can be skewered and dropped on the grill, or barbequed as a steak or fillet. It is mild flavored, so can be used in a wide variety of dishes. After cooking, cobia becomes extremely white and has large succulent flakes of meat. Raw cobia is firm and flavorful yet soft and juicy, comparable to tuna or Chilean Seabass in texture. Cobia is truly sublime smoked: whether prepared using the hot or cold technique.

FISHING METHODS AND REGULATIONS:

Farm raised in open-ocean net pens grows very quickly: they reach 6-15 lb in one year. Their natural spawning season is from April to September. Fertilized eggs are positively buoyant and are easily collected from the surface of the tank. In a few weeks, the larvae will be weaned onto successively larger sizes of zooplankton and finally onto dry feed. The fast-growing larvae need to be monitored closely and sorted frequently since the larger fish will eat the smaller. The juveniles will have reached 1g in five to six weeks, by which time they are ready to be transported to the nursery site until they reach market size.

SOLD AS:

Whole, Bullets, Fillets

NUTRITIONAL INFORMATION
 3.9 oz raw portion

| | |
|----------------------|-----------------|
| Calories | 270 |
| Fat Calories | 198 |
| Total Fat | 22 g |
| Saturated Fat | 8 g |
| Protein | 18 g |
| Sodium | 60 mg |
| Cholesterol | 35 mg |
| Omega-3 | 1,880 mg |

- COOKING METHODS**
- Sauté
 - Broil
 - Grill
 - Poach
 - Bake
 - Steam

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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