**Corvina**

*Cynoscion othonopterus*

**Description:**
Corvina also known as Gulf Corvina is closely related to the drum and croaker. Corvina inhabits warm-temperate and tropical waters. Most of the product sold in the United States comes from Central America. Corvina is silvery, blue-grey on its dorsum with dark dots on the scales and yellowish fins.

**Eating Qualities:**
Corvina is a white firm fish similar to sea bass. It has a mild, sweet taste with firm, large flaked flesh. Pinkish when raw, but cooks up white. Although it is considered a versatile fish, ceviche is a popular recipe for this species.

**Fishing Methods:**
Corvina is harvested by bottom trawl, gillnet, and handline.

**Sold as:**
H & G  
Fillets  
Portions  
Bullet

---

**Nutritional Information**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>73</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5g</td>
</tr>
<tr>
<td>Protein</td>
<td>13.9g</td>
</tr>
<tr>
<td>Sodium</td>
<td>51mg</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>31.5g</td>
</tr>
<tr>
<td>Omega-3</td>
<td>0.2g</td>
</tr>
</tbody>
</table>

**Cooking Methods**

- Bake  
- Broil  
- Grill  
- Sauté  
- Sushi  
- Smoke

**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:  (630) 860-7100  (888) 803-2345  www.fortunefishco.net

Minneapolis Office:  (612) 724-5911  (866) 363-6063