

ESCOLAR
LEPIDPCYBIUM FLAVOBRUNNEUM



Photo :AM Arias

DESCRIPTION:

Consumed in Asia and European countries as well as the United States, and found in tropical waters worldwide. Escolar is Spanish for “school,” and it gets its name from the spectacle-like rings around its eyes. It is also known as Walu in Hawaii and Fiji. In the United States, Escolar primarily comes from the Gulf of Mexico. It is caught as by-catch during Tuna fishing.

EATING QUALITIES:

Escolar is usually consumed raw as sushi or sashimi. The raw meat is flavorful and oil-rich, comparable to the fattiest Tuna. The flesh is bright white to cream color and cooks up snow white. In large quantities, Escolar can cause intestinal upset due to its high oil concentrations. Escolar are not able to metabolize the wax esters called gempylotoxin, which are naturally present in their diet. These oils collect in their flesh and are the reason for their satiny texture and mouth feel. These wax esters are large oil molecules which are difficult for people to digest in high quantities.

FISHING METHODS AND REGULATIONS:

Escolar are caught as by-catch of the Tuna fishery usually by long-line.

SOLD AS:

- H&G
- Fillets (skin on/skinless)
- Portions

NUTRITIONAL INFORMATION
 3.5 oz raw portion

Calories	124
Fat Calories	61
Total Fat	7g
Saturated Fat	3 g
Protein	15g
Sodium	76mg
Cholesterol	55mg

COOKING METHODS

- 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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