

FORTUNE • FISH & GOURMET •

THE SEAFOOD & GOURMET SPECIALISTS



EUROPEAN SEA BASS

DICENTRARCHUS LABRAX



DESCRIPTION:

Also known as the Loup de Mer (“the wolf of the sea”) or Branzino, it lives throughout the Mediterranean and the Black Seas; it is found from Norway to the Canary Islands. European Sea Bass prefers areas close to where streams enter the ocean and is caught inshore where it hugs the beaches close to the surf-line. Slow-growing and not common, commercial fishing is limited. Catches of Sea Bass are small, only about 5,000 tons per year, mostly in the Mediterranean. European Sea Bass is considered a staple fish with consistent quality, because it is farmed.

EATING QUALITIES:

The pale pink meat can be cooked using almost any method, including baking, broiling, and boiling. The flavor is sweet, mild and the texture is moist.

FISHING METHODS AND REGULATIONS:

Farm-raised in open-ocean net pens in the Mediterranean, often in Greece. It takes an average of 20 months to grow a European Sea Bass to market size. The fish are fed a nutritious, GMO-free feed composed of fishmeal and fish oil derived from wild caught fish from certified fisheries.

NUTRITIONAL INFORMATION

Per 3.5 ounce portion:

Calories	150
Fat Calories	72
Total Fat	8.1 g
Saturated Fat	1.8 g
Protein	18.5 g
Sodium	46 mg

COOKING METHODS

Sauté
Steam
Bake
Poach
Fry
Grill

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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