



## BAJA KAMPACHI *SERIOLA RIVOLIANA*

### DESCRIPTION:

Baja Kampachi, *Seriola rivoliana*, is a tropical whitefish found throughout the South Pacific. Sometimes called Almaco Jack, Baja Kampachi is being farm raised by Omega Azul in La Paz, Baja California.

### EATING QUALITIES:

Baja Kampachi is available year-round and works well in virtually any whitefish dish. The flesh described as a cross between Sablefish and Yellowfin Tuna is firm, rich and buttery. Baja Kampachi are rich in EPA, DHA and Omega-3 fatty acids and low in saturated fats.

### FARMING METHODS:

Baja Kampachi is being farm raised by Omega Azul in Baja California South. Omega Azul has complete control over the production cycle. They harvest eggs from high quality brood stock sourced from the wild. The fish start out as eggs in the land based hatchery. Once they develop to the appropriate size, they are transferred to net pen in the remote, pristine waters of Baja California. The fish are responsibly raised and fed a high quality pelleted feed composed of premium fishmeal from sustainable fisheries with no antibiotics or hormones added. Baja Kampachi are very efficient fish with a feed conversion ratio (FCR) of 1.4:1 and a the fish in fish out (FIFO) ratio is 1.09:1. Omega Azul has two sites which allows for cage rotation and fallowing.

### SOLD AS:

Whole fish, Fillets, Portions

### NUTRITIONAL INFORMATION

Per 3.5 ounce portion:

Calories	141
Fat Calories	53
Total Fat	5.9 g
Saturated Fat	1.6 g
Protein	22.2 g
Sodium	41 mg
Cholesterol	40 mg
Omega-3	980 mg

### COOKING METHODS

Raw  
Steam  
Grill  
Poach  
Bake

### 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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