

YELLOW PERCH
PERCA FLAVESCENS



DESCRIPTION:

The Yellow Perch is dusky olive green over the back, and its sides are yellow or yellow-green marked with six to eight broad, dusky, vertical bars. Its belly is white. Yellow lake perch populations were impacted dramatically in the 1900s. This was due to spawning habitat loss, invasive species and over fishing. Yellow Perch can vary greatly in size between bodies of water, but adults are usually between 4-10 inches in length and weigh about 5 oz on average.

EATING QUALITIES:

Yellow Perch are one of the finest flavored of all pan fish. The white, flaky meat is firm, white, and sweet-tasting.

FISHING METHODS AND REGULATIONS:

Lake Erie Yellow Perch populations have increased through careful commercial fishing management and the tough, resilient nature of the species. Fortune sources Yellow Lake Perch from Lake Erie, which represents 85% of the commercial catch. They are caught by gill-net.

SOLD AS:

Skin-on butterflied fillets

NUTRITIONAL INFORMATION
 3.5 oz raw portion

Calories	91
Fat Calories	8.3
Total Fat	0.92 g
Saturated Fat	0.2 g
Protein	19 g
Sodium	62 mg
Cholesterol	90 mg
Omega-3	214 mg

COOKING METHODS

- Sauté
- Broil
- Fry
- 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.

FORTUNE FISH & GOURMET

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