

FORTUNE • FISH & GOURMET •

THE SEAFOOD & GOURMET SPECIALISTS



PORGY / SCUP

STENOTOMUS CHRYSOPS



DESCRIPTION:

Porgy, *Stenotomus chrysops*, also referred to as Scup, is one of the most abundant species in the northeastern coast of the United States. It migrates into coastal waters in the summer and offshore in the winter. They are a deep-bodied, brownish fish with bright silvery scales.

EATING QUALITIES:

Porgy is a versatile fish and can be prepared a variety of ways. This slender, silver fish has tender white meat with a large flake and a subtle sweet flavor. It is a bit more tender and flavorful when compared to Tilapia.

FISHING METHODS:

Because Porgies migrate between state and federal waters, the fishery is managed by the Mid-Atlantic Fisheries Management Council (MAFMC) and the Atlantic States Marine Fisheries Commission (ASMFC). They are typically caught by trawling.

SOLD AS:

Whole, Fillets, Portions

NUTRITIONAL INFORMATION

Per 3.5 ounce portion

Calories	160
Total Fat	8.2 g
Protein	21.6 g
Sodium	88 mg
Cholesterol	17.5 mg
Omega-3	2.5 g

COOKING METHODS

Bake
Broil
Fry
Grill
Poach
Sauté
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.

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