

**ROUGHEYE ROCKFISH**  
*SEBASTES ALEUTIANUS*



**DESCRIPTION:**

Washington Coast Roughey is a deepwater rockfish named because of the spines found on their lower eyelid. It is believed to be one of the longest-lived of all fish in the northeast Pacific. They are often bright reddish-pink or tan with irregular patches of brown color. The Rougheyes inhabit areas from San Diego to the Aleutian Islands and the Bering Sea to the Kamchatka Peninsula and Japan. Their diet consists primarily of shrimp, but they also feed on fish, crab and other small crustaceans.

**EATING QUALITIES:**

Roughey have a lean flesh that is pinkish in color when raw. The meat is firm and flaky in texture but holds together well with any cooking method. It has a sweet and mild flavor.

**FISHING METHODS:**

Washington Coast Roughey are caught using hook and line, trawl or longline. Roughey are managed as part of the West Coast groundfish fishery which NOAA Fisheries and the Pacific Fishery Management Council carefully oversee.

**SOLD BY:**

Whole, Fillets

**NUTRITIONAL INFORMATION**  
 3.5 oz raw portion

Calories	94
Fat Calories	14
Total Fat	1.6 g
Saturated Fat	0.4 g
Protein	18.7 g
Sodium	60 mg
Cholesterol	35 mg
Omega-3	362 mg

**COOKING METHODS**

- Sauté
- Broil
- Bake
- Poached
- Fry

**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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