

WHITE STURGEON
ACIPENSER TRANSMONTANUS



DESCRIPTION:

Sturgeon is prehistoric. It is covered in rows of sharp, bony shields or plates called “buttons,” instead of scales. They are cartilaginous with no internal skeleton. Once abundant in the United States and exported to Europe, their numbers collapsed by the end of the 19th century, and today wild Sturgeon are almost impossible to obtain. White and Green Sturgeon are now harvested on a limited scale on the West Coast and most Sturgeon is farm-raised in California. The market size is 18 to 22 pounds, and they are sold in bullets (H&G, tail, fins removed).

EATING QUALITIES:

Farmed White Sturgeon has a milder and more delicate flavor than Green Sturgeon. The flesh is similar in texture to chicken breast, lean and firm. Raw meat is a pale pink and cooks up white.

FISHING METHODS AND REGULATIONS:

Sturgeon is farmed in ponds and closed system tanks that release minimal effluent into surrounding waterways. Farmed White Sturgeon is generally smaller than its wild cousins and can take 10 to 12 years to reach market size.

SOLD AS:

Bullets, Fillets, Steaks, Portions

NUTRITIONAL INFORMATION
 3.5 oz raw portion

Calories	135
Fat Calories	47
Total Fat	5 g
Saturated Fat	1 g
Protein	21 g
Sodium	69 mg
Cholesterol	77 mg
Omega-3	554 mg

COOKING METHODS

- Sautéed
- Broil
- Grill
- Poach
- Smoke

HANDLING

Bullets should be packed in flaked ice. Bullets 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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