

SWORDFISH
XIPHIAS GLADIUS



DESCRIPTION:

Swordfish are migratory and are found throughout tropical and temperate seas. The long flat bill is the Swordfish’s most distinguishing feature, although it is rarely seen since the head and bill is usually removed before shipping. Swordfish can grow to over 1,000 pounds but the average commercial size is between 50 to 200 pounds. A “marker” is 100 pounds plus and a “pup” is under 100 pounds.

EATING QUALITIES:

Swordfish varies in color from white, ivory, pink and orange in the raw state and cooks up to a light beige. The color does not indicate quality, although if the fish isn’t bled properly it could have a tint of red to the flesh which would be a sign of poor quality. Swordfish is moist and flavorful with a hint of sweetness with no “fishy” taste. The meat is firm and meaty with a moderately high oil content.

FISHING METHODS AND REGULATIONS:

Swordfish is harvested mostly by long-line, there is also a hook and line, gillnet and harpoon fishery. Swordfish harvesting in the Atlantic and the Pacific is governed by several organizations. The US fisherman operate under strict quotas.

SOLD AS:

Whole, Loins, Wheel Cut, Portions

NUTRITIONAL INFORMATION
 3.5 oz raw portion

Calories	121
Fat Calories	36
Total Fat	4.0 g
Saturated Fat	1.1 g
Cholesterol	39 mg
Sodium	90 mg
Protein	19.8 g
Omega-3	825 mg

COOKING METHODS

- Sauté
- Bake
- Broil
- Grill
- 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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