

**WALLEYE**  
*STIZOSTEDION VITREUM*



**DESCRIPTION:**

Walleye prefer large, shallow lakes with high turbidity. They are found and stocked in lakes from Quebec to Alabama. It derives its name from its glassy eyes. This sometimes misleads consumers into thinking the fish isn't fresh. These eyes have developed to allow the Walleye to hunt at night in the gloom of the lake bottom. It is also called Walleye Pike, which can be misleading since it is not a Pike.

**EATING QUALITIES:**

Walleye is a clean tasting white meat with a small flake and excellent, sweet flavor. It is adaptable to any cooking method.

**FISHING METHODS AND REGULATIONS:**

They are caught using trap nets, gill-nets and hook and line. There is also a large winter fishery with gill-nets set under the ice of frozen lakes. Closed seasons protect Walleye during spawning. Possession limits distribute the total catch among many fishermen. Fisheries of the Great Lakes are managed Great Lakes Fishery Commission which includes provincial, state, and tribal agencies, with support from the Canadian and U. S. federal governments.

**SOLD AS:**

Whole (Jumbo 10 oz fillets and up, #1 6-10 oz fillets)  
 Fillets, Portions

**NUTRITIONAL INFORMATION**  
 Per 3.5 ounce portion:

<b>Calories</b>	<b>93</b>
<b>Total Fat</b>	<b>1.2 g</b>
<b>Cholesterol</b>	<b>86 mg</b>
<b>Sodium</b>	<b>51 mg</b>
<b>Protein</b>	<b>19 g</b>
<b>Omega-3</b>	<b>325 mg</b>

**COOKING METHODS**

Sauté  
 Broil  
 Bake  
 Pan  
 Fry  
 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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