

YELLOWTAIL JACK

SERIOLA LALANDI



DESCRIPTION:

Yellowtail Jack, *Seriola lalandi*, is easily one of the most versatile game fish on the west coast. The fish have a sleek torpedo-shape and can grow an average of 8 feet long. The body is a dark blue, while the sides and belly are silver with a narrow bronze stripe along the lateral line that becomes yellow as it nears the head. Fortune's Yellowtail is harvested wild off southern California and both coasts of Baja California. Adult Yellowtail Jacks feed on herring, sardines, squid and anchovies giving the fish a higher fat content than the farm raised variety.

EATING QUALITIES:

This fish is known for both sushi and grilling applications. The color of the flesh and fat content vary with their diet and the water temperature. Most wild fish have a high fat content, and a buttery clean taste that is excellent for sushi. The fillet structure and texture of a leaner wild fish resembles that of Mahi Mahi and are often used in similar cooking applications. The cooked meat is white and firm with a sweet, mild flavor.

FISHING METHODS:

Wild Yellowtail Jacks are highly migratory fish that primarily school in large numbers following near shore bait and temperature gradients from May through September. Yellowtail are ferocious fighters on hook and line fishing gear, however, their tight schooling nature allows for a percentage of this harvest to also be caught by hand drawn gill nets. The population of this fast growing fish continues to be very strong on both sides of the Baja.

SOLD AS:

Whole fish, Fillets

NUTRITIONAL INFORMATION

Per 3.5 oz portion

Calories	205
Fat Calories	13
Total Fat	13 g
Saturated Fat	3 g
Protein	23 g
Sodium	36 mg
Cholesterol	0 mg

COOKING METHODS

Broil
 Grill
 Sauté
 Roast
 Sushi
 Sashimi

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 with a barrier, so the ice never touches the flesh.

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