

**SABLEFISH**  
*ANOPILOPOMA FIMBRIA*



**DESCRIPTION:**

Sablefish is commonly known as Black Cod, and it gets its name from the dark color of its skin. Although it resembles a cod, it is not a member of the Codfish family. It is a member of the Anoplopomatidae family, a group of fish confined to the North Pacific. Usually caught in muddy banks, Sablefish can be caught at depths of 3,000 feet. The average commercially caught Sablefish measures about two feet long and weighs a little less than 10 pounds. Sablefish inhabit North America from the coast of California to Alaska. It is highly prized in Japan and getting a larger following in the United States.

**EATING QUALITIES:**

Sablefish is extremely flavorful, because of its high fat content. It has a large flake, velvety texture and cooks up to a snowy white. It is easily prepared in a variety of cooking methods and is excellent smoked.

**FISHING METHODS:**

Sablefish is caught by long-line or with pots in the Bering Sea and the Gulf of Alaska. The Alaska season opens in mid-March and runs through mid-November.

**SOLD AS:**

- Whole fish—H&G
- Fillets
- Portions

**NUTRITIONAL INFORMATION**  
 3.5 oz raw portion

|                      |               |
|----------------------|---------------|
| <b>Calories</b>      | <b>250</b>    |
| <b>Total Fat</b>     | <b>20 g</b>   |
| <b>Saturated Fat</b> | <b>4.1g</b>   |
| <b>Protein</b>       | <b>17 g</b>   |
| <b>Sodium</b>        | <b>72 mg</b>  |
| <b>Cholesterol</b>   | <b>63 mg</b>  |
| <b>Omega-3</b>       | <b>1.66 g</b> |

- COOKING METHODS**
- Sautéed
  - Broil
  - Grill
  - Poach
  - Bake
  - Steam

**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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Chicago Office: (630) 860-7100  
 Minneapolis Office: (612) 724-5911  
 (888) 803-2345 (866) 363-6063