CATANESE CLASSICS

Bass, Wild Striped

ABOUT

Striped Bass are large fish with prominent stripes along the sides. The population once struggled until a ban was put in place and now the fishery is extremely healthy. From Maine through North Carolina, Atlantic Striped Bass is managed through the Interstate Fishery Management Plan for Atlantic Striped Bass, developed by the Atlantic States Marine Fisheries Commission (ASMFC). It is fished mainly by hook and line and gill-nets.

PRODUCT PROFILE

Striped bass is a white, mild fish with a medium texture and a delicate, slightly sweet flavor. The raw meat is translucent white with a pinkish cast; it turns opaque white when cooked. It is moderately firm but flaky, and the oil content keeps it moist during cooking.

COOKING TIPS

Striped bass has a versatile flavor. Striped bass can be stuffed and baked whole (headed and gutted). When grilling the fish, leave the skin on. It has a delicate flavor and turns nice and crispy while the flesh remains moist. Be careful not to overcook the striped bass, you want the meat to reach an internal temperature of 145 degrees. Note: the fish will continue to cook once removed from heat, an additional 5-10 degrees.

NUTRITION FACTS

Calories	110
Fat Calories	24
Total Fat	2.6 g.
Saturated Fat	0.6 g.
Cholesterol	90 mg.
Sodium	78 mg.
Protein	20 g.
Omega 3	0.64 g.

PRIMARY PRODUCT FORMS

Fresh- Whole, Headed and gutted, Fillet, Portion. Frozen- Headed and gutted, Fillet, Portion

GLOBAL SUPPLY

Atlantic coast of North America

COOKING METHODS

- [x] Bake
- [ ] Boil
- [x] Broil
- [x] Fry
- [x] Grill
- [ ] Pate
- [ ] Poach
- [x] Saute
- [ ] Smoke
- [ ] Steam