CATANESE CLASSICS

BRONZINI

ABOUT

Sea bass, often marketed by U.S. chefs under the Italian name branzino, is a prized fish in Europe, where it is largely a recreational catch. Small commercial fisheries exist in the Mediterranean. The gear used to catch these bass includes beach and purse seines, trawl nets, trammel nets, longlines and rod and line. Commercial catches are sold fresh, mainly to local markets. This sea bass, which reaches a maximum size of around 32 inches, is found in the Atlantic along the European coasts, in the Mediterranean and as far south as Senegal. Limited wild harvests and a high price made U.S. imports unfeasible until farmed supplies from Norway and Greece began appearing in the American market. Demand today is met almost exclusively by aquacultured product. The bass's ability to thrive in seawater, brackish water and even fresh water makes it a good candidate for farming. Though now classified as Dicentrarchus labrax, branzino has also gone by the scientific name Morone labrax.

NUTRITION FACTS

Calories	97
Fat Calories	18 g.
Total Fat	2.0 g.
Saturated Fat	0.51 g.
Cholesterol	41 mg.
Sodium	68 mg.
Protein	19.3 g.
Omega 3	0.7 g.

PRODUCT PROFILE

Chilean sea bass has a rich, melt-in-your-mouth flavor. The moderately oily meat is tender and moist with large, thick flakes. Meat from raw Chilean sea bass is snow white. When cooked, the meat remains white, comparable in appearance to cod.Refreshed fillets should be shiny and resilient. Frozen product shouldn't have freezer burn or discoloration.

PRIMARY PRODUCT FORMS

N/A

COOKING TIPS

Since branzino has a relatively low fat content, it is best steamed, baked or sautéed, as these preparations let the delicate flavor come through. Mediterranean cooks grill branzino, but this is tricky as the flesh can dry out easily.

GLOBAL SUPPLY

Cyprus, Greece, Italy, Norway, Spain, U.K.

COOKING METHODS

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