CATANESE CLASSICS

DORY

ABOUT

The prized species that shares the dory name is the John Dory (Zeus faber), but only a small volume of this excellent and expensive fish is available in the United States. Two related species from New Zealand, black and smooth oreo dories, are more common to the U.S. market. Though they look a lot like the John Dory and have similar lean, white, flesh, they are not true dories but members of the family Oreosomatidae. The black oreo dory has rough, black skin. The brown skin of the smooth oreo dory is as its name indicates. The smooth oreo is more highly regarded than the black, since it offers larger, whiter fillets. Market size for both oreos ranges from 1 to 2 pounds. The oreos are trawl-caught, both as targeted species and sometimes as a bycatch of the orange roughy fishery. Because they are harvested far offshore, oreos are almost always marketed frozen.

PRODUCT PROFILE

Black oreo dory has small, thin, cream-colored fillets that turn ivory when cooked. Smooth oreo dory has larger, thicker fillets than black oreo and cooks up whiter.Both dories are at the mild end of the flavor scale, though black oreo dory has a higher oil content than the smooth oreo. The texture is firm, especially so with smooth oreo dory. Neither fish flakes easily.

COOKING TIPS

For dory, keep the cooking simple to let its mild, delicate flavor shine. Pat the fish dry before cooking and season lightly with salt, pepper, lemon, and fresh herbs. Dory cooks quickly, so avoid overcooking—it's ready when the flesh turns opaque and flakes easily with a fork. Pan-searing, baking, or grilling are all great options for this versatile fish.

NUTRITION FACTS

Calories	82
Fat Calories	37 g.
Total Fat	4.1 g.
Saturated Fat	N/A
Cholesterol	31 mg.
Sodium	113 mg.
Protein	11 g.
Omega 3	N/A

PRIMARY PRODUCT FORMS

N/A

GLOBAL SUPPLY

New Zealand, Australia, South Africa

COOKING METHODS

☐ Bake	☐ Boil	☐ Broil	☑ Fry	☐ Grill
☐ Pate	☑ Poach	☑ Saute	☐ Smoke	☑ Steam