

ABOUT

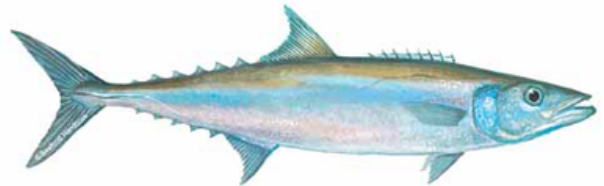
Though two fish species are marketed as escolar, *L. flavobrunneum* is considered the true escolar internationally, and the lesser-valued *Ruvettus pretiosus* is more widely known as oilfish or castor oil fish. Considered a succulent species by those familiar with it, escolar's association with oilfish has tainted its reputation. The FDA says escolar has "purgative" qualities and advises against importation. But many chefs who handle escolar contend that it's *R. pretiosus* that's to blame for making people sick. Found in tropical and temperate waters worldwide, escolar is almost exclusively a bycatch of tuna long line fisheries. Escolar is imported from Fiji, Ecuador and other countries with warm water tuna fisheries. In the United States, it comes primarily from the Gulf of Mexico. Since tuna fishing is best during the late phases of the moon, there's usually more escolar on the market in the days following a full moon.

PRODUCT PROFILE

Escolar is in a culinary class with Chilean sea bass, sablefish and other rich, highly prized fish. The meat is oil-rich and flavor-intensive. Raw flesh is a bright white to light-cream color and cooks up snow white. True escolar fillets are whiter than fillets of *Ruvettus pretiosus*, which turn yellowish when cooked. Though slightly gelatinous, escolar flesh should have some elasticity and spring back when pressed. If it doesn't, it's old.

COOKING TIPS

Emeril Lagasse, one of the first celebrity chefs to menu escolar, reports that the thousands of customers to whom he's served the fish have never had a problem with it. The oil-rich meat is great for grilling, and its distinctive taste can stand up to strong accompaniments. Try grilling it over mesquite and serving with chipotle vinaigrette and fresh tomato salsa.



NUTRITION FACTS

Calories	240
Fat Calories	174.6 g.
Total Fat	19.4 g.
Saturated Fat	N/A
Cholesterol	N/A
Sodium	N/A
Protein	16.2 g.
Omega 3	N/A.

PRIMARY PRODUCT FORMS

Fresh: H&G, Fillets (skinless or skin-on)
Frozen: H&G, Fillets (skinless or skin-on)

COOKING METHODS

Australia, Ecuador, Indonesia, United States

GLOBAL SUPPLY

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