CATANESE CLASSICS

KANPACHI

ABOUT

Kanpachi (Seriola Rivoliana) fish is ocean-raised in pristine waters, far from land and vessel pollution, where marine life can flourish in their restorative, sustainable approach. In their unique enclosures, which work with nature, the Kanpachi are able to swim in natural fast-flowing water resulting in beautiful, sashimi grade fish with no hormones or preventative antibiotics. It's a natural protein that's good for the planet too.



PRODUCT PROFILE

Ozonated Water (O3) is utilized to neutralize the growth of harmful bacteria. Fish are rinsed in O3 water when arriving at the processing plant and again after processing. This non-invasive step greatly reduces the risk of bacteria growth and keeps the fish fresher longer.

COOKING TIPS

Kanpachi is a very versatile fish. With a dense texture, it lends itself well to grilling, broiling, sautéing, frying, baking and even smoking. It is also a popular choice for poke and ceviche recipes. With a buttery flavor which is rich, yet mild, and high Omega 3 content – Kanpachi is a favorite for most.

NUTRITION FACTS

Serving Size	100 g
Calories	179
Total Fat	10.92 g
Saturated Fat	3.08 g
Cholesterol	151.67 g
Sodium	47.5 mg
Protein	20 g
Omega 3	2433 mg

PRIMARY PRODUCT FORMS

Whole / Filets

GLOBAL SUPPLY

Panama

COOKING METHODS

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