CATANESE CLASSICS

Rockfish

ABOUT

You'd be hard pressed to find a group of fish with more harvest methods, real names and aliases than the Sebastes genus. The fish in this family range from the Bering Sea to Baja California. Their common names and nicknames from their skin color: green, brown, dusky, blue, black, copper, olive, red and so on. And the deeper they live (to 300 fathoms), the brighter their coloration. Other rockfish names reflect physical characteristics: quillback, pygmy, shortbelly, longspine, yellow-eye. The most important commercial species are the Pacific ocean perch and the widow, canary, chilipepper, yelloweye, vermillion and thornyhead rockfish. The fish can range in size from 1 to 40 pounds, but 2 to 5 pounds is most common. Rockfish are caught by trolling, trawling, longlining, jigging, trapping and gillnetting — either targeted or as bycatch.

PRODUCT PROFILE

Rockfish has a delicate, nutty, sweet flavor. The meat is lean and medium-firm in texture. Deep-skinned rockfish with the fat line removed have the most delicate flavor. The skin should be shiny and bright. If it is a yellow-orange color or is wrinkled and looks too large for the fish, the fish is stale. Fillets shouldn't have signs of browning, graying or yellowing. Rockfish generally fall into two categories: red-fleshed and brown-fleshed. Red-fleshed fillets are generally considered more desirable, because they are less oily and have a longer shelf life.

COOKING TIPS

Rockfish holds up well to baking and remains moist when cooked. The firm texture also makes rockfish suitable for soups, chowders and stews. In Asian cuisine, rockfish are often served whole, either steamed or deep fried, with a variety of sauces to accent the mild flavor. Fillets hold together better with skin on.



NUTRITION FACTS

Calories	94
Fat Calories	14 g.
Total Fat	1.6 g.
Saturated Fat	0.4 g.
Cholesterol	35 mg.
Sodium	60 mg.
Protein	18.8 g.
Omega 3	0.4 g.

PRIMARY PRODUCT FORMS

Live: Fresh, Whole, H&G, Fillets
Frozen: Whole, H&G, Fillets, Blocks
Value-added: Breaded/battered portions

GLOBAL SUPPLY

Canada, Russia, United States

COOKING METHODS

✓ Bake	Boil	Broil	✓ Fry	Grill
Pate	✓ Poach	✓ Saute	Smoke	✓ Steam