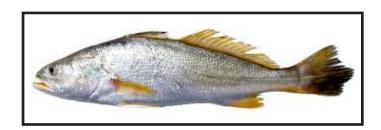


## CORVINA

#### CYNOSCION OTHONOPTERUS





## **DESCRIPTION:**

Corvina also known as Gulf Corvina is closely related to the drum and croaker. Corvina inhabits warm-temperate and tropical waters. Most of the product sold in the United States comes from Central America. Corvina is silvery, blue-grey on its dorsum with dark dots on the scales and yellowish fins.

## **EATING QUALITIES:**

Corvina is a white firm fish similar to sea bass. It has a mild, sweet taste with firm, large flaked flesh. Pinkish when raw, but cooks up white. Although it is considered a versatile fish, ceviche is a popular recipe for this species.

#### FISHING METHODS:

Corvina is harvested by bottom trawl, gillnet, and handline

#### SOLD AS:

H & G

Fillets

**Portions** 

Bullet

# NUTRITIONAL INFORMATION

Per 3 ounce portion

Calories 102 **Total Fat** 4.2 g Protein 15 g Sodium 64 mg 55 g Cholesterol Omega-3

## **COOKING METHODS**

Bake

Broil

Grill

Sauté

Sushi

Smoke

## **HANDLING**

Whole fish should be packed in flaked ice. Whole fish and fillets should be stored in a drain pan in the coldest part of the walk-in. Fillets should also be covered in ice although with a barrier, so the ice never touches the flesh.

### FORTUNE FISH COMPANY

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