

FORTUNE FISH COMPANY

THE SEAFOOD SPECIALISTS



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
Cholesterol	55 g
Omega-3	g

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.

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