

**SHAD**  
*ALOSA SAPIDISSIMA*



**DESCRIPTION:**

Shad is a type of herring that migrates from the ocean to spawn in fresh water at the start of spring.

**EATING QUALITIES:**

The American shad is typically 3-5 lb and prized for its ruby red sac that contains the fish's eggs, a delicacy known as shad roe. After it's cooked it turns a gray-brown, similar to cooked liver. The taste is subtle, and it easily takes on the flavor of whatever you cook it with. Shad roe season is short.

**FISHING METHODS AND REGULATIONS:**

American Shad is being caught off the coast of South Carolina using gill nets and pound nets, which cause little damage to bottom habitat.

**SOLD AS:**

Roe

**NUTRITIONAL INFORMATION**

Per 3 ounce portion

Calories	165
Total Fat	9 g
Protein	22 g
Sodium	447 mg
Cholesterol	363 mg
Omega-3	2.6 g

**COOKING METHODS**

Bake  
Fry  
Sauté

**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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