

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 3.5 ounce portion

Calories	73
Total Fat	1.5g
Protein	13.9g
Sodium	51mg
Cholesterol	31.5g
Omega-3	0.2g

- 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.