

Pacific Sardines

Latin Name *Sardinops sagax*

Chinese 太平洋沙丁魚

Japanese サーディン
(イワシ)

Sardines have been deemed a “nutritional powerhouse”, rich in omega-3 fatty acids and numerous other nutrients

Flavour



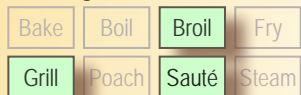
Texture



Omega-3 fatty acids/ gram



Cooking Methods



Average Portion Size

Approximately 75-100 grams
(2.5-3.5 oz) per person

Nutritional Value

Per 100 grams (3.5 oz) of raw edible portions

Calories (cal)	n/a
Total Fat (g)	n/a
Saturated Fat (g)	n/a
Protein (g)	n/a
Cholesterol (mg)	n/a
Sodium (mg)	n/a
Omega-3 (EPA & DHA)(g)	n/a

Information currently not available



How to Cook

The flesh of the sardine is pink and has a fine, soft texture. With a high fat content, it has a stronger and heavier flavour than whitefish species.

Sardines can be used as the main ingredient or with a combination of other ingredients in dips, sauces, salads, soups, etc.

To prepare a whole, round sardine for use, place in a bowl of cold water, gently rub off the scales with your fingertips, slice open the belly, remove the innards with your fingers and thoroughly wash the entire fish.

Given the fatty flesh of a sardine, this fish is best when grilled, broiled or sautéed. The flesh becomes firm when cured by pickling, salting, smoking.

Recipes

Pasta Con Le Sarde (Pasta with Sardines)

Pacific Sardines on Brioche Toast with Ratatouille

About ...

Pacific sardines belong to the herring family and “sardine” is often the name given to young herring. It is a small fish with an iridescent, silvery body.

The Pacific sardine has made a recent comeback to BC waters and the sardine fishery is relatively new in British Columbia.



Pacific Sardines on Brioche Toast with Ratatouille

Availability

Available fresh (on a limited basis)



Products

Pacific sardines are available:

- Fresh
- Frozen whole or block frozen whole
- Butterfly fillets (skin-on and bone-in)
- Boneless fillets
- Salted (limited quantity)
- Smoked (limited quantity)

Frozen products are available year-round