

Sablefish

Latin Name *Anoplopoma fimbria*

Chinese 黑鱈魚

Japanese ギンダラ

BC sablefish's rich flavour and culinary versatility is making it one of the most sought-after premium seafood product

Flavour



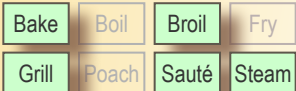
Texture



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)	195.0
Total Fat (g)	15.3
Saturated Fat (g)	3.2
Protein (g)	13.4
Cholesterol (mg)	49.0
Sodium (mg)	56.0
Omega-3 (EPA & DHA)(g)	1.4

Canadian Nutrient File, Health Canada, 2007

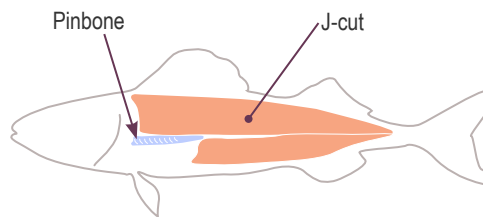


How to Cook

Prized for its large velvety flakes and sweet, rich flavour, sablefish has a short shelf life due to its high oil content. Thaw frozen sablefish in the fridge to avoid the meat becoming dry and mushy.

Sablefish is ideal for fast, high-heat cooking methods, especially grilling, roasting, broiling and pan searing. It can also stand up to long, slow preparations such as braising without losing its texture.

Smoked sablefish trimmings also make excellent dips, mousses and fillings.



Recipes

Baked BC Sablefish in Parchment

Smoked Sablefish with Shallot Marmalade

About ...

Sablefish, also known as blackcod, is a sleek fish with dark almost furry skin.

Wild sablefish fishery is sustainably managed. The use of live traps prevents virtually all by-catch and allows the industry to employ selective harvesting to avoid catching juvenile fish.



Baked BC Sablefish in Parchment

Availability

Available fresh all year



Products

Sablefish is available:

- Fresh (limited quantities)
- Frozen-at-sea (FAS)
- "J" cut (head off, collar off)
- Pinbone-in or pinbone-out fillets
- Steaks
- Smoked and un-smoked collars

Frozen products are available year-round