



Chilean Sea Bass

Market Name Chilean Sea Bass

Scientific Name *Dissostichus eleginoides*

Common Name Patagonian Toothfish

The Patagonian Toothfish, species *Dissostichus eleginoides* (also known as Chilean Sea Bass) is a fish found in the cold, temperate waters (between depths of 45 m (148 ft) to 3,850 m (12,631 ft)) of the Southern

Atlantic, Southern Pacific, Indian and continental shelves around most sub-Antarctic islands. Patagonian Toothfish feed largely on squid, fish and prawns. The average weight of a commercially caught Patagonian Toothfish is 20-22 lbs. (9-10 kg) with large adults occasionally exceeding 400 lbs. (200 kg). They are thought to live up to fifty years and to reach a length up to 7.5'.

A commercial fishery exists for Patagonian Toothfish; the meat is sold under the trade names Chilean Sea Bass. The majority of Chilean Sea Bass is harvested in the distant waters of Antarctica, frozen on board factory vessels and shipped several weeks later

to market. There are some fresh toothfish available in the USA but most Chilean Sea Bass are a frozen at sea product. The Chileans were first to market toothfish commercially in the USA, earning its name, although it is not really a bass and it is not always caught in Chilean waters.

The U.S. Food and Drug Administration (FDA) issues compliance numbers to vessels that legally catch Patagonian Toothfish as part of a 24 country commission called the Convention for the Conservation of Antarctic Marine Living Resources (CCAMLR). In the last few years, the management of several fisheries has improved with increased patrolling for illegal vessels and stringent regulations for legal operators. Although overfishing and illegal 'pirate fishing' are still problems in places, the Marine Stewardship Council has certified the fishery in South Georgia (South Atlantic) for sustainable management. South Georgia has the largest toothfish fishery, with a total allowable catch (TAC) of around 3,000 tons per year, taken by approximately ten vessels.

NUTRITIONAL INFORMATION

Serving Size: 7 oz.

Amount Per Serving

Calories 194 **Calories From Fat** 36

		% Daily Value*
Total Fat	4g	6%
Saturated Fat	1g	6%
Cholesterol	82mg	28%
Protein	36.8g	68%
Iron	0.58mg	4%
Sodium	136mg	6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

the taste of fresh

CHILEAN SEA BASS SERVING SUGGESTION

PAN SEARED CHILEAN SEA BASS WITH SWEET PEARL ONIONS IN SHERRY WINE SAUCE

4 pieces 7 oz. Chilean Sea Bass portions	1/2 C pearl onions, cleaned
1 1/2 tbsp. oil	1 small garlic clove, finely minced
1/2 C sherry wine	Pinch of thyme, optional
3/4 C heavy cream	1 tbsp. fresh parsley, chopped fine
	Salt and pepper to taste

PREPARATION: In medium sized sauté pan add about 1 tbsp. oil and preheat to medium high heat. Season Sea Bass portions with salt and pepper as desired. When pan begins to almost smoke carefully add sea bass to pan and let sear for 2-3 minutes or until golden brown. Turn over and sear other side for an additional 2-3 minutes. Remove from heat and finish in preheated 350-degree oven if needed. In a small saucepan add remaining oil along with cleaned pearl onions and sweat for 3-4 minutes. Add fine minced garlic and sherry wine and let mixture reduce until liquid has mostly evaporated. Reduce heat, add heavy cream to pan and let reduce by half. Season with salt and pepper finishing off with fresh chopped parsley and thyme. Yields 4 servings.



ESTIMATED COST TO PRODUCE

\$ _____ PER PORTION

Chilean sea bass is very high in fat and rich in Omega-3 fatty acids. The meat is milky white with a buttery taste and few bones. Excellent prepared in any process be it broiled, baked, sautéed or fried (please avoid the latter).



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