

BLUEFISH
POMATOMUS SALTATRIX



DESCRIPTION:

Bluefish are blue-green on the back and silvery on the sides and belly. They have a prominent jaw, with sharp, compressed teeth. Bluefish inhabit the East Coast, from Maine to eastern Florida. They travel in large schools and migrate seasonally, moving north in the Spring and Summer, and in the Fall they head south.

EATING QUALITIES:

The Bluefish is an excellent tasting fish that is high in omega-3 fatty acids. The meat is a blue-grey when raw and becomes lighter when cooked. It has a rich, full flavor and course, moist meat.

FISHING METHODS AND REGULATIONS:

Bluefish is one of the most popular recreational species on the East Coast. The commercial fishery didn't peak until the early 1980s. Most Bluefish are caught using gillnets, hook and line or trawls. The Mid-Atlantic Council and the Atlantic States Marine Fisheries Commission cooperatively manage the Bluefish fishery.

SOLD AS:

Whole, Fillets

NUTRITIONAL INFORMATION
 Per 3.5 ounce portion:

Calories	124
Fat Calories	39
Total Fat	4.3 g
Protein	20 g
Sodium	60 mcg
Cholesterol	59mg

- COOKING METHODS**
- Broil
 - Bake
 - Grill
 - Pan fry
 - Sauté
 - 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.