Coast to Coast IMPORTING

SEABASS

Sea bass boasts a rich, buttery taste that has been dazzling restaurant diners for years. With sea bass, you can discover the magic of this sensational fish in your own kitchen! Found in the icy depths of the Southern Hemisphere, this delicacy is actually Patagonian toothfish. To ensure the health of this precious resource, Orca Bay procures sea bass from certified harvesters adhering to a strict managed quota system.

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PRODUCT FORMS

Skinless pin bone out (PBO) Fillet Portion
4, 6, 8 & 10 oz

COOKING METHODS & APPLICATIONS

Broiling • Grilling • Baking • Sautéing • Pan-Frying • Deep-Frying • Poaching • Steaming • Braising • **Stewing**

- Rich & buttery flavor
- Moist
- Lends itself to creative dishes
- All white portions

Nutrition Facts
Serving Size 4 oz (113g)
Servings Per Container 3

Amount Per Serving	
Calories 140	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 40mg	2%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 25g	

Vitamin A* • Vitamin C*
Calcium* • Iron 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

SELLING POINTS

- Low in fat 1.5 grams per 4oz serving
- High end fish
- High oil content
- Chemical free – 100% natural
- Hard to overcook

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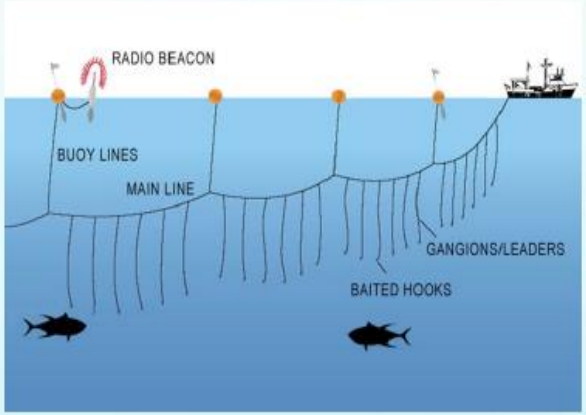
HARVEST MAP

Seabass
Dissostichus eleginoides
Season: Nov - May

Harvesting areas
Processing Centers

FISHING METHOD

Longlining uses baited hooks on offshoots (gangions or leaders) of a single main line to catch fish at a variety of depths. The line can be anchored at the bottom in areas too rough for trawling, or set adrift, suspended by floats. Over the past decade, **longlines** have received renewed interest due to the development of automated **longline** systems.



FISHERIES MANAGEMENT

Sea Bass now undergoes heavy regulation by the international community. In the U.S. this is handled by NOAA (National Oceanic & Atmospheric Administration). Strict documentation accompanies all shipments of this product.