



Escolar

description

Escolar is also known as snake mackerel, and is sometimes marketed as "butterfish," "walu," "sierra," or "white tuna." The escolar is dark brown, growing darker with age until it is quite black.

interesting fact

Escolar can be tricky to identify. It's mistaken for other fish, such as Chilean sea bass, albacore, and oilfish.

alternatives

Swordfish or tuna.

source

The escolar is found in deep tropical and temperate waters around the world.

harvest method/season

This species is longlined and is available year-round.

flavor

Full, strong, buttery, and succulent flavor.

texture

Vivid white- or cream-colored flesh.

preparation

Because of its heavy fat content, it's often baked, grilled, broiled, poached, or steamed, as opposed to fried.

quality control

Escolar is a type of snake mackerel that cannot metabolize the wax esters naturally found in its diet. These esters are called gempylotoxin, and are very similar to castor or mineral oil. This is what gives the flesh of escolar its oily texture. As a result, when full portions of escolar are consumed, these wax esters cause gastrointestinal symptoms. In spite of all this, escolar is indeed very buttery and delicious, and should be enjoyed, but never in portions larger than six ounces. Portions below six ounces will not cause gastrointestinal distress.

market segments

Fine dining and sushi bars.

nutritional facts

3.5 oz (100g) raw, edible portion

Calories 210; calories from fat 130; total fat 14g; saturated fat 5g; cholesterol 50mg; sodium 105mg; carbohydrates 3g; protein 18g.



2614 Aviation Parkway • Grand Prairie, Texas 75052
972.606.0800 • www.frugeseafood.com