



# Seabass, Chilean

## **description**

Seabass is a large fish that can weigh up to 100 pounds and has an elongated, scaly body with two distinct lateral lines. Cooked meat is snow white.

Due to its high oil content, seabass is excellent smoked and retains its moisture through cooking.

## **interesting fact**

Chile first discovered this seabass and called it “Bacalao de profundidad” or “cod of the depths.”

## **alternatives**

Seabass is a unique fish for which there are no close alternatives.

## **source**

Seabass is found in the waters of the Southern Hemisphere.

## **harvest method**

This species is longlined and is available year-round.

## **flavor**

Seabass has a mild, rich and buttery flavor.

## **texture**

Moist and tender due to its high oil content with a large firm flake.

## **quality control**

Fresh seabass should have a shiny skin that should be firm to the touch with no yellowing on the belly flap. This fish should be chilled immediately upon capture. The flesh should be firm and never gelatinous.

## **preparation**

Seabass is best prepared baked, grilled, roasted, broiled, or sautéed.

## **market segments**

This fish is appropriate in the casual dining, fine dining, hotel, and resort/club segments of the market.

## **nutritional facts**

3.5 oz (100g) raw edible portion  
calories 214; calories from fat 145; total fat 16.1/24%; saturated fat 0g;  
cholesterol 0mg/0%; sodium 0mg/0%; carbohydrates 0g/0%;  
protein 16.2g; potassium 0mg.



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