



# Sablefish

Sablefish is typically long-line harvested at depths around 1,500 feet from the West Coast of the United States to Russia. This well-managed fishery is certified as sustainable by the Marine Stewardship Council and is managed on an individual fishing quota system. Sablefish is prized for its heart-healthy omega-3 oil content, and has a sweet, delicate, buttery flavor and texture when cooked. Traditionally, Japan has purchased most of the world's harvest, but sablefish has recently become popular with food aficionados in the United States.

\* For custom product information, please contact your Cannon Fish Company sales representative.



**Common Name** Sablefish, black cod  
**Market Name** Sablefish  
**Scientific Name** *Anoplopoma fimbria*

**Sustainability Information**   
Responsible Fisheries Management - RFM

## PRODUCT INFORMATION

### Value Added Products

Private Label  
Signature Portions®

### Portions (skin-on or skinless)

- Sizes: 4-oz. / 5-oz. / 6-oz. / market cuts
- Pack Types: Vacuum-Packed / Layer-Packed / Bulk IQF
- Pack Sizes: 10-lb. / 30-lb. / Custom-Packed

### Fillets (skin-on or skinless)

- Sizes: 1- to 3-lb.
- Pack Types: Vacuum-Packed / Layer-Packed / Bulk IQF
- Pack Sizes: 25-lb. / 50-lb. / 100-lb. / Custom-Packed

### H & G - Whole

- Sizes: 2- to 4-lb. / 3- to 5-lb. / 5- to 7-lb. / 7- to 10-lb. / 10- to 15-lb. / 15-lb. Up
- Pack Types: Bulk IQF
- Pack Sizes: 50-lb. / 100-lb. / Custom-Packed

### Recipes

- Crispy Broiled Sablefish
- Grilled Sablefish with Spicy Soy Glaze
- Poached Sablefish in Basil Cream Sauce with Tomatoes and Garlic

### Nutritional Facts

Serving Size: 3.5 oz. (raw)  
 Calories: 195  
 Fat Calories: 137.7  
 Total Fat: 15.3 g  
 Cholesterol: 49 mg  
 Protein: 13.4 g  
 Iron: 1.28 mg  
 Sodium: 56 mg  
 Omega-3: 1.49 g

