In Alaska, protecting the future of both the sablefish stocks and the environment takes priority over opportunities for commercial harvest. The Alaska population of sablefish is estimated from biennial scientific research surveys. Managers use survey data to determine the “TOTAL AVAILABLE” population, identify the “ALLOWABLE CATCH” and set a lower “ACTUAL CATCH” limit to ensure that the wild sablefish population in Alaska’s waters will always be sustainable.

The Alaska sablefish fishery is certified to two independent certification standards for sustainable fisheries:

- **ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)**
- **MARINE STEWARDSHIP COUNCIL (MSC)**
3.0 oz. of **SABLEFISH**

- **OMEGA 3s**
- **DHA & EPA**
- **15 g PROTEIN (30% DV)**
- **1.2 mcg VITAMIN B12 (51% DV)**
- **0 g CARBOHYDRATE**

**Cooking Profile**

**Method** Smoking, sautéing, poaching or roasting.

**High Oil Content** Difficult to overcook.

**Fun Fact**

Widely emulated, sablefish became *Nobu Matsuhisa’s* signature dish.

**Gastronomy**

Flaky • Velvety • Sweet • Delicate • Intensely Flavorful

“Alaska sablefish is a staple on our menu. Its unctuous, fat-rich quality is well deserving of the term **"SEA BUTTER."** Sablefish will always have a place at our table.”

Chef Kevin Lane
The Cookery | Seward, Alaska

**Wild Habitat**

Wild sablefish have wide ranging habitats and natural food sources that allow them to live over **90 years!**

**Wild Sablefish**

- Juvenile sablefish stay in shallow water, only venturing deeper after reaching maturity.
- A bottom-dweller, living at depths of 150-1500 meters when fully grown.
- Research has shown that sablefish undertake migrations of more than 1000 miles.
- A highly voracious predator, with varied diets including smaller fish, squid, octopuses, and various crustaceans.

**Nutrition**

**Sablefish is the powerhouse of long chain Omega 3 fatty acids DHA and EPA.**

3.0 oz. of **Sablefish**

- 1,543 mg **OMEGA 3s DHA & EPA**
- 15 g **PROTEIN (30% DV)**
- 1.2 mcg **VITAMIN B12 (51% DV)**
- 0 g **CARBOHYDRATE**

**DV = Daily Value // 3.0 oz = 85g**

Source: USDA Standard Reference Release 28

**The High Oil Content of Wild Sablefish**

The omega-3’s in wild Alaska sablefish are primarily DHA and EPA, the most studied, beneficial, and readily usable by the body.

**Benefits of DHA & EPA Omega 3s**

- Improved heart health
- Improved brain function
- Vital nutrient for growth and development of prenatal babies and infants

**Recipes**

- Miso Glazed with Asian Cucumber Salad
- Marinated with Acacia Honey
- Thyme-Crusted
- Teriyaki-Braised with Colorful Vegetables
- Smoky Pimenton & Sherry Roasted

Find these and more at WILDAKASKASEAFOOD.COM/RECIPES

Alaska Seafood Marketing Institute | www.alaskaseafood.org