



Wild ALASKA SABLEFISH

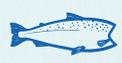
Anaplopoma fimbria

also known as **SABLE** or **ALASKA BLACK COD** or **THE ARISTOCRAT OF THE OCEAN**



PRODUCTS

FRESH



H&G



BELLIES



COLLAR



FILLETS

FROZEN



H&G



COLLAR



FILLETS



UTILIZATION



COLLARS, are a fatter cut of the fish which includes the collarbone and some additionally bellymeat, also known as **TIPS**. Extremely rich and dense, this piece of meat has a sweeter taste than the rest of the fish.

HARVEST PROFILE

HARVEST SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC



FAO 67: The world's boundaries of the major fishing areas established for statistical purposes.
FAO 67

ECONOMY

Source: NOAA

sablefish jobs ~1500

sablefish vessels ~350

GEAR TYPE

pot fishing

longline

SUSTAINABILITY

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.



CERTIFIED

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

- ALASKA RESPONSIBLE FISHERIES MANAGEMENT (RFM)
- MARINE STEWARDSHIP COUNCIL (MSC)





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



FUN FACT

WIDELY EMULATED,
SABLEFISH BECAME

Nobu Matsuhisa's
SIGNATURE DISH.

COOKING PROFILE

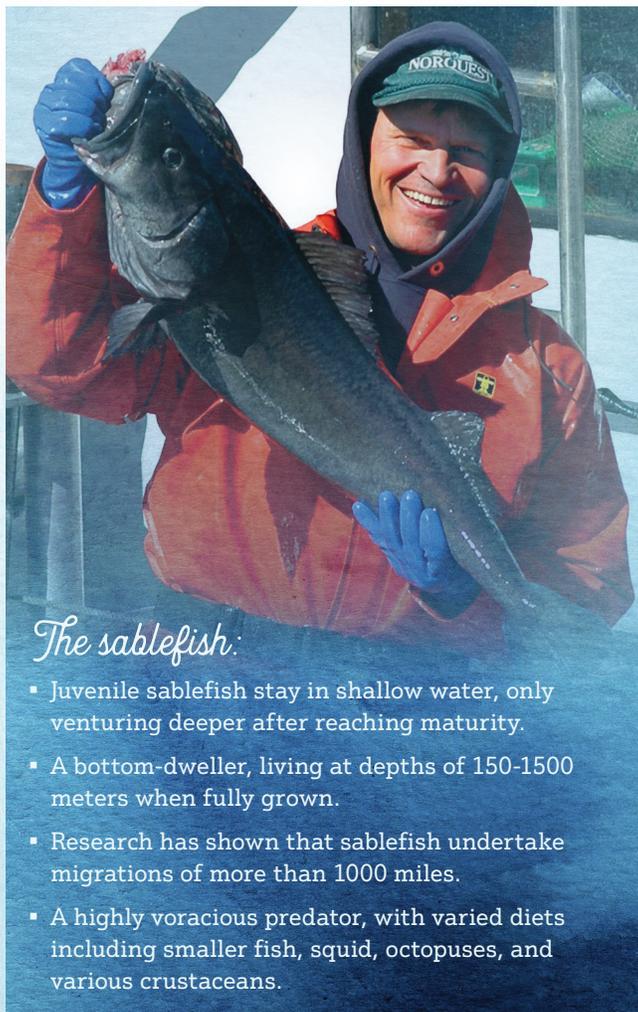


METHOD Smoking, sautéing,
poaching or roasting.



HIGH OIL CONTENT
Difficult to overcook

WILD HABITAT



The 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.

WILD SABLEFISH

have wide ranging habitats and natural food sources that allow them to

LIVE OVER **90** YEARS!

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 is largely comprised of omega-3 fatty acids.

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 WILDALASKASEAFOOD.COM/RECIPES