



FISHWATCH® FRESH FACTS.
SMART SEAFOOD.

SABLEFISH



U.S. wild-caught sablefish is a smart seafood choice because it is sustainably managed and responsibly harvested under U.S. regulations. The U.S. currently does not produce farmed sablefish commercially. However, with the species popularity and prized taste there is a growing interest in commercial farming.

Sablefish are found in the northeastern Pacific Ocean from northern Mexico to the Gulf of Alaska, westward to the Aleutian Islands and into the Bering Sea. Longlines are used to harvest the majority of sablefish in Alaska.

Sablefish is very high in the healthy, long-chain omega 3 fatty acids EPA and DHA. It has approximately as much EPA and DHA as wild salmon.

Sablefish have a rich oil content, which makes them exceptionally flavorful and, therefore, a very valuable commercial species. They are often called butterfish because of their melt-in-your-mouth, oil-rich meat.

www.fishwatch.gov



Smoked Sablefish with Pineapple-Orange Soy Glaze

Ingredients:

- 1 cup pineapple juice
- 1 cup orange juice
- 2 tablespoons soy sauce
- 1 teaspoon garlic chili paste
- 6 ounces smoked sablefish

1. Preheat the oven to 400° F.
2. Combine the pineapple juice, orange juice, soy sauce, and chili paste in a small saucepan over medium heat and reduce by half.
3. Sear the sablefish in a hot sauté pan, and finish cooking it in a 400° F oven.
4. To assemble, place sablefish on a plate and pour glaze over the fish until it pools around the fish.
5. Serve hot and enjoy!



Recipe credit: Adapted from Chef Stefani Marnon, 2005 Great American Seafood Cook-off, Alaska



NOAA
FISHERIES