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# GOLDEN POMPANO

*Trachinotus auratus*

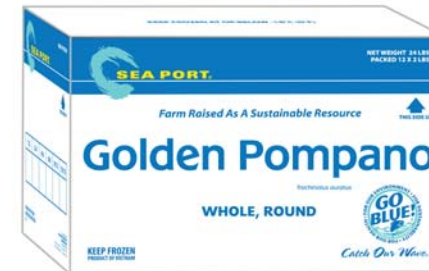


## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

FARMED GOLDEN POMPANO



Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: [www.un.org/en/globalissues/environment](http://www.un.org/en/globalissues/environment)). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.



Product Presentation	Whole Round
Size, gm/piece	400/600, 500/600, 600/800
Pack	1/40 LB

For full package details, visit our website.

Pompano is considered a premium fish. The fat content is moderate, which contributes to the mild, succulent-tasting flesh. The finely textured meat ranges white to off-white and the taste is almost sweet. Pompano is typically prepared baked, broiled, grilled or pan-fried. Fresh fish should smell of the sea. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)

<b>SEASONALITY</b> <input type="checkbox"/> Low <input checked="" type="checkbox"/> High Jan Feb Mar April May June July Aug Sept Oct Nov Dec	<b>FLAVOR</b> <input checked="" type="radio"/> Mild <input type="radio"/> Medium <input type="radio"/> Strong <input type="radio"/> Sweet	<b>TEXTURE</b> <input type="radio"/> Soft <input checked="" type="radio"/> Medium <input type="radio"/> Firm <input type="radio"/> Meaty
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For more detailed seasonality, visit our website

### RECIPE SUGGESTION

#### Whole Golden Pompano with Salsa Verde



**INGREDIENTS:** 4 whole Golden Pompano about 1 lb each  
 2 lemons  
 4 sprigs of thyme  
 1 jalapeno pepper  
 4 cloves of garlic  
 6 scallions, green part only  
 1 bunch of parsley  
 1 bunch of cilantro  
 1/4 cup of salt-packed capers  
 1/2 cup of olive oil

Preparation time: 40 mins  
 Serves 4

**DIRECTIONS:** Pre-heat oven to 450°F. Grate the lemons. Reserve the grated rind. Dry the fish with paper towels. Salt and pepper inside and out. Thinly slice one lemon. Stuff the fish cavity with lemon slices and thyme. Sprinkle some olive oil in an oven-proof dish or, if roasting several fish at once, a rimmed backing sheet lined with foil. Place the fish on it. Sprinkle with oil. Place the fish in the oven. Roast 15 to 20 minutes, depending on the size of the fish. The fish is done when a knife inserted in the thickest part is warm when touched to your bottom lip.

While the fish is roasting, prepare the salsa verde. Use half the parsley and half the cilantro. Remove stems from both. Chop roughly. Seed and roughly chop the jalapeno. Peel and roughly chop garlic. Rinse salt off capers. Trim scallions and place green tops in a food processor along with the garlic, jalapeno, capers, the juice of one lemon, grated lemon rind, salt and ground pepper. Pulse a few times to roughly chop. Add parsley and cilantro to the processor. Pour in half a cup of a fruity olive oil. Pulse several times to roughly blend, not puree. The salsa verde should have some texture. Place fish on individual plates. Serve with steamed new potatoes or cauliflower and the salsa verde.

<http://johnpleshettemealoftheweek.com/wp-content/uploads/ROASTED-WHOLE-FISH-WITH-SALSA-VERDE.pdf>

### Nutrition Facts

Serving Size 100g	
Amount Per Serving	
<b>Calories</b> 164	Calories from Fat 85
% Daily Value**	
<b>Total Fat</b> 9g	<b>15%</b>
Saturated Fat 4g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 18g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 3%

**INGREDIENTS:** Whole Golden Pompano.

**METHOD OF HARVEST:** Farm-Raised; Sea Cages

**COUNTRY OF ORIGIN(S):** China, FAO 61

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