

# Fun Fish of the Month

SUSTAINABLY SOURCED BY SEATTLE FISH CO.



## Wolffish

Available through the month of April 2022

Scientific name: *Anarhichas Lupas*

SFC sources it from: *Iceland (only MSC-certified Fishery for Wolffish)*

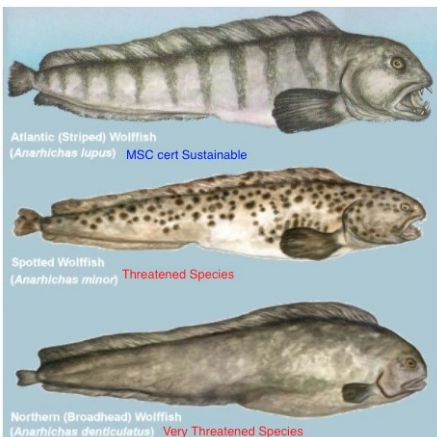
First PO: Thursday, March 31st

### Fun Facts:

- ✓ **Prime season for Wolffish is March through July.** This is when the fish are feeding on crabs and other shellfish. They get fatter, have better crab like flavor, and thicker/firmer fillets.
- ✓ The fishing method also shifts from Trawl caught to primary line caught fish, as cod spawning closures in April have the smaller longline boats shifting to targeting wolffish. This results in more consistent quality.

### Cooking:

- ✓ Sweet, crab like flavor
- ✓ Top loin, with medium fluffy flakes and a denser tail portion with a more crab like texture
- ✓ Pairs well with acidic foods like kimchi, lemon, capers, etc.
- ✓ Fillets are longer, which makes for easier portioning.



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