

Fun Fish of the Month

SUSTAINABLY SOURCED BY SEATTLE FISH CO.



Kanpachi

Available through the month of September 2022

Scientific name: *Seriola Rivoliana*

SFC sources it from: Forever Oceans (Panama)

Fun Facts:

- ✓ Ocean-raised in pristine waters, far from land and vessel pollution
- ✓ Forever Oceans Kanpachi are able to swim in natural fast-flowing water resulting in beautiful, sashimi grade fish with no hormones or preventative antibiotics.
- ✓ Ozonated Water (O3) is utilized to neutralize the growth of harmful bacteria. Fish are rinsed in O3 water when arriving at the processing plant and again after processing, a non-invasive step that keeps the fish fresher longer.

Cooking:

- ✓ Kanpachi is a very versatile fish with a dense texture.
- ✓ This fish is delicious grilled, broiled, sautéed, fried, baked or smoked. It is also a popular choice for poke and ceviche.
- ✓ Kanpachi has a rich, yet mild buttery flavor and high Omega 3 content.
- ✓ The whole fish can be used in recipes, including the head, collar, loin, belly and tail. Ask your rep for recipe inspiration!

Please contact a Seattle Fish Co. Sales Rep to learn more about our products.

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