

Fun Fish of the Month







SUSTAINABLY SOURCED BY SEATTLE FISH CO.



Sheepshead

Available through the month of February 2023
SFC sources it from: Stokes Fish Company, Florida

709C - SHEEPSHEAD WHL 1-4#
709CS - SHEEPSHEAD GTD SCALED 1-4#
709A - SHEEPSHEAD FILLET 6-9 OZ AVG

-  Sheepshead are caught year-round off the east and west coasts of Florida.
-  They are harvested in a variety of ways, including cast net, speared, or hook and line.
-  The sheepshead diet mainly consists of barnacles, baby crabs and oysters. The mouth (sometimes called "human teeth") is designed to crack the hard shell of the barnacles or oysters.
-  Sheepshead is sweet and delicious, with a slight shellfish flavor due to its diet.
-  Sheepshead meat is firm, moist and a bit oily. The oil and moisture content contributes to its sweet, firm and flaky feel on the mouth.
-  There are several different ways you can cook sheepshead from boiling, grilling, baking, frying, and even roasting the whole fish.