VERSATILE AND APPEALING
Alaska Rockfish is a group of lean, tender fishes with a range of widely appealing flavors. This versatile, low-calorie fish is also highly adaptable to both lighter eating styles and interesting ethnic favorites. The most well-known species is Pacific ocean perch, but there are many other species in the rockfish family.

AVAILABLE YEAR-ROUND
All Alaska Seafood is wild and pure, and harvests are responsibly managed for continuing abundance. With several different species available, Alaska Rockfish is harvested in the Gulf of Alaska and the Bering Sea—and it is available fresh or frozen year-round.

MILD FLAVOR AND TENDER TEXTURE
Known for its delicate, mild flavor, pearly-white color, and tender yet meaty texture, Alaska Rockfish enjoys great popularity.

EASY TO PREPARE
Most commonly marketed as skinless, boneless fillets, Alaska Rockfish is ready-to-use, boasting quick, easy preparation with no waste, at a very reasonable cost. The best cooking methods require minimal handling, such as poaching, steaming, and sautéing, making Alaska Rockfish ideal for today’s health-oriented consumers.

SUSTAINABLY SOURCED
Alaska has pioneered the standard for sustainable, eco-friendly fisheries management. Unlike many of the world’s other fish populations, Alaska’s are managed for protection against overfishing and habitat damage. By proactively ensuring a healthy, wild, and sustainable harvest, Alaska is protecting its superior seafood for future generations.

The Alaska Seafood logo affirms your support for SUSTAINABLE FISHERIES.
ROCKFISH

COMMON MARKET NAMES / SCIENTIFIC NAMES:
- Pacific Ocean perch (longjaw rockfish)/Sebastes alutus
- Dusky rockfish (brown bomber)/Sebastes ciliatus
- Yelloweye rockfish (rasphead, turkey-red rockfish, Pacific red snapper)/Sebastes ruberrimus
- Northern rockfish*/Sebastes polyspinis
- Chilipepper (Pacific red snapper)/Sebastes goodei
- Blackspotted rockfish*/Sebastes melanostictus
- Rougheye rockfish*/Sebastes aleutianus
- Shortraker rockfish*/Sebastes borealis
- Shortspine thornyhead (idiot fish, shortspine channel rockfish)/Sebastolobus alascanus
- Canary rockfish (orange rockfish, Pacific red snapper)/Sebastes pinninger

* The most abundant species in the commercial fisheries. The name “rockfish” is applied to several related species of Alaska whitefish. Rockfish are sometimes called “snapper,” but they are not related to snapper from other waters.

HABITAT:
- Adults are found primarily offshore on the outer continental shelf and the upper continental slope in depths of 150-420 m.

HARVEST METHOD:
- Trawl · Jig · Longline

FOOD SAFETY:
- HACCP
- Consuming raw or uncooked seafood may increase your risk of food-borne illness

ADDITIVES:
- None

PRODUCT FORMS:
- Whole round · Dressed/headed (H&G)
- Fillets; skin-on and skinless, pinbone-in and pinbone-out, skin-on/scaled

PRODUCT PACKING:
- Fresh: dressed/headed (H&G) 50-80 lb. boxes; fillets 10 lb. poly bags & 10 lb. plastic containers
- Frozen: dressed/headed (H&G) 50-80 lb. boxes; fillets 5-15 lb. layer, shatterpack, or IQF

FOOD SOURCE:
- Includes euphausids, crustaceans and deep water fishes

OTHER INFORMATION:
- Most species are mild and sweet-flavored, with a medium texture
- Rockfish fillets are generally somewhat thicker than sole fillets

NUTRITION FACTS

Serving Size: 3.5 oz. (100g)
Cooked, Edible Portion
Calories 120
Protein 24g
Total Fat 2g
Saturated Fat 0.5g
Salt 75mg
Cholesterol 45mg
Omega-3 Fatty Acids 450mg
Vitamin D (IU) 310mg

For more information and promotional materials, visit the Alaska Seafood Marketing Institute at www.alaskaseafood.org