Chilean Sea Bass

Chilean Sea Bass (*Dissostichus eleginoides*, *D. mawsoni*) is also known as Patagonian Toothfish (*D. eleginoides*) or Antarctic Toothfish (*D. mawsoni*). Chilean Sea Bass is not a bass but a toothfish. It is found in the southern Atlantic and southern ocean around Antarctica. It is wild-caught. Chilean Sea Bass take 8 to 10 years to mature and can live for 40 to 50 years.

Chilean Sea Bass became a very popular fish in the U.S. in the 1990s which resulted in overfishing. As the populations of Chilean Sea Bass declined, some conservation groups began calling for a boycott of the fish in the early 2000s. Fishing methods have since improved. Chilean Sea Bass is not listed as an endangered species and it is legal to import Chilean Sea Bass into the U.S. if it was caught within the law and provide for conservation of the fishery. However, illegal fishing still occurs which threatens the future of this fish. Thus, it is important to examine the proper documentation to ensure that the fish was legally harvested. Further, many Chilean Sea Bass fisheries are certified sustainable by the standards of the Marine Stewardship Council (MSC): the South Georgia Patagonian Toothfish Longline Fishery, Ross Sea Toothfish Longline Fishery, Macquarie Island Toothfish Fishery, Heard Island and McDonald Islands Toothfish Fishery, Falkland Island Toothfish Fishery and SARPC Toothfish Fishery. The "Net Benefits" of MSC Certified Chilean Sea Bass are many.

There is much information and misinformation available. Start finding the facts with answers to *Frequently Asked Questions* about Chilean Sea Bass, learn what the *National Fisheries Institute* has to say about the fishery and discover *10 Reasons to Say Yes to MSC Certified Chilean Sea Bass*.

The Monterey Bay Aquarium Seafood WATCH® rates Chilean Sea Bass from Chile and Prince Edward and Marion Island as “Avoid.” All MSC-certified fisheries, at a minimum, meet Monterey Bay Aquarium Seafood WATCH®’s requirements for a "Good Alternative."

### Sources

- **Species Name**
  - Patagonian toothfish - *Dissostichus eleginoides*
  - Antarctic toothfish - *Dissostichus mawsoni*

- **Source**
  - Chilean Sea Bass is found in the Deep south Atlantic and southern ocean around Antarctica. MSC certified South Georgia Patagonian Toothfish Longline Fishery is located on South Georgia Island.

- **Seasonality**
  - Chilean Sea Bass is available frozen year round. Fishing occurs in the southern hemisphere winter months from May thru August.
Fishing Method
Chilean Sea Bass is wild-captured by long-line. There is no aquaculture of Chilean Sea Bass.

Features

Flavor
Chilean Sea Bass is coveted by many chefs. It has a mild, rich and buttery flavor and a moist, firm, tender texture with large flake. It has a high oil content and remains moist after cooking.

Dietary Information
Per 3.5 oz (100g) raw, edible portion:
- Calories 184
- Fat 14.2g
- Protein 13.2g
- Cholesterol 49mg
- Sodium 56mg
- Omega 3 1.3g

Source: AlwaysFreshFish.com

Appearance
Chilean Sea Bass can weigh 100 pounds but are usually marketed around 20 pounds. The skin will range from dark brown to black, while the meat is a pure white thick fillet.

Form
Chilean Sea Bass is imported in the US in a head and gutted and IQF Fillets.

Uses

Preparation
Chilean Sea Bass can be prepared by grilling, poaching, sautéing, baking, broiling, and smoking.

Substitution
Chilean Sea Bass has a unique texture and flavor profile found only is this coveted fish. There are not any close substitutions. However, Striped Bass, Pacific Halibut, Black Cod / Sablefish, adapt well to preparation which call for Chilean Sea Bass.

Handling
Re-Freshened or defrosted Chilean Sea Bass should be refrigerated at 30-34 degrees F. Whole fish should be surrounded with fresh ice in a perforated pan which allows any water to drain away from the product for maximum shelf life. Never directly ice a Chilean Sea Bass fillet. Filleted product should be stored in a sealed plastic container and surrounded with ice.

Frozen Chilean Sea Bass should be kept frozen until prior to use. It is recommended to defrost in a 34-36 degrees refrigerator overnight to retain best quality, although running under cold water in a sealed plastic bag will expedite defrosting. Do not refreeze or allow to sit in water.
Market

Sizes and Cuts
Chilean Sea Bass is most typically shipped headless and dressed. Primary processors and distributor / processors fillet into loins and loin / steak portions. Seattle Fish Company of New Mexico will custom process to meet your specific requirements.

Headed and Gutted “H&G” packed in 50-100# cases; 4-6 kg, 6-8 kg, 8-10 kg, 10-12 kg 12-14 kg 14-16 kg, 15-20 kg, 20 kg-up.

Skin on and Skinless fillets; 2-4 lb, 4-6 lb, 6-8 lb, 8-10 lb, 10-12 lb, 12-15 lb.

Fillet Portions; 4 oz, 6 oz, 8 oz, and 10 oz.

Pricing Scale
Chilean Sea Bass is one of the more expensive commercial fish. Improved fisheries management and a crackdown on illegal fishing have caused supplies to be reduced. This reduction in supply coupled with strong demand for this excellent eating fish has caused prices to remain firm. Due to market and currency fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market information, availability and current pricing information.

Shelf Life
Frozen Chilean Sea Bass can be commercially stored for up to one year at 0F.

Once defrosted Chilean Sea Bass which has been handled and stored properly should retain optimum quality for 3-4 days.

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<tr>
<th>Market Names</th>
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<tr>
<td>FDA Approved Market Names: Chilean Seabass, Toothfish</td>
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<th>Where Caught</th>
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<td>MSC Certified Chilean Sea Bass is caught around the island of South Georgia and the plateau to the west around Shag Rocks.</td>
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<td>Other fishing occurs off Peru, Chile and New Zealand in the Pacific, and Argentina and the Falkland Islands in the Atlantic, and around many sub-Antarctic islands and seamounts from South Georgia in the west to Macquarie Islands in the east.</td>
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| How Caught |
Wild-captured by long-line and bottom Trawler. The MSC certified is only captured using bottom long line fishing which greatly reduces by catch and habitat damage.