



# European Sea Bass - Branzino



European Sea Bass (*Dicentrarchus labrax*) is a culinary staple of the Mediterranean and a prized fish in Europe. Found in dishes and recipes from Spain to Turkey, it may be prepared and served as a whole fish or a fillet. This firm, white fish is indigenous to the Mediterranean, the Black Sea and the eastern Atlantic from Norway to Senegal. It may also be called Branzino. It may be referred to as Lubina in Spain, Loup de mer in France, and Levrek in Turkey.

It is a popular species for aquaculture. The wild fishery for European Sea Bass is extremely limited and almost all available in the market is aquacultured. A majority of farmed European Sea Bass is raised in net pens. Our Frozen European Sea Bass is raised in Turkey and fed an all-natural feed with no antibiotics, no hormones, no GMOs and no colorants. Our Fresh European Sea Bass comes from responsible farms in Spain and Greece.

Monterey Bay Aquarium's Seafood Watch rates farm-raised European Sea Bass from pens in the Mediterranean Sea as a "Good Alternative" and from recirculating aquaculture systems worldwide as a "Best Choice."

## Sources



*Species Name*  
Dicentrarchus labrax



*Source*  
Native to the Eastern Atlantic from Norway to Morocco, the Canary Islands and Senegal as well as in the Mediterranean and Black Seas. Farm raised throughout its range particularly in Greece, Turkey, Spain, Egypt and Italy.



*Seasonality*  
Available year round.



*Fishing Method*  
Farm-raised by sea pen culture.

## Features



### *Flavor*

Lean and flaky with a sweet, mild flavor.



### *Dietary Information*

Per 4oz (112g):

Calories 160

Calories from Fat 80

Total Fat 9 g

Saturated Fat 2g

Trans Fat 0g

Cholesterol 70mg

Sodium 45mg

Total Carbohydrate 1g

Dietary Fiber 0g

Sugars 0g

Protein 19g



### *Appearance*

Silvery fish with a darker back and yellow to white belly. Flesh has a slight pinkish tint when raw and is opaque white when cooked.



### *Form*

Frozen boneless, skin-on fillets. Fresh fillets

## Uses

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### *Preparation*

Pan-fried, baked, sautéed, steamed, and broiled. Due to the firmness of the flesh, it works well on the grill but be careful as it can dry out easily. A staple of the Mediterranean, found in recipes from countries including Turkey, Greece, Italy, France and Spain.



### *Substitution*

Black Sea Bass or Striped Bass may be substituted in recipes.



### *Handling*

Fresh: Refrigerate 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 fillet. Filleted product should be stored in a sealed plastic container and surrounded with ice.

Frozen: Keep frozen until prior to use. It is recommended to defrost in a 34-36 degree refrigerator overnight to retain the best quality. For expedited defrost, run the fillets (sealed in their IVP packages or in a sealed plastic bag) under cold, running water. Do not refreeze or allow to sit in water.

## Market

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### *Sizes and Cuts*

Available in a 10 pound box of IVP fillets.



### *Pricing Scale*

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 fillets which have been handled and stored properly should retain optimum quality for 18 months from date of packing. Once the fish is thawed, product should be used within 2-3 days.

<b>Market Names</b>
FDA Market Names: Sea Bass, European Sea Bass
Vernacular: Branzino, Bronzino, Mediterranean Sea Bass
<b>Where Caught</b>
Turkey, Spain, Greece, Mediterranean Sea
<b>How Caught</b>
Aquacultured

