



Swai



Swai (*Pangasius hypophthalmus*) is a member of the Pangasiidae family. It is found in Southeast Asia, especially along the Mekong River in Vietnam and Cambodia. While it has been marketed as China Sole, River Cobbler, Basa and Catfish, these names are incorrect. Due to legislation and a Food and Drug Administration ruling, only species from the family Ictaluridae, the family of catfish native to North America, can be labeled and sold as Catfish in the U.S. Basa is the name of another species of fish in the Pangasiidae family and is considered to be of higher quality and higher priced than Swai. When buying Basa, be sure to check that it is *Pangasius bocourti* and not mislabeled Swai. The only FDA approved market names are Swai, Sutchi, Striped Pangasius, and Tra.

Swai is the preferred farmed species for fish farmers, being faster and less expensive to raise than Basa. The Monterey Bay Aquarium Seafood WATCH® rates Swai farmed in ponds in Vietnam as "Avoid." Swai from Naturland Freshwater Fishes Certified Farms and 2-, 3-, and 4-star Best Aquaculture Practices Certified Farms meet Monterey Bay Aquarium Seafood WATCH®'s requirements for a "Good Alternative."

Sources



Species Name

Pangasius hypophthalmus



Source

Swai is found in Southeast Asia, being native to Cambodia, Thailand and Vietnam. Most farmed Swai imported into the U.S. comes from the Mekong River in Vietnam.



Seasonality

Swai is available year round with the heaviest harvests occurring in late summer to early autumn.



Fishing Method

Swai are farm raised.

Features



Flavor

Swai has a mild, sweet flavor and a flaky texture. It is more grainy and coarser than Basa.



Dietary Information

Serving Size per 3.5 oz (100 g) raw edible portion:
Calories 90
Total Fat 4g
Cholesterol 45mg
Protein 13g
Sodium 50mg

Source: Vietnam Association of Seafood Exporters and Producers



Appearance

The flesh of Swai is a beige color. Fillets are thinner than Basa fillets. Basa is also whiter than Swai.



Form

Swai is currently only imported to the US in a frozen fillet form. Product is available both IQF and shatter pack.

Uses



Preparation

Baking, broiling, frying and sautéing all work well with Swai. Swai is especially good for breading and frying or for buffets.



Substitution

Sea Bass, Basa, and Catfish can be substituted for Swai.



Handling

Swai is best thawed under refrigerated conditions at 34-38 degrees F. Once defrosted product should be stored in a sealed plastic container and surrounded with ice for maximum shelf life.

Market



Sizes and Cuts

Swai is produced as a skinless and boneless fillet, packed 15 pound IQF.

Fillets are graded 3-5 oz, 5-7 oz and 7-9 oz.



Pricing Scale

Swai is an attractively priced fish and much less expensive than Basa.

Due to market and currency fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market information, current pricing and availability.



Shelf Life

Swai which has been properly defrosted may be held refrigerated for 3-4 days. Frozen can be commercially stored for up to one year.

Market Names
Swai, Tra, Sutchi, Striped Pangasius
Where Caught
Vietnam, Cambodia
How Caught
Farm Raised

