



SANTA MONICA
SEAFOOD
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Tilapia



Tilapia traces its origins to the Nile River and has been farm raised around the world for decades. A member of the Cichlid family, this fish looks much like Perch or Snapper and can live in either fresh or salt water. The three most common species imported in the United States are the *Oreochromis niloticus*, *O. aureus* and *O. mossambicus*.

Tilapia is one of the most versatile fish available in today's market place. Farmed Tilapia is consistent in availability, flavor, size and price. It is harvested after one year of growth at an average of two pounds. Nearly all Tilapia sold in the U.S. market is farm raised and we at Seattle Fish Company of New Mexico only sell product produced under the high aquaculture standards.

Our Tilapia is sourced from an extensive network of geographically diverse locations. These Tilapia farms enable us to ensure consistent quality and continuity of supply. These farms adhere to the industry's strictest standards and utilize two types of farming techniques: land-based pond systems and ecologically protective cages in artificial reservoirs. Located in Ecuador, Colombia and Brazil, tropical climates and ample farmland allow our fish to grow in more natural habitats than other regions.

The farms which produce for Seattle Fish Company do not use chemical fertilizers, pesticides, growth hormones, or antibiotics during production and each of these farms limits and closely monitors for the introduction of outside contaminants. The feed is a specially formulated mix of wheat, soy, fishmeal, vitamins and minerals. The ample sized ponds allow for farming at low densities (1 to 1.5 fish per cubic meter). Some farms are utilizing polyculture – the raising of 2 species (Shrimp and Tilapia) in the same pond. This ensures the most efficient use of water and land. Learn [The Facts](#) about our fresh Tilapia farms and [10 Reasons to Say Yes](#) to Tilapia.

Monterey Bay Aquarium Seafood Watch® rates farmed Tilapia from Ecuador, Peru and the U.S. as a "Best Choice." Tilapia from China and Taiwan and netpen farmed Tilapia from Mexico, Columbia, Honduras, and Indonesia are a "Good Alternative." Tilapia that is 2-, 3- and 4-star BAP certified is considered to be equivalent to at least the "Good Alternative" rating.

Sources



Species Name

The three most common species imported in the United States are: *Oreochromis niloticus*, *Oreochromis aureus*, and *Oreochromis mossambicus*



Source

Tilapia can be farmed in Columbia, Costa Rica, Brazil, Ecuador, Honduras, China and Taiwan. Nearly all of Seattle Fish Company's fresh Tilapia is sourced from Ecuador and Columbia.



Seasonality

Available year round with consistent supply and pricing.



Fishing Method

Farm raised by eastern pond raceway and cage aquaculture.

Features



Flavor

Tilapia has a very mild, delicate taste similar to sole, and a flaky, slightly firm texture. Its flavor lends itself to a variety of cooking methods which allow its subtle taste to stand out.



Dietary Information

Tilapia is an excellent choice for a healthy balance diet, not only because of its important health benefits but also because it tastes GREAT!

Per 3.0 oz (85 g) edible portion

Calories 70

Calories from Fat 5

Total Fat 1.0g

Saturated Fat 0.5g

Cholesterol 30mg

Sodium 20mg

Total Carbohydrates 0g

Dietary Fiber 0g

Sugars 0g

Protein 15g

Potassium 0

Iron 0

Omega 3 160mg

Source: Tropical Aquaculture Products, Inc.



Appearance

Tilapia's shape is similar to the Sunfish or Crappie. The flesh is white with a pink to red hue on the fillet side where the skin has been removed.



Form

Almost all Tilapia is available as deep-skinned or shallow-skinned fillets. Fresh is available as whole round, gutted, skin-on, and skinless fillets. Frozen is available whole head-on and skinless boneless fillet.

Uses



Preparation

A very versatile fish, Tilapia can be easily poached, broiled, sautéed, grilled, baked, microwaved, steamed, fried or blackened. Tilapia accepts sauces and marinades well.



Substitution

Tilapia is a great substitute for recipes calling for Snapper, Sole, Cod, Pompano, Flounder, Sea Bass, Haddock or Orange Roughy.



Handling

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

Market



Sizes and Cuts

Tilapia Fillets:
10# 2-3 oz IQF
10# 3-5 oz IQF
10# 5-7 oz IVP
10# 7-9 oz IVP
10# 9-up oz IVP

Tilapia Whole Gilled Gutted & Scaled
40# 350-550 gr
40# 550-750 gr



Pricing Scale

Due to the increased volume in consumption and production, prices of both fresh and frozen Tilapia have fallen significantly. 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

Fresh Tilapia can be kept at 32 F for two weeks, layered on ice. Kept frozen, Tilapia can last up to six months.

Market Names
Tilapia, Nile Perch, Cherry Perch
Where Caught
Central America, South America, East Asia
How Caught
Aquacultured



