

Fun Fish of the Month

SUSTAINABLY SOURCED BY SEATTLE FISH CO.



Goldspotted Sand Bass

Available through the month of July 2022

Scientific name: *Paralabrax auroguttatus*

SFC sources it from: Baja California

First PO: Thursday, June 30th

Fun Facts:

- ✓ Goldspotted Sand Bass is named, aptly, due to the golden-orange spots covering its body and most fins.
- ✓ These fish typically dwell in and around rocky and coral reefs at depths between 100-500 feet and can be found from Cedros Island south along the west coast of Baja, through the Sea of Cortez, and along the coast of the mainland south to Guatemala.
- ✓ In Baja, goldspotted sand bass is harvested mainly from fishing co-ops based in villages on the Baja Peninsula. Working together, these fisherman still use the traditional methods of hand lines and low-impact hand-drawn nets from small, open panga boats.

Cooking:

- ✓ Goldspotted sand bass is often compared to grouper and is an excellent alternative to more expensive snappers and sea bass.
- ✓ These fish have a firm, moist texture that flakes larger than most small fish.
- ✓ These fish have a mild flavor and moderate fat content.
- ✓ Goldspotted sand bass can be prepared using many different applications but are particularly great to batter-fry. Its clean flavor also makes it a great choice for ceviche!

Please contact a Seattle Fish Co. Sales Rep to learn more about our products.

6211 E. 42nd Avenue - Denver, CO 80216 - (303) 329-9595 - seattlefish.com - [@seattlefishco](https://twitter.com/seattlefishco)