



Branzini

scientific name

Dicentrarchus labrax

description

Branzini is a silver-skinned fish that goes by many names including European sea bass, spigola, loup de mer, branzino and lubina. It has a medium-textured, delicate-flavored flesh and few small bones. It's a prized fish in Greek, Italian, and Spanish cuisines, and is often prepared grilled, baked, poached, steamed, or braised whole.

interesting fact

The University of Maryland is working on a long-term sustainable fish farming experiment with Branzini that looks very promising, which makes this particular Branzini a “green” fish for the future.

alternatives

Walleye, Pacific rock cod, Atlantic black seabass, a large croaker or a small red drum or striped bass.

source

Its habitats include estuaries, lagoons, coastal waters, and rivers. It is found in the waters in and around Europe, including the eastern Atlantic Ocean (from Norway to Senegal), the Mediterranean Sea, and the Black Sea.

harvest method

Branzini was one of the first types of fish after salmon to be farmed commercially in Europe. The most important farming countries are Greece, Turkey, Italy, Spain, Croatia, and Egypt. The annual production is some 60,000 tons and is increasing quickly.

flavor

Mild to moderate flavored.

texture

Medium, white flesh with few small bones.

preparation

Branzini can be prepared grilled, baked, poached, steamed, or braised whole.

quality control

Fresh branzini should have a shiny skin that should be firm to the touch with no yellowing on the belly flap. This fish should be chilled immediately upon capture. The flesh should be firm and never gelatinous.

market segments

Greek, Italian, and Spanish restaurants as well as fine dining.

nutritional facts

4 oz (114g) raw edible portion

Calories 110; total fat 3g; saturated fat 1g; cholesterol 45mg; sodium 75mg; carbohydrates 0g; protein 21g; potassium 0mg.



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