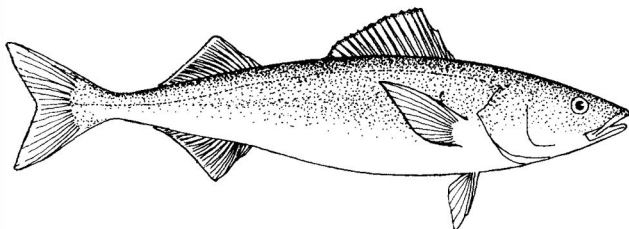


Sablefish

Fish Watch *U.S. Seafood Facts*



Sablefish population levels are high, and no overfishing is occurring.

Alaskan sablefish is managed using individual fishing quotas which assign a quota to individuals and seek to provide some ownership of the resource to Alaskan communities.

Sablefish is rich in omega-3 fatty acids.

Sablefish is the highest valued finfish per pound in Alaska and Pacific Coast commercial fisheries. The majority of the sablefish consumed in the U.S. is smoked.

Get the facts
fishwatch.noaa.gov



Smoked Sablefish with Pineapple-Orange Soy Glaze

Ingredients:

- 1 cup pineapple juice*
- 1 cup orange juice*
- 2 tablespoons soy sauce*
- 1 teaspoon garlic chili paste*
- 4 (6 oz.) smoked sablefish fillets*

Combine the first 4 ingredients in a small sauce pan over medium heat and reduce by half. Pan sear sablefish in a hot saute pan and finish cooking in a 450 degree oven. Place the fish on a plate and pour glaze over until it pools around the fish.

Make informed seafood buying choices.
Go to fishwatch.noaa.gov and get the facts.

