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► GROUND FISH ►

COLLECTIVE

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SABLEFISH



Sablefish, also known as black cod, has a rich oil content, making it exceptionally flavorful with a soft, velvety texture. The meat has large, white flakes and is excellent grilled or smoked. Sablefish is very high in healthy, long-chain omega 3 fatty acids.

Servings	1
Serving Weight	100 g (raw)
Calories	195
Protein	13.41 g
Fat, total	15.3 g
Saturated fatty acids, total	3.201 g
Carbohydrate	0 g
Sugars, total	0 g
Fiber, total dietary	0 g
Cholesterol	49 mg
Selenium	36.5 mcg
Sodium	56 mg

Sablefish Table of Nutrition

Sablefish with Teriyaki and Bacon

Recipe from fisherman Geoff Bettencourt, Captain of the Moriah Lee

Ingredients

8 4oz sablefish (also known as black cod) fillets, with skin removed
8 slices of bacon
1 jar of premade teriyaki marinade
16 brochette bamboo skewers

Directions

1. Wash the fish in cold water & pat dry.
2. On a clean surface lay out bacon, sablefish fillets & your skewers.
3. Roll each fillet into a pinwheel, wrap the bacon around the edges & stick 2 skewers into each roll to hold them together.
4. Place rolls carefully into a glass dish & cover in teriyaki sauce. Cover & marinate overnight.
5. Heat BBQ grill up to a medium heat. Place each roll gently & keep out of direct flame.
6. Cook for approx. 30 minutes, turning often so that the fish & bacon cooks evenly.

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