

# Barramundi (*Lates calcarifer*)



## COMMON NAMES

Barramundi, Australian Sea Bass, Giant Perch

## SEASONAL AVAILABILITY

Year-Round

## PRIMARY PRODUCT FORMS

**Fresh:** Whole, H&G, Fillet

**Frozen:** Fillets (skinless, boneless, IVP)

## PRODUCT PROFILE

**Flavor:** MILD MODERATE FULL

**Texture:** DELICATE MEDIUM FIRM

## COOKING TIPS

Australis Barramundi is loaded with heart-healthy omega-3s. It is mild enough to shine in simple preparations yet robust enough to pair with everything from artichokes to yuzu (plus there are no annoying little pin bones to worry about). Whether baked, broiled, pan fried, or grilled on the “barbie,” barra cooks up beautifully and takes just minutes to prepare. And with its sweet, mild flavor and moist, delicate texture, it’s sure to be a crowd pleaser. And it’s kosher too.

## COOKING METHODS

- |   |   |   |
|---|---|---|
| <input checked="" type="checkbox"/> BAKE  | <input checked="" type="checkbox"/> GRILL | <input checked="" type="checkbox"/> RAW   |
| <input checked="" type="checkbox"/> BROIL | <input checked="" type="checkbox"/> POACH | <input checked="" type="checkbox"/> STEAM |
| <input checked="" type="checkbox"/> FRY   | <input checked="" type="checkbox"/> SAUTÉ | <input checked="" type="checkbox"/> SMOKE |

## DID YOU KNOW...

Australis Barramundi is sustainably raised by Massachusetts-based Australis Aquaculture in one of the world’s largest and most environmentally friendly indoor aquaculture systems, and is ranked a “best choice” by all major seafood guides. Australis also sustainably raises barramundi in the pristine waters of central Vietnam. The company never uses hormones or antibiotics, and all product is independently tested to ensure that it is free of mercury, PCBs and other contaminants. Virtually all Barramundi are born male, then turn into females when they are 3-4 years old. Their age is determined by counting growth rings on their scales (much like counting growth rings on a tree).

## GLOBAL SUPPLY



Australia, Southeast Asia  
(Malaysia, Indonesia, Thailand, Brunei  
Darussalam, Singapore), Taiwan, US, Vietnam

## NUTRITIONAL FACTS

Serving size: 5 oz.  
AMOUNT PER SERVING

Calories	195
Fat Calories	130
Total Fat (Fresh)	7.5 g
Total Fat (Frozen)	2 g
Saturated Fat	2.4 g
Cholesterol	200 mg
Sodium	trace
Protein	30 g
Omega-3	833 g

*If it swims we have it.*

SEATTLE FISH CO<sup>EST. 1998</sup>

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