

Tilapia (Tilapia Spp.)



COMMON NAMES

St. Peter's Fish, Sunfish

SEASONAL AVAILABILITY

Year-Round

PRIMARY PRODUCT FORMS

Live; Fresh: Whole, H&G, Fillets (boneless, skin on/skinless)

Frozen: Whole, H&G, Fillets (boneless, skin on/skinless)

Value-Added: Frozen, Breaded Fillets;
Marinated or Sauced Portions

PRODUCT PROFILE

Flavor:  MILD MODERATE FULL

Texture:  DELICATE MEDIUM FIRM

COOKING TIPS

Tilapia is a highly versatile fish with a very delicate flavor. This freshwater fish is frequently served baked, fried or grilled. Whatever cooking method you choose, stick with a subtle sauce to help avoid overpowering the fish's subtle taste. The tilapia's attractive skin – gold, red, or black and white – should be featured but not eaten, as it can have a bitter taste.

COOKING METHODS

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

DID YOU KNOW...

Tracing its roots to the Nile River, "Tilapia" is actually a group of species within the tilapiine cichlid genus. Tilapia has been farm-raised for decades and is cultivated in warm waters across the globe. Sometimes called "St. Peter's Fish," the tilapia is, according to legend, the one fish that Jesus of Nazareth used to feed the masses. Whole tilapia normally range from one to two pounds in size.

GLOBAL SUPPLY



NUTRITIONAL FACTS

Serving size: 100 g/3.5 oz (raw)
AMOUNT PER SERVING

Calories	95
Fat Calories	9
Total Fat	1 g
Saturated Fat	0.5 g
Cholesterol	55 mg
Sodium	37 mg
Protein	20 g
Omega-3	n/a

If it swims we have it.

SEATTLE FISH CO^{EST. 1996}

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