



# Wolffish in the kitchen

## Fish & Farm

- Land-based - raised in tanks with cold water pulled from 60m deep in the fjord
- Located in Norway, above or Arctic Circle
- Sashimi-grade
- No antibiotics, no hormones, no medicinals
- 8 to 11% intramuscular fat (compared to 2 to 4% in wild)
- Endorsed by the WWF (to relieve pressure on wild)
- Meat hold together after cooking
- No “slippage” or surface moisture causing coatings or spices etc to slip off once cooked
- Ships in a recyclable box - NO STYROFOAM
- Powered by 100% green energy



## Other Menu Names

- Spotted Wolffish
- Leopard Fish
- Arcticas Wolffish
- Seawolf
- Steinbit (Norwegian) (*Stonebiter*)
- Loup Atlantique (French) (*Atlantic Wolf*)
- Lupo di Mare (Italian) (*Seawolf*)
- Okami Uo (Japanese) (*Seawolf*)

## Specs

- Ships in special recyclable box
- 3 pieces of 3kg skin-on H&G fish per case (average)
- Efficient- arrives as a grouped shipment with our Nordic Halibut
- Can be processed as fillets or steaks



### **Cooking Wolffish**

- Wolffish meat does not fall apart or easily separate during or after cooking.
- While it has a flaking structure, the sections hold together without slipping apart like cod, haddock or black cod.
- The wolffish holds its “coating” no matter if it is a spice, batter, starch or egg-starch combo. We have tested with cajun spices, tandoori marinades, batters, flour, panko, egg-potato starch and tempura - each of the coatings held onto the fish. In one test we did a Korean Fried Chicken (KFC) style preparation and it held up incredibly well after tossing in the glaze and the fish stayed juicy inside.
- Great browning qualities on dry heat.
- No graying on steaming or ceviche preparations.
- High fat content means it is virtually impossible to overcook. Very forgiving.

## Raw

- Texture similar to black cod sashimi.
- Bright white and firm.
- No fibrous connective tissue



## Ceviche

- Stays bright white.
- Can be thinly sliced or chunked.
- Filling - the marinated wolffish has a satisfying bite and can “fill” a mixed ceviche serving
- Stays firm meaning it doesn’t go mushy or fall apart. No fibrous connective tissue to worry about.
- Trials included:
  - Classic leche de tigre, with red onion, habanero, cilantro
  - Tamarind, avocado and sweet potato
  - Aguachile style



## Steamed

- Stays white without any gray tones which can happen with other fish.
- Can be steamed in advance for service if needed. Reheats well.
- Bright white color makes for a delicate and clean presentation.
- Trials included:
  - Steamed slices served over udon - cold
  - Steamed with herbed chile oil drizzle
  - Steamed pave served on wild mushrooms - truffle oil drizzle



## Sous Vide

- Takes on flavors without giving up it's own
- Great holding capacity for pre-service cooking and easy re-heat.
- Can be back seared after initial sous vide prep. without falling apart.
- Trials included:
  - Butter poached with fresh thyme
  - Green Szechuan pepper and Meyer Lemon
  - Miso butter
  - Fresh garden herbs and seeds (basil, parsley, celery seed, tarragon)



## Saute / Pan Fry

- Great browning qualities
- No moisture seepage front he fish into the pan while cooking
- High intramuscular fat content makes it a very forgiving fish to cook.
- Does not “fall apart” during or after cooking. This means skewers also “hold” and can take high heat well.
- Reheats well after pan frying. The meat stays juicy and would be perfect for high-end take away.
- Trials included:
  - Yakitori skewers
  - Classic fillet portions with and without pan sauce (caper-lemon, garlic herb, etc)
  - Easy browning with both olive oil and butter



### Battered and Coated

- Doesn't "sweat" off coating once cooked or cooled - no slippage
- Stays juicy on the inside - doesn't dilute the outer coating
- Trials included:
  - "KFC" Kentucky Fried Chicken style -( "nuggets" tossed in glaze)
  - Tandoori
  - "Blackened" wolffish steaks
  - Tempura
  - English Fish & Chips with beer batter



### Grill

- Easy to grill since the meat holds well during and after cooking
- Stays very juicy
- Performs well with high heat
- Meat takes on grill marks well

