



# J.J. McDONNELL

*Excellence in Seafood*

## Butterfly Cut Bronzini

Sea Bass is highly regarded as a table fish, it is often marketed as Mediterranean seabass, loup de mer, robalo, lubina, spigola, branzino, or bronzini.

The European Sea Bass was the first marine non-salmonoid species to be commercially cultured in Europe and at present, is the most important commercial fish widely cultured in Mediterranean areas.



The body of this fish is rather elongated, and the butterflyed product are cut from a 400-600 gram fish. The final product yields a 200-280g (7-10oz) portion.

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410.799.4000

Butterfly Cut Bronzini

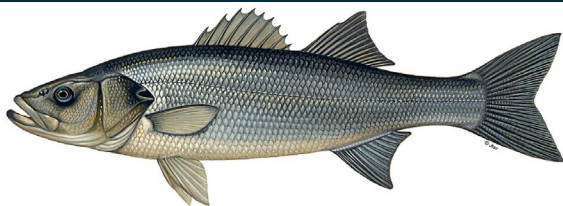
# Butterfly Cut Bronzini

Although it is not considered to be an oily fish, Bronzini has a higher fat content than other white fish and can be considered a valuable source of omega 3 fats.

The delicate white flesh of the bronzini is succulent and juicy, and is suitable for a wide variety of dishes. It can be fried, roasted, poached, grilled, oven-baked or steamed.

The grilled skin is incredibly delicious, and the flesh stays moist because there is a layer of fat between the skin and flesh.

Ask your Account Manager for a sample today!



JJ McDonnell & Co., Inc.

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