



Wild Trap-Caught Black Sea Bass

Black Sea Bass is a small, plump fish related to grouper. These fish all begin life as males and turn into females between the ages of 2-5! They are found from Rhode Island to Florida and are caught by trawls, long-line, hand-line and traps. Hand-line and trap caught offer the best quality and most sound fishing practice. They can grow up to 8lbs but typical market fish are 1-3lbs.

Black Sea Bass has a mild, fresh, somewhat delicate flavor and a tender but firm texture. Uncooked flesh should be white and translucent, not opaque. The meat cooks up snow white. These are one of the best small fish to bake or grill whole due to its simple bone structure. The skin is very attractive, so any preparation is best left with skin-on.

