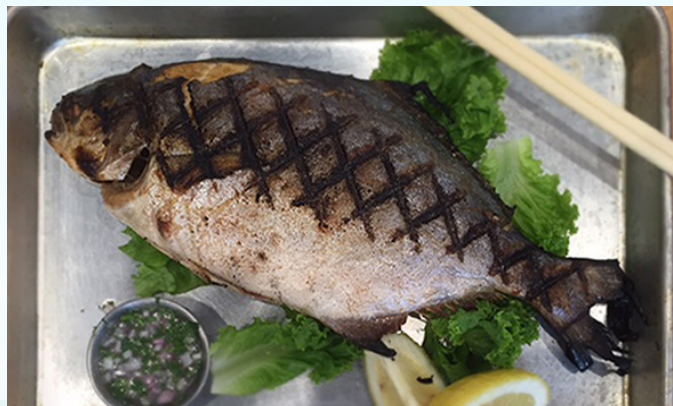





**SANTA MONICA**  
**SEAFOOD®**  
Family Owned Since 1939

## Florida Pompano



**Species Name:**  
Trachinotus carolinus

### Sustainability Rating:

 Grey - unranked

**What:**  
Aquacultured Pompano ocean raised in Panama.

**When:**  
Available year-round

**Where:**  
Laguna de Chiriqui, Panama

**How:**  
Farm Raised

### CHARACTERISTICS



Meat is light in color and cooks up firm, tender, and moist. Flavor is sweet, mild, rich, and distinctive.

### FOR YOUR MENU



The simplest preparations are best since you don't want to overpower pompano's flavor. Baking the fillets in parchment called "en papillote" is a classic presentation. You can also barbecue, broil, poach or foil steam this tasty fish.

### FOR YOUR WAITSTAFF



If your customers like sole or flounder, recommend to them this great fish. The meat is delicate and sweet - they will thank you for your suggestion!

### FOR YOUR RETAIL DISPLAY



Jump on it fast if you get a chance to bring Pompano in whole. Customers will definitely stop by and inquire about them.

Have plenty of ice to keep them chilled and fresh in the display case.