



SPANISH MACKEREL

Sierra | *Scomberomorus Sierra*

Spanish Mackerel is also known as Pacific Sierra or Mexican Sierra. This species is a highly sought out favorite as it is a beautiful fish and tastes as good as it looks. This lean fish has a milder flavor than most other mackerels, is low in calories, and a great source of protein, different vitamins and minerals, and omega-3 fatty acids. Cooking methods include ceviche, grilling, baking, smoking, or frying.



1x20, 40, or 45 lbs, IQF, WR;
Sizes: 1/2, 2/4, 4/up lbs



Fishing Method: Wild, Artisanal
Fishery, FAO 77



Shelf-life: 24 months from production
date when in optimal frozen
temperature.



Flavor/Dietary information: Moderate
texture, excellent and milder flavor
than most mackerels



Form: IQF, WR, Wild Product of
Mexico



Preparation: ceviche, grill, bake,
smoke, fry



Species Name / Source:
Scomberomorus sierra / Mexico



QUALITY | SUSTAINABILITY
RELIABILITY | INTEGRITY



Conservation status: Artisanal