

Bass (sea) (Fish & Seafood)

Interesting facts: Bass may be high in toxins and mercury. Do not eat more than 1-2 times a month.

How to select: Select smaller fish as the older and larger can be more toxic. They have also been over fished. Restrict or limit.

How to clean and store: Fresh fish should be eaten with 1-2 day of purchase or catching. Should be fillet immediately after catching and place on ice.

How to prepare and cook: Sauté or fry: Place fillets in a sauté pan with coconut butter or ghee and sauté 3-4 minutes and turn over and cook 3-4. Salt and pepper and serve over rice with a wedge of lemon.