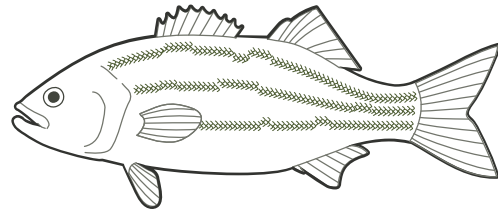


Hybrid Striped Bass

Morone sp.

Hybrid plants and animals can occur in wild environments and are produced by artificially crossing species for the purpose of selective breeding. An example of a popular commercial application is hybrid striped bass, a striped (*Morone saxatilis*) and white bass (*Morone chrysops*) cross. Common names include palmetto and sunshine bass.¹ Hybrid striped bass have broken stripes running the length of their bodies, and forked tails. They have two unconnected dorsal fins—one with hard spines. They often are silver above and white below. Coloration depends on environmental factors, like the color of the water.¹ Their flesh has a mild flavor and flakey texture when cooked.



Where do hybrid striped bass I eat come from?

Hybrid striped bass are farmed for food and for recreational stocking. Commercial production of hybrid striped bass started in the US in the 1970s^{2,3} and has expanded to many other countries since. Hybrid striped bass are commonly sold two ways: live market and fresh, whole fish on ice. US farm raised hybrid striped bass are raised in commercial ponds, tanks, and cages.³ You are most likely to find US farm-raised hybrid striped bass at ethnic grocery stores selling live fish, where seafood professionals process fish to order.

Why eat hybrid striped bass?

- High in protein⁴
- Low in fat
- Part of a healthy eating pattern⁴
- A source of vitamins (B vitamins & vitamin D)⁵
- A source of minerals (e.g., iron, selenium & zinc)⁵

Are U.S. hybrid striped bass products safe to eat?

Hybrid striped bass, in general, are safe to eat. For people who eat fish daily, are pregnant or lactating, and children 6 years of age and younger, it is recommended to check a seafood advisory to find the most up to date advise on what types of fish are safe to eat and others to avoid.⁴ When fishing in public waters, it is recommended to check local fish advisories before eating your catch to find the most up to date information.

To learn more about fish and shellfish safety, visit:

EPA Fish and Shellfish Advisories and Safe Eating Guide
<https://bit.ly/epa-safe-eating-guide>

Selecting and Serving Fresh and Frozen Seafood Safely
https://bit.ly/fda-select_and_serve_seafood

To find locally produced hybrid striped bass and more, visit:

Eat Midwest Fish: Fish Finder
<https://eatmidwestfish.org/local-fish/fish-finder>

Great Lakes Fresh Fish Finder
<https://freshfishfinder.org>



Extension - Forestry
and Natural Resources



National Institute of Food and Agriculture
U.S. DEPARTMENT OF AGRICULTURE



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



Herb and Lemon Roasted Bass

Prep Time: 10 minutes / Start to finish: 20 minutes

Serves: 4

4 bass fillets (4-6 oz)
1 lemon
1 Tbsp extra-virgin olive oil
1 tsp chopped fresh thyme
1 tsp chopped fresh oregano
1/4 tsp salt
1/4 tsp ground black pepper

Cooking Tips

Hybrid striped bass is a mild flavored fish with a moderately firm but flakey texture. It can be stuffed and baked whole. Fillets can be baked, broiled, grilled, or sautéed. Hybrid striped bass pairs nicely with bold flavors like Cajun style rubs, garlic and citrus and herbs like thyme, oregano, and chives.

- 1.** Preheat oven to 425 °F. Spray baking sheet with cooking spray, or brush with olive oil, and set aside.
- 2.** Combine 1 tsp grated lemon rind, 1 Tbsp lemon juice, olive oil, thyme, oregano, salt, and pepper.
- 3.** Place bass fillets (hybrid striped or striped) on baking sheet and drizzle oil mixture over fillets.
- 4.** Bake for 8–10 minutes or until fish is done. Bass fillets are done when they are opaque in color, and the internal temperature is 145°F.
- 5.** Remove from oven and serve with a wedge of lemon.

