

GOLDEN TILEFISH

Golden tilefish is consistently harvested in New York waters each month depending on the weather. Montauk on Long Island's east end is one of its major ports.

According to the National Marine Fisheries Service, the mid-Atlantic coast tilefish population is not experiencing overfishing nor is it approaching an overfished condition. This fishery is in year 8 of a 10-year rebuilding management plan. Tilefish from New York is safe and nutritious to eat; it is not included in the FDA advisory for mercury which is in effect specifically for the tilefish from the Gulf of Mexico.

For every 3 oz. (85 grams) of plain cooked fish, tilefish provides 21 grams of protein and 130 calories with 30 calories from fat. Tilefish is a good source of Omega 3 and potassium and is low in cholesterol.

---Ken Gall, NYSG's seafood specialist and the New York Seafood Council

Bringing Science to the Shore
www.nyseagrant.org



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SEAFOOD

CORNER

Two Cousins' Seafood Stew

Ingredients

1 lb. skinless tilefish, monkfish or other firm white fish
1 lb. Pacific halibut
¼ cup olive oil
1 bay leaf
1 ½ cups onion, chopped
¼ tsp. hot red pepper flakes
1 cup celery, chopped
¼ cup fresh parsley, chopped
1 cup sweet green pepper, chopped
½ cup garlic, chopped
1 cup dry white wine
4-6 cups tomatoes, peeled & crushed
1 lb. mussels, fresh cleaned with beards removed
12 little neck clams
1 lb. medium shrimp peeled & de-veined
salt & pepper to taste

Method

Cut all fish into 1-1/2 inch cubes. Set them aside.
Heat olive oil in large saucepan over medium heat. Add onion, celery, green pepper, and garlic. Cook and stir for 5 minutes. Add wine and bay leaf. Cook for 1 more minute. Stir in tomatoes, hot pepper flakes, salt and pepper. Simmer for 5 minutes.

Add the fish, clams, and mussels. Stir and cook over high heat for about 5 minutes. Add the shrimp and parsley. Simmer for 4-5 minutes. Serve immediately. Serves 6.

Source: Modified from Kevin Smith, Two Cousins' Fish Market, Freeport, NY.