

Black Sea Bass

Centropristis striata

In the winter of 1778, colonists fighting the Tories on Cape Cod were short on food. A blizzard blew in a school of sea bass which froze in the lagoon. The colonists chopped the fish out of the ice as needed and survived the siege. Since then, black sea bass has become one of the most popular and valuable fish along the Eastern Seaboard, prized by recreational and commercial fishermen alike. The fish average 1 to 3 pounds, are dark brown to blue-black in color with white stripes on the large dorsal fin.

Black sea bass is the most common sea bass found in the North Atlantic and is sometimes confused with the striped bass and tautog (blackfish). Black sea bass live in rocky areas and are found close to shore from spring through fall, moving offshore or south to warmer waters during the colder months. The fish are available year-round but in New York, locally harvested fish are most abundant during late spring and fall.

Unlike striped bass, sea bass live strictly in saltwater, feeding on crab, shrimp, lobster and mollusks. The flesh is white, firm and delicately flavored because of this diet. Black sea bass can be cooked by most methods and can be used in most recipes that call for cod, striped bass, blackfish, tilefish, or halibut. Black sea bass are popular in NY's Oriental markets and restaurants where they may be served whole, deep-fried or steamed.

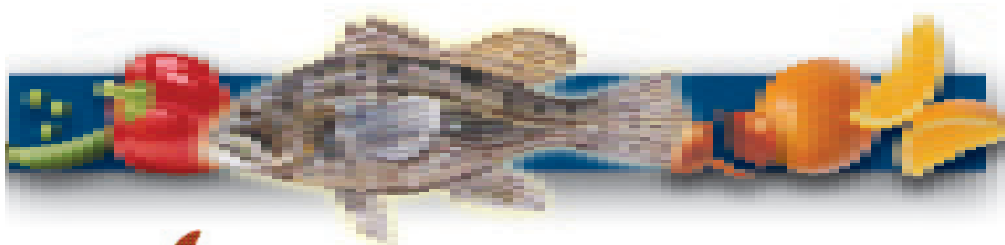
— Barbara A. Branca and
NY Seafood Council

Black Sea Bass Stir-fry

Ingredients

1 lb. black sea bass, skin removed and cut into 1 1/2 inch pieces
1 1/2 tbs. canola oil, divided
1 clove garlic, minced
1 shallot, minced
1 cup red pepper, chopped
1 cup celery, sliced
1 cups fresh snow peas, trimmed
1 cup water chestnuts, sliced
1/2 cup fresh orange juice
2 tsp. cornstarch or arrowroot
1 tsp. sesame oil
1 tsp. rice vinegar
1 tsp. reduced sodium soy sauce
chopped scallions for garnish
2 cups hot cooked brown rice

A 3 oz. portion of baked fish has 105 calories; contains 20 gm protein and 0 carbohydrates; 2.2 gm total fat; 0.6 gm saturated fat, 0.7 gm omega-3 fat, and 45 mg cholesterol.



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Method

Heat 1 tablespoon canola oil in a wok or heavy skillet over medium high heat. Add fish and stir-fry gently until opaque, about 2-3 minutes. Remove fish from skillet and set aside. Add remaining 1/2 tablespoon canola oil and stir-fry garlic and shallot 1 minute. Add red pepper, celery, snow peas and water chestnuts. Cover pan and steam 2 minutes. Meanwhile, in a measuring cup or small dish, combine orange juice, cornstarch, sesame oil, rice vinegar and soy sauce. Add mixture to pan and cook until sauce thickens, about 1 minute. Add fish back to pan and cook 1 minute. Garnish with chopped scallions. Serve with rice.

Serves 4

Recipe provided by the American Institute for Cancer Research

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