

## BLACKFISH TRIVIA

Blackfish, or tautog, are found from Nova Scotia to South Carolina and are most abundant between Cape Cod and the Chesapeake Bay. These saltwater fish, in the wrasse family, live both in near shore coastal waters as well as offshore. Wrasces have teeth that can grind food almost to the consistency of fine sand that you'd find on coral beaches of the tropics. This clever adaptation assists these fish to digest shellfish, mollusks, crustaceans, and, tropical wrasces forage on live corals, too.

Our local wrasse, the blackfish, has another unusual feature. Mature (and very old) males have a prominent forehead (almost square-shaped) when compared to females. When genders of the same species have distinct physical appearances (also referred to as sexual dimorphism), this unique trait may give the wrong impression that a fish belongs to an entirely different group.

For information about its availability and nutritional value, check out this issue's "web extras" at



[nyseagrant.org](http://nyseagrant.org)

— Antoinette Clemetson  
and New York Seafood  
Council

*Bringing Science  
to the Shore*

# SEAFOOD

## CORNER

### *Long Island Fisherman Stew*

#### Ingredients

- 2 lbs. blackfish fillets
- 1 tbsp. margarine or butter
- 1 cup onion chopped
- 1 clove garlic, crushed
- 2 cans tomatoes, undrained, cut-up (each can should be 1 lb. or 16 ozs.)
- 3 cups water
- 1 tsp. basil
- 1 tsp. thyme
- 1/4 tsp. red pepper, crushed
- 1 tsp. salt
- 4 cups pumpkin or winter squash, cut into 1 inch cubes
- 2 ears corn, cut crosswise into 1 inch pieces

#### Method

Cut fish fillets into 1 to 2 inch pieces. In a large saucepan melt margarine. Add onion and garlic and cook until tender. Add tomatoes, water, basil, thyme, red pepper, salt, pumpkin and corn. Cover and bring to a boil. Simmer for 10-15 minutes or until pumpkin and corn are done. Add fish and continue to cook for 5-10 minutes or until fish turns opaque and begins to flake when tested with a fork.

Serves 4 to 6.

*Source:* Adapted from the Gillectible Gourmet's Guide to Long Island Seafood



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