

SKATE

While several different species of skate are common in the Northwest Atlantic Ocean, two of them, winter and thorny, are commonly used for food. Skate prefer to eat mollusks, crustaceans and small fish that give their flesh a sweet mild shellfish-like taste. The edible parts of a skate are the two “wings.” Whole skate wings, with their distinct fan shape and ribbed texture, are typically available in the marketplace, sometimes completely boneless with their skin removed.

Fishermen generally catch skate from April through June and to a lesser extent from October to January using the same trawl nets for cod, flounder and other popular ocean fish living on or near the ocean floor. Few American fishermen actively fish for skate, but commercial landings in the northeast and in New York have increased over the last decade. People may be most familiar with the hard, dark, leathery egg cases of skates (called “mermaid’s or sailor’s purses”) that typically wash up on Long Island beaches and other coastal areas.

– New York
Seafood Council

SEAFOOD

CORNER

Steamed Skate with Lemongrass, Ginger & Lime

Ingredients

1 ½ lb. skate fillets, pan-ready
(4 portions of 6 ounces each)
1 stalk lemongrass*
3 cups orange juice
2 tbsp. butter
1/2 cup lime juice
2 tsp. fresh ginger, thinly
sliced
fresh chives or scallion tops
for garnish
lime slices for garnish

* If fresh lemongrass is unavailable,
increase ginger to 1 tbsp. or substitute 1
tsp. lemon zest.

Method

Discard tough leaves and woody base of lemongrass. Thinly slice the tender portion of the lemongrass stem. In the base of a steamer, combine lemongrass, orange juice, lime juice and ginger; bring to a boil. Arrange skate on steamer rack or basket, fit to pan, cover tightly. Reduce heat; steam for 5 minutes or just until skate “flakes” easily when tested with a fork. If rack will not hold all of the skate at one time, steam in two batches.

Using a wide slotted spatula, carefully transfer skate from the steamer rack to heatproof platter or individual serving plates; keep warm. Turn heat to high, cook juices, uncovered, for 10-15 minutes or until sauce is reduced by about one-half (should have consistency of syrup). Strain sauce over fish. Garnish with lime slices and chives or scallion tops. Serves 4.

Source: Chef Scott Melo, Grand Prize winner of the National Fisheries Institute Cook off Competition “New Tastes for a New Reality”



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