

Blackfish

Long Island is relatively central in the Atlantic coast range of *Tautoga onitis*, also known as blackfish. Virtually every wreck, rock pile, jetty or mussel bed along our shorelines has been visited by blackfish at one time or other. This places the blackfish easily within range of beach as well as boat fishermen.

Blackfish make excellent table fare with firm, sweet, white meat that is amenable to almost all styles of preparation and cooking. The low fat content of the flesh makes it a great fish for freezing.

Recent management measures (size limits, creel limits, seasonal closures and commercial trip limits) have been credited with stemming the decline of blackfish in our waters and protecting a very valuable fishery.

Prime seasons for blackfishing are spring and fall with the fall season, beginning October 1, getting the most attention. Present recreational limits are set at 10 fish per angler at 14" or greater. The fall season is rapidly approaching, so get ready for some memorable fishing and dining.

— Dean Delle Donne

An avid blackfish angler, Dean has been active in several fishing associations.

Spicy Blackfish

Ingredients

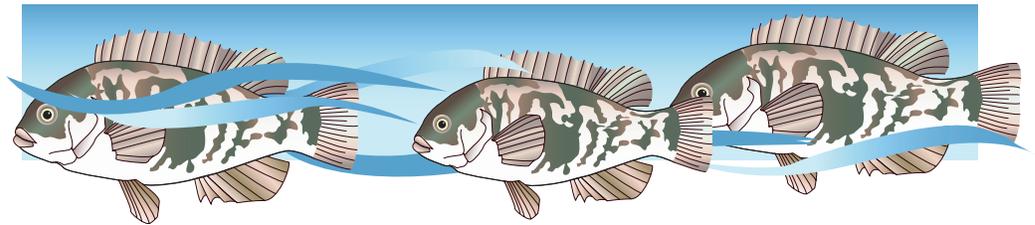
2 lbs. blackfish fillets
2 tbsp. olive oil
2 tbsp. soy sauce
2 tbsp. Worcestershire sauce
1 tsp. paprika
1/2 tsp. chili powder
1/2 tsp. garlic powder
1 dash hot pepper sauce

Method

Cut the fillets in single portions and place in a well-greased baking pan. Combine olive oil, soy sauce, Worcestershire sauce, paprika, chili and garlic powder and hot pepper sauce. Pour the sauce over the fillets. Broil 4 inches from the heat source for 5 minutes. Turn the fillets, baste with sauce and broil an additional 3 to 5 minutes or until fish flakes easily. Serve with lemon wedges.

Serves 4 - 6.

Recipe from "The Northeast Seafood Book," Susan M. Faria, Massachusetts Division of Marine Fisheries.



New York Sea Grant

121 Discovery Hall
Stony Brook University
Stony Brook, New York
11794-5001

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Seafood Corner