

## GET THE FACTS ON MONKFISH

According to NOAA's new "Fish Watch" Web site, monkfish population levels are high, no overfishing is occurring, and almost all (97 percent) of monkfish sold in the U.S. are commercially harvested in U.S. waters. Thus this species is one that is sustainable as well as nutritious to eat.

These opportunistic feeders are bottom dwelling and are also known as the "all-mouth" fish. A monkfish is mostly head and that head is mostly mouth!

For more on monkfish and other questions about seafood sustainability and safety go to the National Oceanic and Atmospheric Administration's (NOAA) web site [www.fishwatch.noaa.gov](http://www.fishwatch.noaa.gov), for answers.

When the site launched in late February 2008, NOAA Administrator Conrad Lautenbacher said, "Our hope is that you will go here for 'ground-truth' science."

According to NOAA, with the proliferation of unwarranted seafood health scares and myriad sources dictating what are good fish and bad fish, the new Web site aims to arm the public with an unbiased education and provides a balanced clearinghouse for consumers.

*Bringing Science to the Shore*

## Monkfish Oreganata

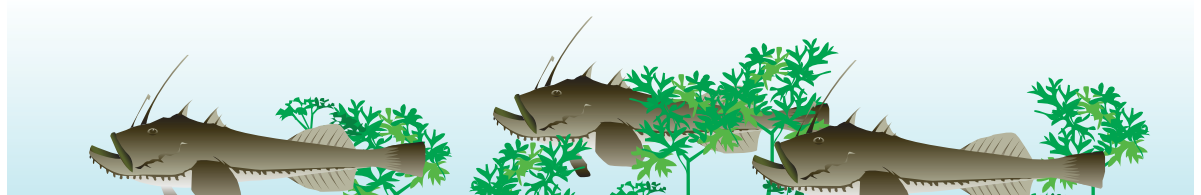
### Ingredients

2 lbs. monkfish, skinless, boneless fillets  
 2 tbsp. butter or margarine  
 2 tbsp. olive oil  
 several parsley sprigs, fresh  
 2 cloves garlic, chopped fine  
 2 cups bread crumbs seasoned  
 2 tomatoes, medium, slice thin

### Method

Preheat oven to 350°. Melt the butter in a medium pan on stovetop. Add olive oil and parsley to the melted butter. Brown garlic in butter mixture. Stir in bread crumbs and set aside. Place monkfish on tomatoes in an ovenproof dish or pan and cover with bread crumb mixture. Bake for 25 minutes. Serves 4.

*Source:* Provided by Chris McManus, Hewlett Fish Market, Hewlett, NY.



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