

# About Gulf of Maine RESEARCH INSTITUTE

**T**onight see how our competitors transform products provided by Maine Shellfish Company and named on the Gulf of Maine Research Institute under-utilized list into dishes that will dazzle.

GMRI is a neutral, nonprofit organization that catalyzes solutions to the complex challenges of ocean stewardship and economic growth in the Gulf of Maine bioregion. Based in Portland, Maine, GMRI utilizes a dynamic fusion of science,

education and community to effect change from multiple directions while remaining committed to its core principles of objectivity and collaboration.

Maine Shellfish is proud to support the Gulf of Maine Research Institute – working

together to support sustainability and policy in the seafood industry.



## 5 Gulf of Maine fish to feel GOOD ABOUT EATING

**W**hether cooking at home or ordering out, conscientious shoppers often face difficult choices. But when it comes to seafood, there are plenty of fish you can feel good about eating.

Here are five Gulf of Maine fish that provide an opportunity to support local fishermen, promote a healthy ecosystem and eat a delicious meal:

### ATLANTIC MACKEREL

Mackerel is a distinctively flavorful fish, rich in omega-3 fatty acids, that serves as a source of selenium, niacin, and vitamins B6 and B12. Although highly valued by foreign markets, there is little demand for mackerel in the United States.

### CAPE SHARK (DOGFISH)

Because of its mild flavor and firm white meat, cape shark (also known as dogfish) is easy to cook in a variety of ways: sautéed, grilled, or battered and fried. In the United Kingdom, cape shark has been a staple in fish and chips for years. This species was once overfished, but has since fully recovered, thanks to management approaches such as annual catch limits and trip limits.

### WHITING

Whiting is a flavorful fish that can be prepared baked whole, pan-fried, or broiled. Their tasty, but small, fillets must be handled

carefully so as not to overcook. Also known as silver hake, whiting is harvested in the Gulf of Maine from July to November. Whiting is popular in foreign markets, such as the United Kingdom and Spain, but less known to consumers in the United States.

### REDFISH

Small, white, and flaky, redfish fillets are a culinary favorite of local fishermen and chefs. These deep-water fish, also known as ocean perch in some retail markets, are often exported to the Midwest where there is a greater consumer demand.

### ATLANTIC POLLOCK

While Atlantic pollock fillets have a slightly dark color compared to fillets of haddock and cod, pollock is often described as having a desirable flavor because it is higher in unsaturated fat. Because pollock fillets are denser than other white fish, they hold together better and are often called for in chowder and stew recipes.

GMRI has verified each of these underutilized species as part of its Gulf of Maine Responsibly Harvested® brand and promote them regularly as part of its Out of the Blue program.

Ask for these species at your favorite restaurants and grocery stores, and know you're making a good choice.

### ROASTED CAPE SHARK (DOGFISH) WITH RED CURRY AND BOK CHOY

#### Ingredients for the curry:

1 red onion – small dice  
2 red bell peppers  
3 fresno chiles  
4 cloves of garlic – peeled and minced  
2 tbsp of fresh ginger – peeled and minced  
1 stalk of lemongrass – minced  
½ tbsp ground cumin  
½ tbsp ground coriander  
2 tbsp brown sugar  
1 bunch of cilantro  
½ bunch of mint  
4 cups chicken stock  
2 cans of coconut milk  
½ cup canola oil  
(Optional: may add 1 tbsp of soy sauce or fish sauce for additional seasoning)

#### Ingredients for the bok choy:

1 bunch bok choy  
1 lime (zest and juice)  
Pinch of salt  
1 tbsp oil or butter  
1 sachet – 1 each star anise and  
4 each kaffir lime leaves

#### Directions:

Add oil to a large pot or Dutch oven. Sweat down onion, garlic, ginger, and lemongrass until translucent. Add peppers, chiles. Add cumin and coriander and cook for 1 minute. Add liquids (chicken stock and coconut milk). Add brown sugar. Cook the curry for 30-40 minutes, reducing it by 1/3. After reducing, add sachet and let steep for 10 minutes. Right before serving, add your cilantro and mint. (May serve as a more chunky texture or transfer to food processor for a smoother sauce).

For the dogfish: Pre-heat oven to 400 degrees. Cut your portions to between 5-7 oz. Remove any remaining blood line and ensure the fish is clean. Season both sides of the fish with salt and pepper. In a saute pan, heat 1/5 cup of canola oil. Sear the fish on one side for approximately 2 minutes. Transfer to oven and roast for 3-4 minutes. Rinse bok choy, then saute in oil or butter for 1-2 minutes. Add a pinch of salt. Finish with lime juice and zest.

*Recipe courtesy of Executive Chef Steve Corry, Five Fifty-Five, Portland, Maine*

### MAPLE MISO REDFISH WITH PICKLED SHIITAKES AND SOBA

#### Ingredients:

12 oz redfish fillets, scaled, boned  
Flour to dredge  
4 oz shiitake mushrooms, sliced  
1 cup soy sauce  
½ cup sugar  
½ cup rice vinegar  
1 cup apple cider  
3 oz red miso  
3 oz maple syrup  
4 oz buckwheat soba noodles, cooked and chilled

#### Directions:

To pickle the shiitakes, bring the soy sauce, sugar and vinegar to a simmer, remove from the heat and add the shiitakes. Bring the cider, miso and maple syrup to a boil, reduce heat to keep warm. Season the fillets with salt and pepper, dredge lightly in the flour. Warm the soba noodles and pickled shiitakes in the miso broth. Sauté the redfish with canola oil in a very hot pan, skin side down for two minutes, pressing to prevent the fillets from curling. Turn the fillets and cook for one more minute. Divide the noodles, mushrooms, and broth between two bowls, top with the redfish and finish with some slices of fresh radish to garnish and add a little crunch.

*Recipe courtesy of Executive Chef Gary Caron, Strippers Waterside Restaurant / Breakwater Inn, Kennebunkport, Maine*