

Baked Monkfish

Prep time: 5-10 minutes · Cook time: 18-20 minutes · Total time: approx. 30 minutes · Serves 4

Ingredients

- 1 pound monkfish fillets
- ½ tsp. salt
- ¼ tsp. pepper
- 4 tbsp. lemon juice (fresh is best)
- 1-2 garlic cloves, minced
- 4 tbsp. vegetable broth, white wine, white wine vinegar, or water
- 2 tbsp. fresh parsley, stems removed and roughly chopped, or 2 teaspoon dried parsley, optional
- 6-8 tbsp. butter, margarine, or olive oil

Instructions

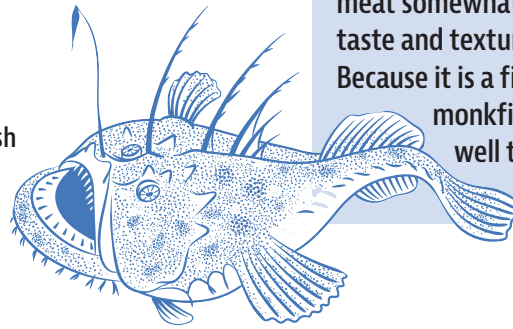
1. Preheat oven to 425 °F. Line a rimmed sheet pan with tinfoil or coat with cooking spray.
2. In bowl, whisk together lemon juice, garlic, wine, and parsley.
3. Place fish in pan. Score small slits along its width. Sprinkle with salt and pepper.
4. Place ⅛" slices of butter atop the fillet.
5. Pour lemon juice mixture over fish.
6. Bake for 15 minutes, and spoon juices over fish (this helps get all those good flavors saturated nicely into the fish!).
7. Bake for another 3-5 minutes.

Notes: Cooking times vary depending on the size of your fillet(s). Fish should flake apart easily and be a nice white opaque color. With the amount of juice in this recipe, overcooking isn't as big a concern. We suggest that, when in doubt, cooking longer is better, as it can better the flavor and makes the fish more tender. Spoon the juices again over the fish when serving and store leftovers with all the juices as well.



Gulf of Maine

Monkfish is a firm white fish caught in the Gulf of Maine. Monkfish is often called "poor man's lobster," as its sweet, firm meat somewhat resembles the taste and texture of lobster. Because it is a firmer fish, monkfish also lends well to marinating and grilling.



Hake Fish Cakes

Prep time: 5-10 minutes · Cook time: 18-20 minutes · Total time: approx. 30 minutes · Serves 4

Ingredients

- 1 pound hake fillets
- 1 pound of potatoes, peeled (or unpeeled and scrubbed clean), and cut into chunks
- 1 small-medium onion, yellow or red, finely diced
- 1 red or green bell pepper, finely diced
- 8 oz. stick butter
- 1 egg
- Dried seasoning mix of your choice (home-made fish rub, adobo, xawaash, Old Bay®, piri piri, etc.)
- Oil for cooking

Instructions

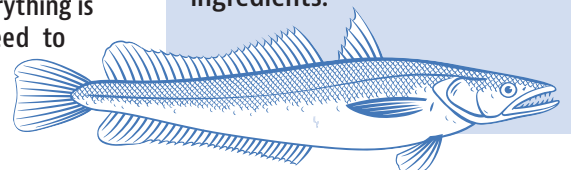
1. Fill pot with a few inches of water and melt half a stick of butter in. Add hake fillet and steam/boil until flaky. When done, drain, shred and set aside. Place remaining butter on top of the fillets.
2. Boil potatoes until soft. Drain and mash when done.
3. Sauté onions and peppers.
4. Combine potatoes, onions, peppers and egg with fish.
5. With gloved hands, work all the ingredients together. Form into small patties. Dust with seasoning.
6. Turn your griddle/stove (cast iron skillet is best if you don't have a griddle) on high and heat oil. Carefully place the cakes in, flipping when browned on one side. Everything is already cooked, so you just need to crisp up the outside!

Notes: Although fish and potato cakes are a traditional New England dish which uses potatoes to stretch out protein for a nutritional and economic meal, you can spice up the recipe with your own seasonings and ingredients. If you're adding any other vegetables, be sure they're chopped small, and drained of as much moisture as possible.



Atlantic (white) Hake

is an old-time staple in Maine fishing families. With a similar flavor profile to haddock, hake is a white flakey fish that pairs well with endless flavors and ingredients.



Pollock Fish Tacos

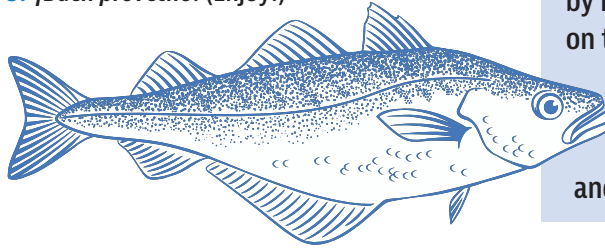
Prep time: 5-10 minutes · Cook time: 18-20 minutes · Total time: approx. 30 minutes · Serves 4

Ingredients

- 1 pound pollock fillets
- Chile powder or other flavorful seasoning mix such as adobo, sazón, Tajín®, etc.
- Cooking oil
- Lime juice
- Soft flour or corn tortillas, or taco shells
- Toppings of your choice: cabbage slaw, lettuce, onions, avocado, guacamole, black beans, corn, salsa, sour cream, cilantro, chopped mango, rice, shredded cheese—the choices are endless!

Instructions

1. Rinse and dry fish. Sprinkle with seasoning.
2. Heat oil in a non-stick or cast iron pan and sear the fish. You can also brush the fillets with oil, cook them in an air fryer, or broil them in the oven.
3. When the fish flakes easily, squeeze lime juice over it, and set it aside in a bowl or on a plate.
4. Warm up the tortillas or taco shells and put on a plate.
5. So everyone can customize their tacos, serve the fish and toppings in separate bowls.
6. ¡Buen provecho! (Enjoy!)



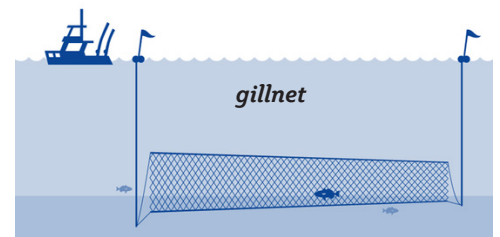
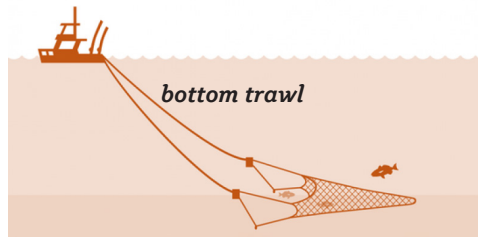
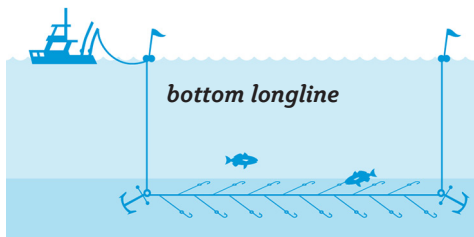
Pollock is a member of the cod family and is distinguished by its brownish-green coloring on the back and slightly pale belly. Pollock can be used in a variety of recipes because of its light flavor and flaky texture.

How to store and handle the fish

Be sure to cook the fish or freeze it within 3 days. Some common signs that the fish has spoiled include milky flesh with a thick, slippery coating and a fishy smell.

If frozen: Frozen fish should stay frozen until you are ready to prepare it. When you are ready to make the fish, you can defrost it in the refrigerator by putting it on a plate with a couple of paper towels under it. You can do this the night before.

Cooking frozen fish: Put the frozen fish in the fridge a few hours before you want to cook it. When you are ready to cook it, the fish will still be frozen, but you'll be able to pull apart the fillets. Cook as you normally would, but be sure to dry the fish off.



Fishermen use a variety of gear to catch fish, including bottom longlines, bottom trawls, and gillnets. *Images from NOAA fisheries*



Fishermen Feeding Mainers

Maine Fishermen have been feeding communities for generations. Together, we can help feed those in need while supporting Maine's fishermen and the working waterfront.



Para versión en español, visite mainecoastfishermen.org/recipes

Para a versão em português, visite mainecoastfishermen.org/recipes

Pour la version française, visitez mainecoastfishermen.org/recipes

Nooca Soomaaliga, booqo mainecoastfishermen.org/recipes

للنسخة العربية، قم بزيارة mainecoastfishermen.org/recipes