

Baked Monkfish

Prep time: 45-60 minutes · Cook time: 18-20 minutes · Total time: approx. 60-90 minutes · Serves 48
School meal pattern contribution: 2 oz meat/meat alternate

Ingredients

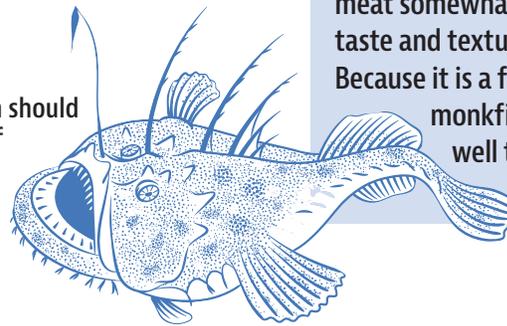
- 6 lb fresh Maine monkfish fillets
 - 3 tsp salt
 - 1 ½ tsp ground black pepper
 - 1 ½ cups lemon juice
 - 6-12 garlic cloves, minced
 - ¾ cup vegetable broth or water
 - ¾ cup fresh parsley, stems removed and roughly chopped, or ¼ cup dried parsley, optional
 - ¾ - 1 cup butter or olive oil
1. Preheat oven (conventional oven: 425° F or convection oven: 400° F). Line sheet pans with tinfoil or coat with cooking spray.
 2. In bowl, whisk together lemon juice, garlic, broth or water, and parsley.
 3. Place fish in pan, score small slits along its width, sprinkle salt and pepper.
 4. Place ⅛" slices of butter atop the fillets.
 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 (internal temperature should read at least 140°F).

Notes: Cooking times vary depending on the size of your fillets. 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: 45-60 minutes · Cook time: 18-20 minutes · Total time: approx. 60-90 minutes · Serves 48
School meal pattern contribution: 4 oz meat/meat alternate, 2 ¾ oz vegetable (2 ½ oz starchy, ¼ oz red/orange)

Ingredients

- 12 lb fresh Maine hake fillets
- 12 lb Maine potatoes, peeled (or unpeeled and scrubbed clean), and cut into chunks
- 12 small-medium onions, yellow or red, finely diced
- 12 red bell peppers, finely diced
- 4 lb butter
- 12 eggs
- Dried seasoning mix of your choice (homemade fish rub, adobo, Old Bay®, etc.)
- Oil for cooking

Instructions

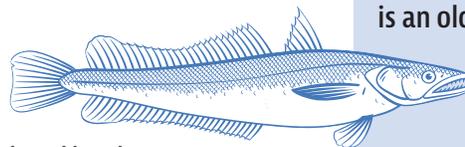
1. Fill pot with a few inches of water and melt half a stick of butter in. Add hake fillet and steam/boil until flaky. When done, drain, shred and set aside. Place remaining butter on top of the fillet.
2. Boil potatoes until soft. Drain and mash when done. Sauté onions and peppers.
3. Combine potatoes, onions, peppers and egg with fish.
4. With gloved hands, work all the ingredients together. Form into small patties. Dust with seasoning.
5. Turn your griddle on high and brush with oil. Then cook patties until both sides are nicely browned. If baking in oven, preheat oven (conventional oven: 425° F or convection oven: 400° F) and line sheet pan with parchment paper or cooking spray. Bake until fish cakes are browned on both sides, flipping half-way through. Internal temperature should be at least 140° when done.
6. Everything is already cooked, so you just need to crisp up the outside!



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.

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.



Pollock Fish Tacos

Prep time: 5-10 minutes · Cook time: 18-20 minutes · Total time: approx. 30 minutes · Serves 48
1 serving = 2 tacos · School meal pattern contribution: 4 oz meat/meat alternate, 1 oz whole grain, ¼ cup red/orange vegetable, ⅞ cup other vegetable

Ingredients

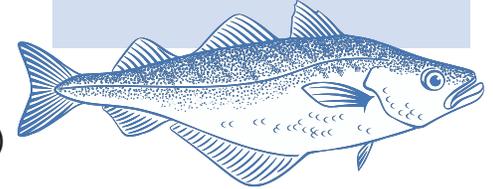
- 12 lb fresh Maine pollock fillets
- Chile powder or other flavorful seasoning mix such as adobo, sazón, Tajín®, etc.
- Lime juice
- 96 whole grain taco shell (½ oz each)
- 1 ½ lb red cabbage, shredded
- 1 ½ lb white cabbage, shredded
- 1 ½ lb carrots, shredded
- ½ lb bok choy, shredded
- ½ cup fresh cilantro, chopped
- 3 cups light balsamic dressing
- 1 lb 10 oz romaine lettuce, shredded
- Additional toppings of your choice (will affect meal pattern contribution): 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.
2. Preheat oven (conventional oven: 425° F or convection oven: 400° F). Line sheet pans with tinfoil or coat with cooking spray.
3. Place fillets on prepared sheet pans and sprinkle with seasoning, and bake for 15 minutes.
4. Remove from the oven, break up the fillets with a fork, and add a little lime juice.
5. Bake for another 3-5 minutes (internal temperature should read at least 140°F).
6. In a separate bowl, combine shredded vegetables (except romaine) and dressing for slaw mixture.
7. Assemble each taco with 2 oz flaked fish, ½ cup slaw, ⅛ cup shredded romaine, and toppings of your choice (1 serving = 2 tacos)
8. ¡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.

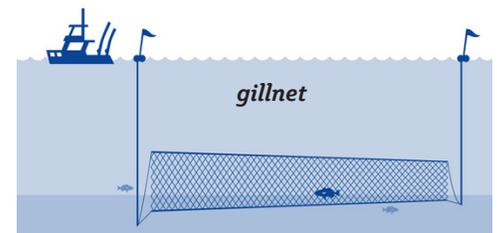
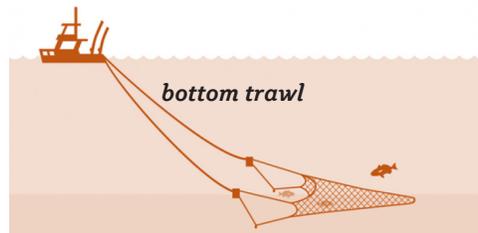
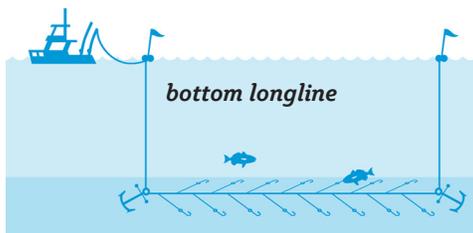


How to store and handle the fish

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

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