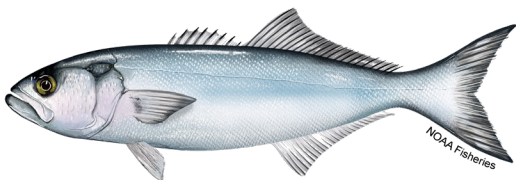




FISHWATCH® FRESH FACTS.
SMART SEAFOOD.

BLUEFISH



U.S. wild-caught bluefish is a smart seafood choice because it is sustainably managed and responsibly harvested under U.S. regulations. The United States supplies the majority of bluefish on the market.

Bluefish support recreational and commercial fisheries along the entire Atlantic coast from Massachusetts to Florida. Fisheries for bluefish are seasonal because of the species' migration patterns. During the summer, they're found in waters from Maine to Cape Hatteras. In winter, they tend to be found offshore between Cape Hatteras and Florida.

Bluefish are rich and full of flavor, making it an excellent fish to eat that is marketed mostly fresh or smoked. Bluefish are a great source of selenium, niacin, and vitamin B12, and a good source of magnesium and potassium.

www.fishwatch.gov



Blackened Bluefish with Tropical Salsa

Ingredients:

Salsa

- 2 papayas, sliced
- 1 fresh pineapple, diced
- 1 red bell pepper, diced
- 1 small red onion, diced
- 3 tablespoons extra virgin olive oil
- ½ bunch fresh cilantro, chopped
- Juice of 2 limes
- Salt to taste

Bluefish

- 1 4-ounce bluefish filet per person
- ½ pound butter
- Blackening spice blend for fish



1. Mix all salsa ingredients well, and refrigerate several hours to blend flavors.
2. Melt the butter. Dip each bluefish filet in butter, then coat with blackening spice.
3. Heat a skillet—cast iron works best—to high heat. Add a tablespoon of butter to the skillet and cook the filets for about 2 minutes on each side. Repeat for each piece of fish, adding more butter for each filet.
4. Serve filets topped with the chilled salsa.

Adapted from Chef Chris McNally's recipe from The Ship's Cabin, Norfolk, VA; from "Chefs' Seafood Symposium" archives, courtesy of Virginia Sea Grant, Virginia Institute of Marine Science.

