CATANESE CLASSICS

TILEFISH

ABOUT

The colorful tilefish, known as the “clown of the sea,” is found from Florida to as far north as Nova Scotia. Tilefish inhabit a narrow stretch of ocean floor in a band of warm water along the upper reaches of the continental slope. The major fishing grounds are off eastern Florida, southern New Jersey and the tip of Long Island, N.Y. Fishermen target tilefish with longlines; it is a selective fishery with little bycatch. Whether from Miami or Montauk, almost all tilefish is sold fresh, graded and priced by size: The bigger the fish, the higher the per-pound price. But just because smaller tilefish are less expensive than large ones, that doesn’t mean you’ve got a bargain. The smaller fish have a shorter shelf life, and their flesh tends to be softer. Tilefish can grow up to 4 feet and 80 pounds, although 5 to 10 pounds are average in the commercial catch. Fish from deeper waters dine primarily on crabs, giving them a firmer texture and sweeter flavor than those harvested in shallower waters.

PRODUCT PROFILE

This species is sometimes called the rainbow tilefish for its lovely blue, green, rose and yellow coloration. Out of the water, the colors fade.Tilefish yield thick fillets with a row of pinbones. The raw meat is pinkish-white but cooks up white with a firm, flaky texture. The flavor is mild but distinctive, often compared to lobster or crab, which is not surprising, since the tilefish’s diet is largely crustaceans.

COOKING TIPS

Firm and mild-tasting, tilefish offers chefs many options. Pan searing is a good choice of methods, since tilefish holds together well, a quality that also makes it good in soups and stews. Cook the thick fillets at a high initial heat to help seal in juices and keep the meat moist. With its firm texture and clean taste, tilefish also is a good candidate for sashimi or sushi.



NUTRITION FACTS

Calories	96
Fat Calories	20.7 g.
Total Fat	2.3 g.
Saturated Fat	0.4 g.
Cholesterol	50 mg.
Sodium	53 mg.
Protein	17.5 g.
Omega 3	0.5 g.

PRIMARY PRODUCT FORMS

Fresh: Head-on (dressed), Fillets (skin-on), Steaks
Frozen: Fillets (skin-on, bone-in), Steaks

GLOBAL SUPPLY

United States

COOKING METHODS

✓ Bake	Boil	✓ Broil	✓ Fry	Grill
Pate	✓ Poach	✓ Saute	Smoke	Steam