

## Redfish

*Sebastes marinus*



Redfish, which can live to be 40 years old, are abundant in the Gulf of Maine region. These deep-water fish, also known as ocean perch in some retail markets, are often exported to Midwest markets where there is a greater consumer demand.

The small, white, flaky filets are often described as a culinary favorite by local fishermen and chefs, but are commonly used as lobster bait in the Northeast. Because of this lack of market demand, New England fishermen harvested just 3.7 million of the 15 million pounds of allowable catch in 2009.

### Spicy Redfish Tacos

1. Adjust an oven rack to the middle position and heat the oven to 200 degrees. Pour the oil into a large, deep, heavy bottomed pan until oil measures 3 inches deep. Heat the oil over medium-high heat until it reaches 375 degrees.
2. While oil heats, whisk the flour, salt, cumin, black pepper, and cayenne together in a large bowl. When the oil is almost ready, whisk the beer into the flour mixture until completely smooth.
3. Wrap a stack of corn or flour tortillas in foil and warm on a baking sheet in the 200-degree oven while frying the fish.
4. Pat the fish dry with paper towels. Add half the fish to the batter and coat. Use tongs to transfer the fish from the batter, one at a time, to the hot oil.
5. Fry, stirring the fish gently to prevent the pieces from sticking together, until golden brown, about 5 minutes.
6. Remove the fried fish from the oil and let drain briefly on paper towels. Transfer the drained fish to the oven to keep warm. Batter and fry the remaining fish. Smear each of the warm tortillas with 1 tbs Spicy Mayonnaise; add shredded cabbage, tomatoes and avocado. Add 1-2 pieces of the fried fish to each tortilla and garnish with lime wedges and cilantro.

Prep time: 35 minutes. Serves: 4 people.

Courtesy of Sam Grimley, Sustainable Seafood Project Coordinator  
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4-5 cups vegetable oil  
1 cup all-purpose flour  
1 tsp table salt  
½ tsp ground cumin  
¼ tsp ground black pepper  
¼ tsp cayenne pepper  
1 cup light-colored beer  
2 pounds skinless redfish, cut into 4 by 1 inch strips  
12 (6-inch) corn tortillas or flour tortillas  
1 cup Spicy Mayonnaise (mix 1 cup of mayonnaise with 1 chopped chipotle pepper in adobo sauce and 1 teaspoon adobo sauce. Adjust spiciness by adding more or less adobo sauce)  
3 cups shredded cabbage  
1 ½ cups diced tomato  
1 avocado, skinned, cored and sliced  
Lime wedges (for serving)  
½ cup chopped cilantro

