Anchovy

The many species of Anchovy constitute the family *Engraulidae*. This family is in the same order as the Herring family, which also includes Sardines. There are many different species of Anchovy in temperate and tropical waters around the world. Anchovies prefer warmer waters and are wild captured. They are a schooling fish, which makes them a good target fish for purse seines and deepwater trawlers. Most of the catch is salted, canned or processed for paste or to be used to make fish sauces.

In the U.S. and Mexico, the Northern Anchovy (*Engraulis mordax*) from the Pacific coast is the most commonly caught species, but it is used mainly for fishmeal, fish oils and bait for larger fish. For human consumption, the European Anchovy (*E. encrasicolus*) is the most commonly available species in the U.S. The European Anchovy lives in the western Atlantic along the European and African coasts.

Anchovies have been an important food source in many parts of the world for thousands of years. In Japan, the Japanese Anchovy (*E. japonicus*) has been fished since the tenth century. In the Roman Empire, Anchovy was used to make garum, a condiment that matched the prices of the finest perfumes.

Monterey Bay Aquarium Seafood Watch® rates European Anchovy caught in the Mediterranean and Black Sea as "Avoid" and wild-caught European Anchovy from the Adriatic Sea as a "Good Alternative." The Argentine Anchovy fishery and the Cantabrian Sea Anchovy fishery is certified sustainable to the standards of the Marine Stewardship Council.

Sources

**Species Name**

| Family: Engraulidae | Most commonly available: Engraulis encrasicolus (European Anchovy) |

**Source**

Species of Anchovies live in tropical and temperate waters of the Atlantic, Indian and Pacific Oceans. They live mostly near the surface in shallow coastal waters and estuaries. Anchovies caught in U.S. waters are almost completely used for bait for other fisheries. European Anchovies dominate the U.S. market and are found in the western Atlantic Ocean, from Norway to South Africa, and the western Indian Ocean. Seychelles, Somalia and Mauritius. European Anchovies are also found in the Mediterranean. Most canned Anchovies are produced in Morocco, Spain and Italy.

**Seasonality**

Anchovies are available year-round.
Fishing Method
Anchovies are wild-captured mainly with purse seines, but also with mid-water trawls and nets. There is no commercial aquaculture of anchovies in the U.S. but they are used as fishmeal in feed for the aquaculture of other species.

Features

Flavor
Anchovies are an oily fish. Canned anchovies have a salty taste. Fresh anchovies have a delicate, naturally oily flavor and a lighter flavor than the canned version.

Dietary Information
Anchovies are high in calcium, iron, niacin, phosphorus and selenium.

- Per 100g raw, edible portion:
  - Calories 131
  - Fat 4.84g
  - Saturated Fat 1.282g
  - Protein 20.35g
  - Sodium 104mg
  - Selenium 36.5mcg
  - Cholesterol 60mg
  - Omega-3 1.5mg
Source: USDA

Appearance
Anchovies are small fish that range between 6 and 12 inches depending on the species. They are bluish-green with a silver belly. Fresh meat is gray and turns off-white when cooked. The meat turns a reddish-brown during the salting process.

Form
Anchovies are available fresh, whole, filleted, salt-cured, marinated and canned in oil.

Uses

Preparation
Fresh Anchovies may be baked, broiled, fried, deep-fried, grilled, or steamed. Canned anchovies are often used as flavoring in sauces and dressings. To limit the saltiness of canned Anchovies, after removing from the can rinse under cold running water or soak in cool water for about 30 minutes and pat dry.

Substitution
Small Herring and Smelt may be substituted for Anchovy depending on the recipe.

Handling
Canned Anchovies should be refrigerated at 30-34 degrees F after opening.

Market
Sizes and Cuts
Anchovies typically range from .79 inches and 16 inches.

Pricing Scale
Due to market and currency fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market and pricing information and product availability.

Shelf Life
Canned Anchovies will last at room temperature for 1 year. After opening, they will last for 14 days if refrigerated.

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<th>Market Names</th>
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<td>Anchovy</td>
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<table>
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<tr>
<th>Where Caught</th>
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<tbody>
<tr>
<td>U.S., Morocco, Italy, Spain</td>
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<tr>
<th>How Caught</th>
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<tbody>
<tr>
<td>Wild-caught by Purse Seines, Trawls, and Nets</td>
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