



# Monkfish



The Monkfish (*Lophius americanus*) belongs to the anglerfish family. It has many nicknames, including Anglerfish, Goosefish, Bellyfish, Allmouth, Bullmouth, Frogfish, Devilfish and Poor Man's Lobster.

The Monkfish is indisputably one of the more unusual-looking fish to swim the oceans. It has a huge head, tiny eyes, and an enormous mouth found wide-open and full of needle-like teeth. The head is nearly 75 percent of its total body. The Monkfish narrows into a fleshy tail, and has smooth, slippery skin instead of scales. It also possesses an apparatus resembling a spike with a piece of meat on it, which waves back and forth on top of its mouth to entice prey. In France, it was once illegal to display whole Monkfish for fear of scaring passersby.

Monterey Bay Aquarium Seafood WATCH® rates Monkfish from the U.S. as a "Good Alternative."

## Sources



*Species Name*  
Lophius americanus



*Source*  
Monkfish are primarily harvested in the northern Atlantic Ocean. Harvesting occurs from Newfoundland to North Carolina in the western Atlantic, and from coastal Norway to the Mediterranean in the eastern Atlantic Ocean.



*Seasonality*  
Monkfish is caught year-round.



*Fishing Method*  
Monkfish is a wild capture fishery with primary fishing methods being bottom trawlers and gillnets, although dredges do account for a small amount of the landings. There is not currently any known aquaculture production.

## Features



### *Flavor*

Known also as “the poor man’s lobster,” the Monkfish is leaner and more delicate than that of a lobster. Monkfish has a mild, slightly sweet taste.



### *Dietary Information*

Monkfish is an excellent source of Selenium, and a good source of Niacin, Vitamin B6, and Vitamin B12.

Per 3.5 oz. (100 g) raw edible food

Calories 76

Total Fat 1.52g

Total saturated fatty acids 0.34g

Carbohydrate 0g

Sugars 0g

Total dietary fiber 0g

Cholesterol 25mg

Selenium 36.5mg

Sodium 18mg

Protein 14.48g



### *Appearance*

Cooked meat is white and very firm, similar to scallop or lobster meat. Monkfish meat is dense and does not readily flake. The meat is dense and boneless. Raw flesh is off-white to pale gray, covered by a blue-gray membrane. It is recommended to remove this membrane before cooking and consuming.



### *Form*

Fresh Monkfish is generally available in fillet or skin-on tail only form, although whole Monkfish are sometimes available.

Frozen Monkfish is most commonly found in a shatter-pack tail fillet form.

## Uses

---



### *Preparation*

Monkfish can be baked, broiled, fried, grilled, poached, or sautéed. Due to its dense texture Monkfish holds up well in soups and stews. Monkfish can be used as an alternative to most recipes that call for Lobster



### *Handling*

Monkfish should be refrigerated at 30-34 degrees F. Whole fish or the skin-on tail section should be surrounded with fresh ice in a perforated pan which allows any water to drain away from the product for maximum shelf life. Never directly ice a Monkfish fillet. Filleted product should be stored in a sealed plastic container and surrounded with ice.

## Market

---



### *Sizes and Cuts*

Although Monkfish can weigh up to 50 pounds, most are landed in the 10 to 20 pound range which yields a skin-on tail of 2-5 pounds.



### *Pricing Scale*

Monkfish prices have increased in the last several years due to the strong demand from export markets in Korea and Europe.

Wild capture prices can vary significantly due to market and currency fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date availability, market and current pricing information.



### *Shelf Life*

Monkfish which has been handled and stored properly should retain optimum quality for 4-5 days. Once filleted Monkfish should be use within 3-4 days to retail maximum quality.

<b>Market Names</b>
Anglerfish, Goosefish, Bellyfish, Allmouth, Bullmouth, Frogfish, Devilfish, Poor Man's Lobster
<b>Where Caught</b>
Monkfish are primarily harvested in the northern Atlantic Ocean. Harvesting occurs from Newfoundland to North Carolina in the western Atlantic, and from coastal Norway to the Mediterranean in the Eastern Atlantic.
<b>How Caught</b>
Wild Caught primarily by bottom trawlers and gillnets, although dredges do account for a small amount of the landings.

