Scup (aka Porgy)
A locally abundant, underutilized fish

Single serving, white-flesh fillets with tender texture and a mild taste!

To learn more about this local, delicious species and for additional recipes, go to www.cfrfoundation.org/scup-marketing.

Try Scup today and support Rhode Island’s local commercial fishermen.

AN EMERGING MARKET
- Scup is an abundant and underutilized species.
- Traditionally, scup has been consumed as a whole fish.
- Research by the CFRF has uncovered machinery which can effectively process scup, producing a boneless fillet.
- Scup is underutilized! Only 60% of allowed catch was landed in 2014!
- By buying scup, you help increase demand for this fish, helping your local RI commercial fishermen.

HEALTH BENEFITS
In a four ounce fillet:
- 80% of Selenium RDA to help enhance immune system
- 70% of Vitamin B12 RDA to help decrease risk of heart disease and cancer
- Also a source of Niacin, Phosphorus, Vitamin B6 and Pantothenic Acid

RDA = Recommended Dietary Allowance

THE BIOLOGY OF SCUP
Scientific Name: Stenotomus chrysops

Range: from Maine to North Carolina, but found primarily in Mid-Atlantic and Southern New England waters

Weight: usually 0.5-1.5 lbs, up to 4 lbs

Length: capable of growing up to 18 inches long

Migration: spend winter months in deep water and migrate to inshore waters during the summer

Stock Status: healthy with no overfishing occurring

Available to RI fishermen year round!!
SUPPORT LOCAL FISHERMEN

- As much as 90% of the seafood consumed in the U.S. is imported into the country.
- Very little of these imports are inspected.
- Local sources of seafood can provide much fresher and healthier choices.
- Pt. Judith, RI is the leading US port for scup.
- Buying local products, like scup, supports the commercial fishing economy.
- Wild caught seafood harvested in RI is considered to be sustainably caught because of rigorous state and nationwide fishery management practices.
- Buying scup supports the local fishing community!
- Learn more about sustainable seafood options at http://www.fishwatch.gov.

TRY THIS DELICIOUS RECIPE!

Corn Crusted Scup

Ingredients:
- 4 cups buttermilk
- ¼ tsp. cayenne pepper
- Salt and pepper to taste
- ¼ tsp. celery seed
- ¼ tsp. nutmeg
- 2 pounds scup fillets
- 1 tbsp. fresh parsley, chopped
- ¼ cup cornmeal
- ¼ cup breadcrumbs
- Oil to fry

Directions:
In a large bowl, mix first 5 ingredients, stir to combine. Marinate scup fillets in mixture overnight or up to 24 hours. Preheat oil to 365°F. In a shallow bowl, mix parsley, cornmeal and bread crumbs together. Stir to combine. Dredge scup fillets in mixture. Fry scup in oil until golden brown and heated through. Drain on a paper lined plate. Serve hot.

Recipe courtesy of Marvin Woods

Thank you for buying local and sustainable seafood!

This brochure was brought to you by:

The Commercial Fisheries Research Foundation (CFRF) is a non-profit, private research foundation dedicated to conducting research that assists in the achievement of sustainable fisheries through the generation of better information and effective technologies. Its work is for the benefit of individuals and businesses dependent on commercial fishing, consumers of seafood, and the public good in the southern New England Region.

Check out our website for the latest news on scup and CRF’s other ongoing projects in RI at www.crffoundation.org