Rhode Island Seafood
Chef’s Table

July 21st, 2016

CFRF
Commercial Fisheries Research Foundation
CFRF Mission

Develop and conduct research and outreach that assists in the achievement of sustainable fisheries through the generation of better information and effective technologies for the benefit of individuals and businesses dependent on commercial fishing, consumers of seafood, and the public good.
Seafood: The last large-scale source of wild harvest protein
US fisheries are among the most responsibly and sustainably managed in the world, BUT

- 84% of seafood consumed in the USA is imported
- 63% of domestically harvested seafood is exported
The Chef’s Role in Supporting a Sustainable Seafood System

Local Fishermen → Chefs → Consumers
The Chef’s Role in Supporting a Sustainable Seafood System

- Support the local economy
- Encourage sustainable eating habits
- Provide the highest quality food to consumers
- Help conserve the environment for future generations
OCEAN SEAFOOD STATE HARVEST CALENDAR

This calendar is a guide to the seasonal bounty of our waters. Fishermen land their harvest all along the Rhode Island coast. Shellfish farmers grow their oysters and clams in Narragansett Bay and salt ponds.

Fisheries are dynamic. Each year brings new weather patterns, population changes and catch limits. As a result, species availability often changes.

Enjoy!

Jan - Feb - Mar - Apr - May - Jun - Jul - Aug - Sep - Oct - Nov - Dec

All Year
American Eel  
(*Anguilla rostrata*)

**Distribution:**
- North Atlantic

**Seasonality in RI:**
- May – November

**Minimum Size:**
- 9 inches

**Role in Food Web:**
- Bottom-feeding omnivore

**Age at Harvest:**
- >4.5 years

**Fishing Gear:** Fish pot/trap
American Eel
*(Anguilla rostrata)*

**Taste:** Sweet

**Color:** Off-white

**Texture:** Fatty, soft

**Nutrition:**
Good source of protein, vitamins and calcium
Atlantic Longfin Squid 
(Doryteuthis pealeii)

**Distribution:**
- Massachusetts to Virginia

**Seasonality in RI:**
- Year round

**Minimum Size:**
- None

**Role in Food Web:**
- Planktivore

**Age at Harvest:**
- >6 months

**Fishing Gear:** Trawl
Atlantic Longfin Squid
(Doryteuthis pealeii)

**Taste:** Mild, slightly sweet

**Color:** Opaque white

**Texture:** Firm

**Nutrition:**
Good source of selenium, riboflavin and vitamin B12
Black Seabass
(Centropristis striata)

Distribution:
  ◦ Cape Cod to Florida

Seasonality in RI:
  ◦ Year around
  ◦ Peak: Jan–Feb, May, July, Nov

Minimum Size:
  ◦ 11 inches total length

Role in Food Web:
  ◦ Bottom-feeding predator

Age at Harvest:
  ◦ 1 year of age

Fishing Gear: All
Black Seabass
*(Centropristis striata)*

**Taste:** Mild, fresh, somewhat delicate

**Color:** Snow white when cooked

**Texture:** Tender but firm

**Nutrition:** Low fat, source of protein and magnesium
Butterfish
(Peprilus triacanthus)

Distribution:
- Maine to South Carolina

Seasonality in RI:
- Year round

Minimum Size:
- None

Role in Food Web:
- Planktivore

Age at Harvest:
- 1 year

Fishing Gear: Trawl
Butterfish
(Peprilus triacanthus)

**Taste:** Fatty, oily

**Color:** White

**Texture:** Firm, smooth

**Nutrition:**
Good source of niacin, B6, phosphorus, vitamin B12, and selenium
Jonah Crab
(Cancer borealis)

Distribution:
- Nova Scotia to Cape Cod

Seasonality in RI:
- Year round
- Peak: Jan–May, Nov–Dec

Minimum Size:
- 4.75 inch

Role in Food Web:
- Bottom-feeding omnivore

Age at Harvest:
- Poorly described

Fishing Gear: Traps
Jonah Crab
*(Cancer borealis)*

**Taste:** Mild, sweet

**Color:** White

**Texture:** Flaky

**Nutrition:**
Good source of vitamin B12, selenium, magnesium and phosphorus.
Little/Winter Skate
(*Leucoraja erinacea/ Leucoraja ocellata*)

**Distribution:**
- Maine to North Carolina

**Seasonality in RI:**
- Year round

**Minimum Size:**
- None

**Role in Food Web:**
- Bottom-feeding omnivore

**Age at Harvest:**
- 11–12 years

**Fishing Gear:** Gillnet, Trawl
Little/Winter Skate
(Leucoraja erinacea/ Leucoraja ocellata)

**Taste:** Mild, flavor similar to scallops

**Color:** Off–white

**Texture:** Firm and stringy (striated wings)

**Nutrition:** Low in sodium and fat
Monkfish
(Lophius americanus)

Distribution:
- Maine to North Carolina

Seasonality in RI:
- Year round
- Peak: Jan–July, Oct–Dec

Minimum Size:
- >17 inches (11 inch tail)

Role in Food Web:
- Bottom-feeding predator

Age at Harvest:
- 1–2 years

Fishing Gear: Gillnet, Trawl
Monkfish
(Lophius americanus)

Taste: Mild, slightly sweet

Color: White

Texture: Tail meat is firm and dense

Nutrition:
Good source of niacin, vitamins B6 and B12, potassium, phosphorus, selenium
Quahog
(Mercenaria mercenaria)

Distribution:
◦ Cape Cod to New Jersey

Seasonality in RI:
◦ Year round

Minimum Size:
◦ 1 inch (hinge width)

Role in Food Web:
◦ Planktivore

Age at Harvest:
◦ Age 2

Fishing Gear: Bull rake
Quahog
(Mercenaria mercenaria)

Taste: Flavorful, salty

Color: Pinkish

Texture: Firm

Nutrition:
Low fat, selenium, zinc, iron, magnesium, B vitamins
Scup
(Stenotomus chrysops)

Distribution:
- Massachusetts to South Carolina

Seasonality in RI:
- Year round
- Peak: April – June

Minimum Size:
- 9 inches

Role in Food Web:
- Bottom-feeding omnivore

Age at Harvest:
- 3 years

Fishing Gear: Trawl
Scup
*(Stenotomus chrysops)*

**Taste:** Mild

**Color:** White

**Texture:** Lean and flaky

**Nutrition:**
Low sodium, high in niacin, phosphorus, vitamins B6 and B12, and selenium
Silver Hake (Whiting)  
(*Merluccius bilinearis*)

**Distribution:**  
- Maine to South Carolina

**Seasonality in RI:**  
- Year round  
- Peak: April–May, July–Nov

**Minimum Size:**  
- None

**Role in Food Web:**  
- Omnivorous predator

**Age at Harvest:**  
- 2–3 years

**Fishing Gear:** Trawl
Silver Hake (Whiting)  
*(Merluccius bilinearis)*

**Taste:** Mild and slightly sweet

**Color:** White, off-white

**Texture:** Softer flesh, less flaky

**Nutrition:**
Good source of selenium, vitamin B, magnesium and protein
Spiny Dogfish
(*Squalus acanthias*)

**Distribution:**
- Maine to North Carolina

**Seasonality in RI:**
- Year round

**Minimum Size:**
- None (lb. limit/day)

**Role in Food Web:**
- Omnivorous predator

**Age at Harvest:**
- Females: ~age 12
- Males: ~age 6

**Fishing Gear:** Gillnet, trawl, longline
Spiny Dogfish
(*Squalus acanthias*)

**Taste:** Mild and sweet

**Color:** White when cooked

**Texture:** Flaky but firm

**Nutrition:**
High in selenium, and vitamins B6 and B12
Striped Sea Robin

*(Prionotus evolans)*

**Distribution:**
- Maine to Florida

**Seasonality in RI:**
- May to October

**Minimum Size:**
- None

**Role in Food Web:**
- Bottom-feeding omnivore

**Age at Harvest:**
- 2 years

**Fishing Gear:** Trawl, Rod & Reel
Striped Sea Robin
(Prionotus evolans)

Taste: Mild, sweet flavor

Color: White

Texture: Firm, slightly flaky

Nutrition: Rich in Vitamin B12 and niacin
Summer Flounder (Fluke)  
(Paralichthys dentatus)

Distribution:  
- Massachusetts to North Carolina

Seasonality in RI:  
- Year round  
- Peak: Feb–Aug, Nov–Dec

Minimum Size:  
- 14 inches

Role in Food Web:  
- Omnivorous predator

Age at Harvest:  
- 2–3 years

Fishing Gear: Trawl
Summer Flounder (Fluke)
(Paralichthys dentatus)

Taste: Delicate flavor

Color: White

Texture: Flaky and fine

Nutrition:
Good source of B vitamins and niacin
Tautog
\((Tautoga onitis)\)

**Distribution:**
- Cape Cod to Chesapeake Bay

**Seasonality in RI:**
- Year round
- Peak: April–May, October–November

**Minimum Size:**
- 16 inches

**Role in Food Web:**
- Bottom-feeding omnivore

**Age at Harvest:**
- 3–4 years

**Fishing Gear:** Rod & Reel, Trawl, Fish pots/traps
Tautog
*(Tautoga onitis)*

**Taste**: Delicate, sweet

**Color**: White

**Texture**: Firm, dry

**Nutrition**: Good source of vitamin A, phosphorus, calcium, and iron
Channeled Whelk (Conch)  
(*Busycotypus cancliculatus*)

**Distribution:**  
- Cape Cod to Florida

**Seasonality in RI:**  
- Year round  
- Peak: May–December

**Minimum Size:**  
- 2.75 inches in diameter  
- 4.75 inches in length

**Role in Food Web:**  
- Predatory snail

**Age at Harvest:**  
- 8–10 years

**Fishing Gear:** Conch traps
Channeled Whelk (Conch)

(*Busycotyapus canaliculatus*)

**Taste:** Mild

**Color:** Light pink

**Texture:** Chewy, firm like clams

**Nutrition:**
Good source of protein, iron and omega 3
Questions?
Sustainable Seafood: What to Look For

1) USA wild caught
2) Local
3) Seasonal
4) Low on Food Chain
5) MSC certified