

NEWPORT RESTAURANT WEEK

FALL 2018

Local Seafood Guide

NEWPORT
RESTAURANT WEEK



NEWPORT & BRISTOL COUNTY



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NEWPORT
RESTAURANT
WEEK-2018



Newport Restaurant Week- Local Seafood Guide

Hi Newport Restaurant Week Participating Restaurants,

I am the program director at Eating with the Ecosystem. We are a small non-profit whose mission is to promote a place-based approach to sustaining New England's wild seafood. We are partnering with Discover Newport to give local seafood a starring role in Newport Restaurant Week this Fall and we would love your help in making this happen!

Restaurant Week is a great opportunity to help educate consumers about the diversity of local seafood we have available. At present, over 90% of the seafood sold in the United States is imported from other countries, and over two-thirds of the seafood caught in the United States is shipped elsewhere. An average piece of seafood travels 5,000 miles from its point of capture to its point of consumption. This makes no sense, especially for the "Ocean State" which harvests over 100 different seafood species and lands over 102 million pounds of seafood each year. Therefore, Eating with the Ecosystem is asking you to help us use Newport Restaurant Week to inspire consumers to branch outside their seafood comfort zones and support their local ecosystems and fishing communities by eating locally caught seafood.

What you can do:

Offer at least one dish on your restaurant week menu that features locally caught seafood (if you already do, we challenge you to offer multiple dishes!)

Serve an “underutilized” local species. Help us build demand for some of the lesser known and underutilized local species by introducing consumers to the tasty local species we have here!

Tell your customers about the local species you are serving! Get them excited to eat local.



Use the attached logo on your menu to let customers know you are serving local seafood.

Share your menu with kate@eatingwiththeecosystem.org and we will share it on our website www.eatingwiththeecosystem.org!

Share you are participating by posting photos of your dishes, fishes, and seafood via social media use [#NPTRestaurantWeek](https://www.instagram.com/NPTRestaurantWeek) and tag [@eating_with_the_ecosystem](https://www.instagram.com/eating_with_the_ecosystem) (Instagram) or [@EatingwiththeEcosystem](https://www.facebook.com/EatingwiththeEcosystem) (facebook) and we will reshare your posts!

Frequently Asked Questions & Concerns:

Q: What counts as local?

A: It depends. Some local species may be caught right here in Narragansett Bay while others might be caught 100 miles offshore. For this project we challenge you to try to source local species that have been landed within New England waters. If you want to go even more local buy seafood that has been landed in Rhode Island!

Q: We are not a seafood restaurant, how do we participate?

A: Just because you are not a seafood restaurant doesn't mean you can't participate. If you serve BBQ then we suggest trying a grilled or smoked seafood dish. If you only serve vegetarian food try incorporating seaweed into one of your dishes. If you need help coming up with ways to participate reach out and we will be happy to brainstorm with you.

Q: Seafood can be expensive, how do we minimize costs?

A: Not all seafood is expensive. Many of our local species are actually quite affordable. If you are worried about your budget try offering species some of our underutilized local species such as scup, whiting, skate, squid, or Jonah crab which are often priced much lower than some of the more popular fish. Another great way to minimize costs is to buy the whole fish. Utilizing the whole fish not only costs less per pound but also allows you to get more yield off the fish. Ideas include using fish bones or crab shells for stock.

Q: I've never heard of some of these species, how should I serve them?

A: Refer to the species guide for information about each of these local species. In the species guide you will find flavor and texture descriptions as well as potential cooking methods. If you have questions reach out and we can help.

Q: My customers are unfamiliar with some of these species, how do I get them to order them?

A: Have your staff help educate your consumers. Descriptions of the fish's flavor, texture, and other species it is similar to can make an unknown species seem much more approachable. (You can find descriptions in our attached species guide).

Q: Where do I source local seafood from?

A: You are in luck, there are many local seafood dealers who would be happy to sell local seafood to you! We've talked to a group of them and have included contact information for your convenience.

If you have other questions or concerns please do not hesitate to reach out!

Email: kate@eatingwiththeecosystem.org

Phone: (207) 752-7407

Local Species Guide

There are over 100 local seafood species landed in New England. Seafood is a very seasonal thing and availability can be impacted by factors such as water temperature, storms, wind, and fisheries management. Here is a list of what local species our seafood dealers think will be available during Newport Restaurant Week. This list may change due to a number of different factors therefore make sure to ask your dealer what local species they have available when placing your order.



Acadian Redfish

Acadian redfish are found in deep waters of the Gulf of Maine. They get their name from their bright red skin.

Flavor: Mild and sweet

Texture: Flakey and soft

Meat Color: White with red skin

What's it similar to?: Haddock, Pollock, Flounder

Preparation possibilities: Pan seared, fried, roasted, grilled, broiled, steamed, or poached.

Other tips: Redfish is a mild flavor fish that is inexpensive and great in a fish taco!

Bay Scallops

Bay Scallops are a seasonal treat in New England. They are often pricey but are even sweeter than the larger sea scallops!

Flavor: Sweet

Texture: Soft and tender

Meat Color: White

What's it similar to?: Sea Scallops

Preparation possibilities: Raw, pan seared, fried, roasted, grilled, broiled, or poached

Other tips: These are a seasonal delicacy, take advantage of them while you can.

Blackfish aka Tautog

Blackfish are a popular fish among recreational fishermen because of they are so tasty. They primarily feed on small crustaceans such as crabs that give them a very sweet flavor!

Flavor: Mild and sweet flavor

Texture: firm and meaty

Meat Color: White

What's it similar to?: Blackfish is very similar in flavor to Black Sea Bass.

Preparation possibilities: Raw, pan seared, fried, roasted, grilled, broiled, steamed, poached, or ceviche.

Other tips: Blackfish's meaty texture makes it a great grilling fish!

Bluefish

Bluefish are aggressive predators and fast swimmers. Because they are constantly on the move their muscle composition is similar to other fast swimming fish such as mackerel or tunas. Bluefish have stronger flavors than many New England fish such as flounders or groundfish (who are lazy and relax on the bottom of the ocean giving them delicate flakey flesh) but don't let that scare you away! Bluefish are delicious!

Flavor: Strong

Texture: Flakey and meaty

Meat Color: Blue to purplish when raw. Cooks up grey.

What's it similar to?: Bluefish is a high oil content fish. Therefore, it is similar to mackerel or tunas.

Preparation possibilities: Raw, pan seared, fried, roasted, grilled, broiled, poached, or smoked.

Other tips: Bluefish is actually very versatile and doesn't have to be fishy. Bluefish is delicious grilled or fried. Smoked bluefish makes a great dip which can be the perfect appetizer on your menus!

Cod

A New England classic. While cod populations are not what they once were, there are still plenty of cod in the sea and New England fishermen face very strict regulations in order to maintain a healthy fishery.

Flavor: Mild

Texture: Flakey and firm

Meat Color: White

What's it similar to?: Haddock, Pollock, Hake

Preparation possibilities: Pan seared, fried, roasted, grilled, broiled, steamed, poached, or smoked.

Other tips: Cod is a great tasting versatile fish. Support your local fishermen by making sure the cod you are buying is New England caught!

Fluke aka Summer Flounder

These popular flat fish are increasing in abundance in local waters due to warmer water temperatures. Well known and well-liked by most consumers.

Flavor: Mild and sweet flavor

Texture: Flakey and delicate

Meat Color: Translucent when raw, white when cooked

What's it similar to?: Other flounders

Preparation possibilities: Raw, pan seared, fried, roasted, grilled, broiled, steamed, or poached.

Other tips: Sushi grade fluke is delicious in raw preparations (actually in all preparations)! We also love fluke en papillote i.e. baked in paper with local vegetables and herbs!

Haddock

Another New England classic. Local Haddock is actually what many fishermen consider an undervalued species. Local haddock is sometimes smaller in size than foreign imports and thus must compete with the foreign fish for a spot on your menu. However, local haddock is often fresher since it has to travel less distance and you support your local fishing communities through purchasing it (the same applies to other local fish)!

Flavor: Mild

Texture: Flakey and firm

Meat Color: White

What's it similar to?: Cod, Pollock, Hake

Preparation possibilities: Pan seared, fried, roasted, grilled, broiled, steamed, poached, or smoked.

Other tips: Haddock is consumer favorite. Support your local fishermen by making sure the haddock you are buying is New England caught!

John Dory aka American Dory

Very cool fish! This lesser known fish is typically caught as bycatch (i.e. caught unintentionally) when targeting other species but is one of the most delicious eating fish around!

Flavor: Mild and sweet flavor

Texture: Firm and meaty (looks almost like a chicken breast)

Meat Color: Light cream color when raw, white when cooked

What's it similar to?: Its pretty unique and actually similar to chicken in texture but flavor wise very mild and similar to other flakey white fish such as haddock or halibut.

Preparation possibilities: Raw, pan seared, fried, roasted, grilled, broiled, steamed, poached, or ceviche.

Other tips: John Dory has a thicker skin but it is edible. If cooking with the skin on, make sure your pan is very hot. (The skin is also easy to remove.) When we do consumer tastings everyone loves John Dory!

Jonah Crabs & Sand Crabs aka Rock Crabs & Peekytoe Crabs

New England's native crabs! Jonah and Sand crabs are actually two different species of crab that are caught in New England. Originally bycatch in the lobster fishery, these crabs are growing in popularity and are becoming more of a targeted fishery. They are related to the West coast's dungenous crab and are absolutely delicious. The Jonah crabs have a bit more meat to them, especially in the claws but the Sand crabs are sweeter in flavor.

Flavor: Sweet

Texture: Flakey (similar to the meat in stone crab claws)

Meat Color: White with red markings

What's it similar to?: Dungenous crab or stone crabs

Preparation possibilities: Steamed, boiled, poached, fried, roasted, grilled, broiled, or pan seared

Other tips: Use these local crabs in any recipe that asks for crab. Crab cakes, crab rolls, crab bisque, crab salad, ravioli filling, crab rangoons, crab claw cocktail, can all be made using local Jonah and Sand crabs!

Lobster

Need we say more? This delicious crustacean is always a favorite.

Flavor: Sweet and buttery

Texture: Chewy

Meat Color: White with red markings

What's it similar to?: Crabs and shrimp

Preparation possibilities: Steamed, boiled, poached, fried, roasted, grilled, broiled, or pan seared

Other tips: You can't go wrong with the classic steamed lobster with butter but to stretch your lobster (and budget) a little further, incorporate lobster meat into a seafood bouillabaisse, pasta dish, or salad with other seafood and ingredients.

Mackerel

Mackerel like Bluefish are fast swimmers. Because they are constantly on the move their muscle composition is similar to other fast swimming fish such as tunas. Mackerel have a stronger flavor than the typical New England flakey white fish and can be a nice variation on the menu.

Flavor: Strong

Texture: Flakey and delicate

Meat Color: Blue to purplish when raw. Cooks up grey.

What's it similar to?: Mackerel is a high oil content fish. Therefore it is similar to bluefish or tunas even.

Preparation possibilities: Raw, brined, pan seared, fried, roasted, grilled, broiled, poached, or smoked.

Other tips: Smoked mackerel is a popular preparation that removes the "fishy" flavor that some consumers don't prefer. However, whole roasted mackerel can be absolutely delicious and shows off the mackerel's beautiful blue/green striped skin!

Monkfish aka Goosefish

Poor man's lobster! This interesting looking fish is gaining in popularity with consumers.

Flavor: Mild and sweet

Texture: Meaty like a lobster tail

Meat Color: White with a grey membrane around it when raw, cooks up white.

What's it similar to?: Lobster tail!

Preparation possibilities: Pan seared, fried, roasted, grilled, broiled, steamed, or poached

Other tips: Make sure to remove the thick membrane from around the filet. Monkfish's meaty texture makes it great to throw on the grill or add in a soup because it won't fall apart.

Mussels

Mussels can be wild caught or farmed.

Flavor: Sweet and buttery

Texture: Tender and soft

Meat Color: orange or cream

What's it similar to?: Other shellfish

Preparation possibilities: Steamed, boiled, sautéed, roasted, or smoked

Other tips: Mussels are delicious in a tasty broth. Serve them with a crusty bread or fries to soak up the broth!

Oysters

Oysters are grown on farm's all over New England. The "meroir" i.e. the water and characteristics of the area in which it was grown, all contribute to the flavor of the oyster.

Flavor: Briny and sweet, like sea water

Texture: Tender and soft

Meat Color: Tan to gray

What's it similar to?: Other shellfish

Preparation possibilities: Raw, fried, roasted, grilled, broiled or smoked

Other tips: Add a selection of local oysters to your menu so customers can compare the different flavor profiles!

Pollock

Pollock is a groundfish in the same family as haddock and cod. Though lesser known, in a blind taste test Pollock is almost undistinguishable from its more popular cousins. (It is also similar to Hake)

Flavor: Mild

Texture: Flakey and soft

Meat Color: White

What's it similar to?: Haddock & Cod

Preparation possibilities: Pan seared, fried, roasted, grilled, broiled, steamed, poached, or smoked.

Other tips: Use Pollock as you would haddock or cod. Its great in fish and chips, fish stew, or chowder.

Quahogs aka Hard Shell Clams

Quahogs are another classic Rhode Island seafood species! They come in various sizes from littlenecks and cherry stones to topnecks, quahogs and chowder clams.

Flavor: Sweet and briny

Texture: Chewy and tender

Meat Color: Tan

What's it similar to?: Other clams

Preparation possibilities: Raw, steamed, boiled, fried, roasted, grilled, broiled, or sautéed

Other tips: Quahogs are an easy local species to add to your restaurant week menu. They are great in many different preparations!

Sea Scallops

Sea scallops are another popular local species! The part of the scallop we are most used to seeing is the abductor muscle which allows the scallop to open and close its shell. Most scallops are shucked at sea though a few New England fishermen will land the whole scallop.

Flavor: Sweet

Texture: Soft and tender

Meat Color: White

What's it similar to?: Scallops are pretty unique

Preparation possibilities: Raw, pan seared, fried, roasted, grilled, broiled, or poached

Other tips: Sea scallops are another easy local species to add to your restaurant week menu. Everyone loves a pan seared scallop but you can also add them to seafood bouillabaisse or serve them in a crudo!

Scup aka Porgy (other names: Silver Snapper or Sea Bream)

One of our favorite fish! This underutilized species gets a bad rap for being a "trash fish" but is actually incredibly tasty, versatile, and inexpensive!

Flavor: Mild-moderate sweet flavor (depends on preparation)

Texture: firm but flakey

Meat Color: light pink when raw, white when cooked

What's it similar to?: Sea Bream, snapper, tilapia (but much better)

Preparation possibilities: Raw, pan seared, fried, roasted, grilled, broiled, steamed, poached, or ceviche.

Other tips: This is a great fish to serve whole or as an appetizer in a crudo. Pan sear with skin on for a delicious crispy fish skin!

Skate aka Raja

Skate is very popular in Europe where it is considered a delicacy! Look to the French for inspiration for this delicious fish!

Flavor: Sweet, almost like a scallop! (Skate has actually been used to make fake scallops)

Texture: Unique texture. The meat separates in long strands which is almost like crab meat.

Meat Color: White

What's it similar to?: Flavor wise it similar to scallops, texturally I would compare it to crab meat.

Preparation possibilities: Pan seared, fried, roasted, grilled, broiled, steamed, or poached

Other tips: Serving skate pan seared with a brown butter, lemon and caper sauce is very traditional and tasty! Skate also makes an interesting fish and chips preparation.

Squid

Squid is Rhode Island's biggest fishery and state appetizer! It doesn't get much more Rhode Island than squid and we are known world-wide for our high quality.

Flavor: Mild

Texture: tender yet chewy

Meat Color: white (with purple or redish dots on skin if you order it whole)

What's it similar to?: octopus

Preparation possibilities: Pan seared, fried, grilled, roasted, broiled, steamed, or poached

Other tips: Everyone knows and loves fried calamari but squid can be prepared many other delicious ways! Add squid to your fish stew, stir fry with veggies, or on top of a salad for a tasty new twist on a classic!

White Hake aka (Hake)

White hake is a groundfish in the same family as haddock and cod. Though lesser known, in a blind taste test hake is almost undistinguishable from its more popular cousins. There are multiple species of hake caught locally such as Silver Hake (see below) or Red Hake, however if you see just Hake listed it is most likely White Hake. White Hake is the largest of the hakes.

Flavor: Mild

Texture: Flakey and soft

Meat Color: White

What's it similar to?: Haddock & Cod

Preparation possibilities: Pan seared, fried, roasted, grilled, broiled, steamed, poached, or smoked.

Other tips: Use white hake as you would haddock or cod. Its great in fish and chips, fish stew, or chowder.

Whiting aka Silver Hake

Silver hake is an abundant yet underutilized local fish! It comes in multiple sizes from smaller schooling fish which are great whole to larger king whiting which produce nice sized filets.

Flavor: Mild

Texture: Delicate with smaller flakes

Meat Color: White

What's it similar to?: Its similar in flavor to most other flakey white fish such as haddock or cod but has a more delicate texture with finer flakes.

Preparation possibilities: The smaller whiting are great for frying whole! The meat also flakes right off the bone and makes an awesome fish cake!

Winter Flounder aka Blackback Flounder or Lemon Sole

Winter flounder are small-mouthed, right handed flounders.

Flavor: Mild and sweet flavor

Texture: Flakey and delicate

Meat Color: Translucent when raw, white when cooked

What's it similar to?: Other flounders.

Preparation possibilities: Raw, pan seared, fried, roasted, grilled, broiled, steamed, poached, or ceviche.

Other tips: Flounders are great stuffed with filling such as Jonah crab and baked!

Other Flatfish: Yellowtail Flounder, Grey Soles, or Dabs

These are all types of flatfish and can be cooked using similar preparations.

Flavor: Mild and sweet flavor

Texture: Flakey and delicate

Meat Color: Translucent when raw, white when cooked

What's it similar to?: Fluke and winter flounder

Preparation possibilities: Raw, pan seared, fried, roasted, grilled, broiled, steamed, poached, or ceviche.

Other tips: Flounders, soles, and dabs can be used interchangeably in recipes.

Sourcing Locally Caught Seafood



Sourcing locally caught seafood doesn't have to be hard. Many of your existing seafood dealers already sell a variety of locally caught species. However, if you are having trouble finding a greater variety of local seafood try reaching out to one of these local seafood businesses below. They all are aware of our efforts to make local seafood a big part of Newport Restaurant Week this year.

Anthony's Seafood

Contact: Steven

Office Phone: (401) 846-9620

Potential Species:

A variety of Flatfish: flounders & soles

Cod

Haddock

Sea scallops

Quahogs

Lobsters

Monkfish

Skate wing

Foley Fish

Contact: Laura Ramsden

Office Phone: 800-225-8102

Email: laura@foleyfish.com

New customers need can download a credit app from their website, www.foleyfish.com and return to them via email or fax so they have credit pre approved. They do not take credit cards.

Potential Species:

Georges Bank or Gulf of Maine Acadian Redfish

Gulf of Maine Pollock

Gulf of Maine Hake

Georges Bank Small haddock

George's Bank Sole (yellowtail, grey Sole and larger lemon Sole)

Georges Bank sea scallops

Local bay scallops from cape and islands

Georges Bank monkfish

Scup

Local shellfish - clams, oysters

Newport Lobster Shack

Phone: (401) 847-1700

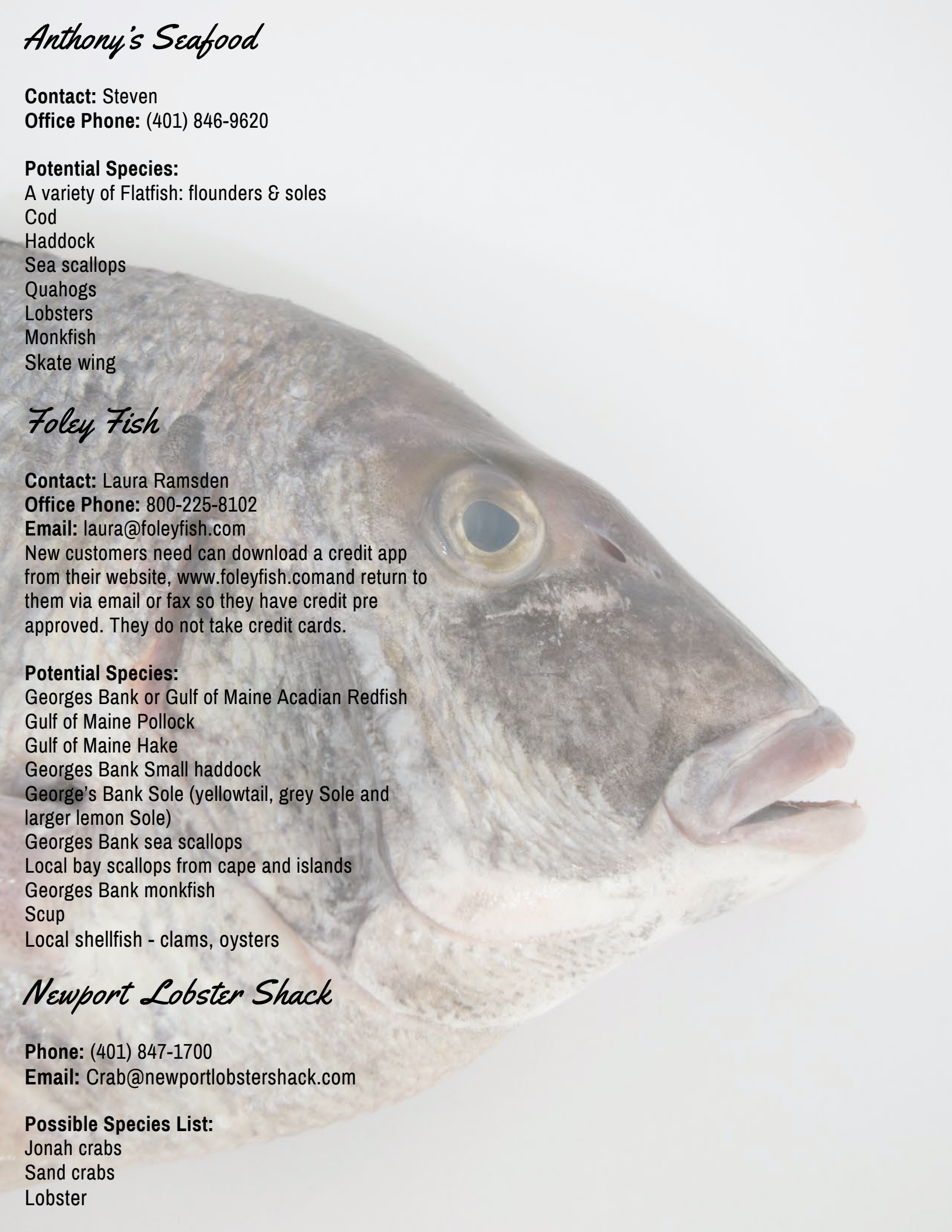
Email: Crab@newportlobstershack.com

Possible Species List:

Jonah crabs

Sand crabs

Lobster



Narragansett Bay Lobster

Contact: Tom LaFazia

Office Phone: (401) 782-3771

Cell: (401) 932-0382

Possible Species List:

| | |
|-----------------|--------------|
| Scup | Skate Wings |
| Squid | Bluefish |
| John Dory | Blackfish |
| Monkfish | Pollock |
| Silver Hake | Lobster |
| White Hake | Jonah Crab |
| Fluke | Quahogs |
| Winter Flounder | Sea Scallops |

Newport Lobster Co.

Phone: (401) 846-8872

Possible Species List:

Lobsters
Quahogs (Littlenecks)
Oysters
Blackfish
Skate wing
Monkfish
Scup

Tony's Seafood

Contact: Mark Pirri

Phone: (401) 247-7888

Email: mark@tonysfreshseafood.com

*Only delivers to Warren, Bristol, Tiverton,
Portsmouth, and Middletown

Possible Species List:

Skate wings
John dory
Monkfish
Bluefish
Whole Fresh Squid
Mackerel Filet
Silver Hake