



Tilefish



Market Name
Tilefish

Scientific Name
Lopholatilus chamaeleonticeps

Common Name
Golden Tilefish



The Tilefish has a fleshy, finlike flap on the nape of the neck in front of the dorsal fin, close behind the eyes. The Tilefish's large head is strongly convex when viewed from above but nearly flat in profile from below. This colorful fish has been found from Nova Scotia down to the Gulf of Mexico, although they are most abundant in water from depths of 300 to 480 ft., from Nantucket Island, Massachusetts south to Cape May, New Jersey.



NUTRITIONAL INFORMATION

Serving Size: 3.5 oz.

Amount Per Serving

		% Daily Value*
Calories	110	Calories From Fat 15
Water	78.9g	
Total Fat	2g	4%
Saturated Fat	0g	0%
Cholesterol	55mg	52%
Protein	22g	48%
Iron	0.25mg	1%
Sodium	75mg	4%
Omega-3	0g	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

It lives in burrows as large as 15 ft. across, and may sometimes congregate in pods or small groups at depths ranging from 200 to more than 1,400 ft. They predominately feed upon bottom-dwelling invertebrates such as crabs and lobsters. Other possible prey includes squid, shrimp, shelled mollusks, annelid worms, sea urchins and sea cucumbers.

As Tilefish become larger they tend to live at greater depths. They do not school, but group in clusters near the heads and sides of submarine canyons along the outer continental shelf. The temperature range that the Tilefish will tolerate is also very narrow, with the temperature of the bottom water along the areas inhabited by it varying between about 47° and about 53° in most years, summer or winter. Mid-Atlantic Tilefish are listed as a "good alternative" with MBA Watch List*. Rastelli Seafood will offer fresh Tilefish when the market conditions are right. This is a very popular weekend "fresh catch" seafood item in the Philadelphia and New York markets.

*Monterey Bay Aquarium Seafood Watch List
Northeast January 2010

the taste of fresh

TILEFISH SERVING SUGGESTION

PAN SEARED TILEFISH WITH BROWN BUTTER ALMOND SAUCE



4 pcs. / 6 oz. **Tilefish fillet**, portions skin on
¼ C sliced almonds
1 tbsp. olive oil
5-6 tbsp. butter
1 tbsp. shallots, minced
¼ C sweet sherry wine
Salt and pepper



ESTIMATED COST TO PRODUCE

\$ _____ PER PORTION

PREPARATION:

In medium size sauté pan, add 1 tablespoon oil and preheat to medium high heat. Season Tilefish with salt and pepper to desired taste. When pan is hot add fillet meat side down and cook for 3-4 minutes. Turn fillet over and cook an additional 4-5 minutes or until fish feels firm to the touch. When fish is done remove from pan and set aside, keeping warm. Return pan to heat. Add shallots and sherry wine and let reduce until liquid has evaporated. Add butter and let brown. Add sliced almonds and remove from heat. Place Tilefish over sautéed vegetables or rice. Pour brown butter sauce over fish and serve. Yields 4 servings.

TIP:

Cut 3-4 small slits in skin to help prevent fish from curling when cooking.



did you know...

During the late 1970s and early 1980s Barnegat, NJ was the principal Golden Tilefish port; more recently Montauk, NY has accounted for most of the commercial landings. Since the 1980s, over 85% of the commercial landings of Golden Tilefish have been taken in the longline fishery. The average Tilefish marketed in 2008 weighs on average 4-8 lbs.



Rastelli Seafood LLC, Egg Harbor City, NJ