



Lophius americanus

The name monkfish has apparently been derived from the days when monks picked through the discarded catches of local fishermen. These deep water fish are also known as anglerfish, goosefish, allmouth and devilfish. Even today, monkfish are still caught only as a bycatch species. Renowned for its ugliness, the head and stomach comprise 75% of the body, while the mouth constitutes 75% of the head. On top of the head is a strange apparatus similar to a fishing pole with bait, which is moved around enticing prey towards its mouth. Their diet consists of flounder, skate, herring, cod and to a lesser extent, lobster, crab and sometimes gulls and ducks, the latter prey perhaps the reason for the moniker, goosefish. The average fish size in the North Atlantic is 60-80 cm., although it is not uncommon to catch animals well in excess of 100cm.

Goldwater Seafoods provides 1-2 lb. tail portions (larger sizes on request), with skin remaining. These tail portions have only a central vertebrae, providing a cut that is virtually boneless. Like scallop and lobster, the white meat is firm and dense, which does not flake when cooked. It possesses a mild flavour and is sometimes referred to as 'poor man's lobster'.

A 100g serving constitutes:

Energy	80cal	Minerals	
Protein	15g	Sodium	180mg
Fat	1.5g	Potassium	513mg
Cholesterol	35mg	Calcium	10mg
Carbohydrates	0.0g		

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