

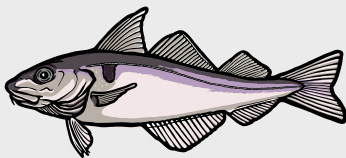
# Gulf of Maine Seafood Guide

New England has a long history and culture of fishing. A wide range of fish, shellfish, and sea vegetables are harvested here and can be found in local grocery stores, fish markets, and restaurants. Explore what the Gulf of Maine has to offer!

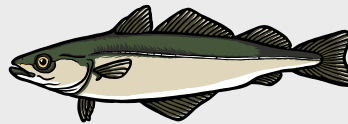
The cold waters of Maine and New England are home to a variety of fish that have a mild-flavored, flaky, white meat when cooked. These fish can be cooked with the same methods and recipes you would use for cod or tilapia.

## Some are round fish with thick fillets.

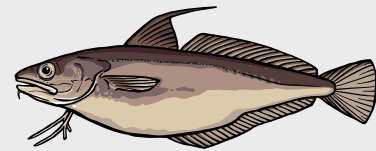
Such as haddock, hake, and pollock.



Haddock



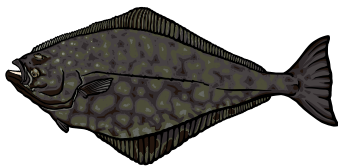
Pollock



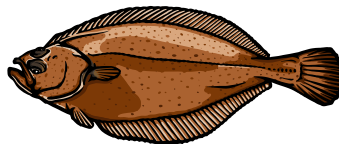
White Hake

## Some are flat fish with thin fillets.

Such as flounders like plaice or dabs, grey sole, fluke, and halibut.



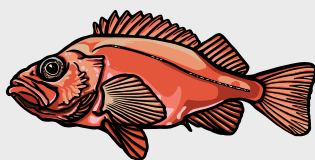
Halibut



American plaice

## Some are particularly good for cooking whole, with small bones.

Such as Acadian redfish, black sea bass, whiting, and scup.



Acadian redfish



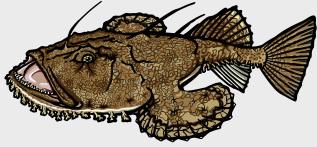
Black sea bass



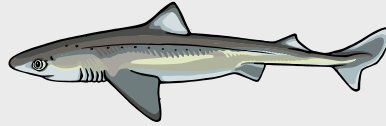
Scup

In addition to the various white fish species, the Gulf of Maine is home to many other types of fish, shellfish, and sea vegetables.

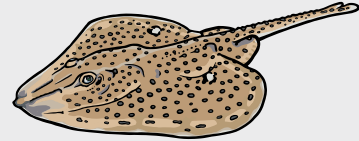
**Some fish have meatier or denser meat, and strong flavors that hold up well in stews, roasting, or grilling.** Such as monkfish, dogfish, and skate.



Monkfish



Spiny dogfish



Skate

**Some fish are stronger-flavored, oily, and rich in healthy fats.** Such as mackerel, bluefish, herring, and bluefin tuna.



Mackerel



Bluefish



Bluefin tuna

**There's a wide variety of shellfish.**

Such as lobster, crab, clams, mussels, oysters, scallops, snails, squid, and urchin.



Jonah crab



Mussels



Squid

**And nutritious sea vegetables.**

Such as kelp and alaria (similar to wakame).



Kelp

**Project sponsor**  
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