# Common Seafood Direct From Oregon Fishermen

## Albacore Tuna

- Also known as: Pacific albacore, tombo, shiro maguro (sushi)
- Firm flesh with large flakes; pink-creamy white
  - 10–30 lbs; 50% recovery
- Strong flavor
- Good flavor of potassium, selenium, thiamin, niacin, B6, B12, vitamin D and omega 3s
- Best recipes: barbecue bacon-wrapped tuna; teriyaki and garlic sauce

## Chinook Salmon

- Also known as: king salmon, tyee, spring salmon
- Soft texture with large flakes; larger fish may have buttery texture; pink to red color
  - 8–25 lbs; 65–75% recovery
- Strong flavor
- Good source of selenium, niacin, B6, B12, vitamin A, vitamin D, and omega 3s
- Best recipe: bake or grill with lemon and dill

## Pacific Halibut

- Also known as: hirame (sushi)
- Firm but tender, with large flakes, white
  - 12–30 lbs; 60–67% recovery
- Sweet, mild flavor
- Good source of selenium, niacin, B6, B12, vitamin D, and omega 3s
- Very versatile: bake, deep-fry, poach, grill, sauté, or steam
- Best recipe: grill with lemon and shallots

## Dungeness Crab

- Also known as: Dungie
- Tender body meat and firmer leg meat, creamy white
  - 1.5–2 lbs; 25–28% recovery
- Sweet, mild flavor
- Good source of zinc, B6, selenium, and omega 3s
- Clean crab; steam or boil
- Best recipes: steam and eat with garlic butter, crab-stuffed halibut

## Keep in mind:

Shopping fresh seafood means it has not yet been filleted; this will be done for you after the sale is made. Buying a 12 lb fish with a 50% recovery rate means you will get 6 lbs of fish meat.

1. Average commercial size
2. Recovery rate is meat percentage of total fish weight

---

[Sea Grant Oregon]

[Oregon State University]

ORESU-H-16-003
### Rockfish
*Also known as: Pacific snapper, rock cod, sea bass, red snapper*
- **Medium-firm texture** with medium-sized flakes; creamy white
- **Very versatile:** deep-fry, bake, or sauté
- **Sweet, mild flavor**
- **Good source of potassium, selenium, B6, B12, vitamin D, and omega 3s**
- **Best recipes:** fish tacos, fish and chips
- **1** 2–5 lbs; 35–40% recovery

### Lingcod
- **Medium-firm texture** with large flakes; less firm than halibut, more firm than rockfish; creamy white, sometimes with blue-green color
- **Very versatile:** bake, deep-fry, poach, grill, sauté, or steam
- **Mild flavor**
- **Good source of potassium, selenium, niacin, B6, B12, and omega 3s**
- **Best recipe:** pan fry with lemon-herb and Parmesan crust
- **1** 3–20 lbs; 35–45% recovery

### Sablefish
*Also known as: black cod, butterfish*
- **Buttery or velvety texture** with large, delicate flakes; creamy white
- **Smoked, excellent in many gourmet recipes but needs care**
- **Rich flavor**
- **Good source of selenium, niacin, B6, B12, and omega 3s**
- **Best recipe:** sauté and top with wine-butter sauce
- **8–10 lbs; 50% recovery**

### Spot Prawn
*Also known as: ama-ebi (sushi)*
- **Firm texture, similar to lobster; pink**
- **Sweet flavor**
- **Good source of selenium, niacin, B6, and B12**
- **Buy by weight, already peeled**
- **Cook whole or shelled; steam, boil, bake, or add to soups or curries**
- **Best recipe:** barbecue or steam in beer and garlic

### Pink Shrimp
*Also known as: salad shrimp, cocktail shrimp, bay shrimp*
- **Firm texture; pink**
- **Sweet flavor**
- **Add cooked and peeled to dishes**
- **Best recipe:** pink shrimp salad with avocado and grapefruit
- **Buy by weight, already peeled**
- **Good source of zinc, niacin, selenium, B6, and B12**

### Other
There may be other types of delicious seafood available off the boats. Ask the fishermen about them, and be adventurous!