

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 lbs¹; 50% recovery²



Strong flavor



Good source of potassium, selenium, thiamin, niacin, B6, B12, vitamin D and omega 3s



Showcase the flavor: smoke, grill, sauté, sushi, pan-sear, pressure can



Best recipes: barbecue bacon-wrapped tuna; teriyaki and garlic sauce



Chinook Salmon

Also known as: king salmon, tye, spring salmon



Soft texture with large flakes; larger fish may have buttery texture; pink to red color

8–25 lbs¹; 65–75% recovery²

Strong flavor



Good source of selenium, niacin, B6, B12, vitamin A, vitamin D, and omega 3s



Showcase the flavor: bake, grill, poach, or smoke



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 lbs¹; 60–67% recovery²



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 lbs¹; 25–28% recovery²



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

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Rockfish

Also known as: Pacific snapper, rock cod, sea bass, red snapper

➔ Medium-firm texture with medium-sized flakes; creamy white

🐟 2–5 lbs; 35–40% recovery¹²

🍴 Sweet, mild flavor

♥ Good source of potassium, selenium, B6, B12, vitamin D, and omega 3s

🔥 Very versatile: deep-fry, bake, or sauté

🍲 Best recipes: fish tacos, fish and chips



Lingcod

➔ Medium-firm texture with large flakes; less firm than halibut, more firm than rockfish; creamy white, sometimes with blue-green color

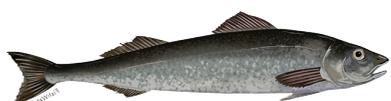
🐟 3–20 lbs; 35–45% recovery¹²

🍴 Mild flavor

🔥 Very versatile: bake, deep-fry, poach, grill, sauté, or steam

🍲 Best recipe: pan fry with lemon-herb and Parmesan crust

♥ Good source of potassium, selenium, niacin, B6, B12, and omega 3s



Sablefish

Also known as: black cod, butterfish

➔ Buttery or velvety texture with large, delicate flakes; creamy white

🐟 8–10 lbs; 50% recovery¹²

🍴 Rich flavor

🔥 Smoked, excellent in many gourmet recipes but needs care

🍲 Best recipe: sauté and top with wine-butter sauce

♥ Good source of selenium, niacin, B6, B12, and omega 3s



Spot Prawn

Also known as: ama-ebi (sushi)

➔ Firm texture, similar to lobster; pink

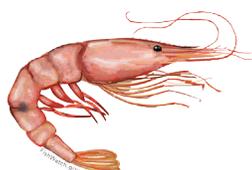
🐟 Buy by weight, already peeled

🍴 Sweet flavor

🔥 Cook whole or shelled; steam, boil, bake, or add to soups or curries

🍲 Best recipe: barbecue or steam in beer and garlic

♥ Good source of selenium, niacin, B6, and B12



Pink Shrimp

Also known as: salad shrimp, cocktail shrimp, bay shrimp

➔ Firm texture; pink

🐟 Buy by weight, already peeled

🍴 Sweet flavor

🔥 Add cooked and peeled to dishes

🍲 Best recipe: pink shrimp salad with avocado and grapefruit

♥ 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!