



**SANTA
MONICA
SEAFOOD™**

A PASSION FOR SEAFOOD

MONKFISH

WHOLE, TAILS | 2-6 LBS. EACH

LOT100

WILD CAUGHT FROM EAST COAST



Monkfish tail was historically referred to as “poor man’s lobster” for its sweet, dense, lobster-like meat. Monkfish (*Lophius americanus*) doesn’t flake when cooked, it has more of a texture like scallop. The raw flesh is a pale greyish color, and it is covered with a membrane that should be removed before cooking; cooked meat is white.



Utilize Monkfish’s unique texture and feature it anywhere you need a firm, full flavored fish that won’t fall apart when cooked - bacon wrapped Monkfish, Monkfish medallions or feature it in a Basque style fish stew.

Monkfish is a unique seafood. You can sell your guests on its similarity to lobster, but it’s really its own creature that needs to be tasted to be believed! They’ll love its firm, meaty texture and delicious rich flavor.



If you’re offering Monkfish, draw your customer’s attention to it - especially if they are looking for something different. They may have enjoyed Monkfish in a restaurant, but this is a fun opportunity for them to try this fish at home.

Other SMS Codes:

LOT103 - FILLET, (CS=1.5-3.0 LB)