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 and dogfish.

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

There’s a wide variety of shellfish. Such as lobster, crab, clams, mussels, and squid.

And nutritious sea vegetables. Such as kelp and alaria (similar to wakame).