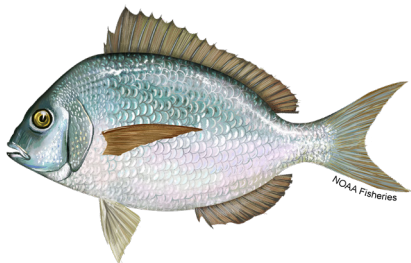




FISHWATCH® FRESH FACTS.
SMART SEAFOOD.

SCUP



U.S. wild-caught scup is a smart seafood choice because it is sustainably managed and responsibly harvested under U.S. regulations. A small and mild-tasting fish, scup has been harvested off the East Coast since colonial times.

Federal and state fishery managers jointly implemented a number of regulations that restricted both commercial and recreational harvest of scup when the population reached relatively low levels in the 1990s. As a result, scup abundance increased 30-fold from 1997 to 2008. Scup was officially declared rebuilt in 2009. Fisheries for scup now operate under measures to ensure the species is not overharvested again.

Scup is a low-sodium, low-fat source of protein. High in niacin, phosphorus, vitamins B6 and B12, and selenium, scup is generally sold and cooked whole, after they've been scaled and dressed. In fact, scup is often referred to as a "pan fish," because its small size is excellent for pan frying or sautéing whole.

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Pan-Fried Scup

Ingredients:

3 pounds scup, whole,
dressed

Cooking oil

Cornmeal, white stone
ground if available

Butter or margarine

Lemon juice

Salt

Pepper



1. Wash and remove excess moisture from fish by patting it dry with a paper towel.
2. Place a handful of cornmeal in a strong paper or plastic sack and place fish one or two at a time into the sack and shake it to coat the fish.
3. Heat oil in a skillet until hot. Place fish in a skillet after shaking off excess cornmeal.
4. Adjust heat so that fish fry quickly but do not burn. Turn fish when the edges are crisp and brown.
5. Cook 2 to 3 minutes more to brown the second side. Remove cooked fish and place on a paper towel to drain.
6. Immediately run a pat of butter or dab of margarine over each fish and sprinkle with salt, pepper, and lemon juice to taste.
7. Serve as soon as possible.



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