

## TileFish

\$7.00

According to the New Jersey Sea Grant Marine Advisory Service ("From Catch to Kitchen or Catching and Cooking Your Own Fish Dinner"), "If you love lobster, you'll like tilefish". This expression has been making the rounds. But those who know how tasty tilefish is and how well it sells have turned this saying around to "If you love tilefish, you'll love lobster".

Tilefish has firm, pinkish white flesh that provides a lobster- or crab-like taste. Once cooked, the meat is mild-flavored and succulent. The meat remains very moist after cooking; therefore, it is ideal for baking or broiling. Tilefish is delicious in seafood stews or chowders. This fish is excellent poached or microwaved, then cooled and used in a salad.

[Vendor Information](#)