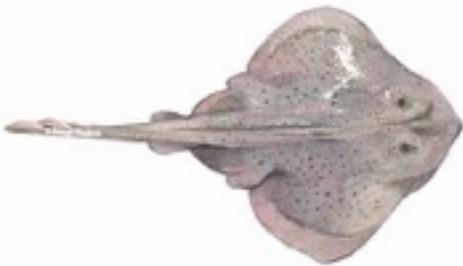


Skate

The Northeast skate complex fishery in the Northeastern US includes seven skate species and operates from Maine to North Carolina. The bottom-dwelling, kite-shaped skate is taken with longlines and gillnets, both as a targeted fishery and as by catch. Skates are harvested for their wings for human consumption. Like sharks, skates have no bones, but rather a skeleton of cartilage. Most skates are brown or grayish.



Skates are managed by NOAA's National Marine Fisheries Service (NMFS) and the New England Fishery Management Council. According to the federal government's 2016 stock assessment, winter skate are not overfished and are not subject to overfishing.

Source: <http://www.fishwatch.gov/profiles/winter-skate>

On Cape Cod, most fishermen target skates and monkfish together. Skates have yet to make it off of restaurant menus and into the home kitchen in a big way. Skate wings are all the rage in Europe, and fishermen hope Americans will soon follow suit.

"We worked hard to rebuild the species. Now we need to take steps to rebuild the markets." Greg Connors, Fisherman F/V Constance Sea, Chatham

SKATES

Gear Type: Gillnet and trawlers

Fishing Area: Georges Bank, Gulf of Maine and Southern New England

Season: Year-round

Pounds Landed: More than 9 million*

*MA Landings in Barnstable, Dukes, and Nantucket Counties ~ 2014

Where it Goes: New Bedford for processing; a domestic upscale restaurant market; exported to France, Korea and Greece



Only the wings of the skate are eaten. Skate has a mildly sweet flavor similar to scallops (contrary to popular stories however, they were never cut into medallions and passed off as scallops). The flesh is soft but becomes firmer once it has been chilled. The raw fish appears off-white, sometimes pink, and cooks to an off-white color. The meat of the wings has a striated, open-fan shape. Each wing produces two fillets – one from the upper side and one from the lower.

Skates are an excellent source of healthy, low fat protein. They are low in both calories and sodium making them a nutritious choice for families, schools and other institutions.

Nutrition Facts:

Calories: 95

Total Fat: 1 g

Sodium: 90 mg

Protein: 21 g

Cooking Tips:

Skate can be baked, fried, poached or sautéed. The skin should be removed before cooking. Try poaching skate in a liquid made of water, wine vinegar, a thinly sliced small onion, a bay leaf, parsley and thyme. Serve with capers mixed with browned butter.

