



ROCKFISH

Cafeteria Connection

Tell Me about Rockfish

Rockfish are a mild, lean, and flakey whitefish with a medium-firm texture that lends well to a variety of cooking preparations, such as rockfish tacos, teriyaki rice bowls, or seafood chowder. As the name suggests, rockfish live on rocky habitats in the ocean.

Pacific rockfish are in the *Sebastes* genus which includes more than 70 species of rockfish. Common species of wild-caught rockfish harvested along the West Coast include yellowtail, widow, and canary. Rockfish range in color from bright red or orange to dusky olive brown.

Crediting Information

- Rockfish is considered a whitefish and credits toward the Meat/Meat Alternate (MMA) meal pattern component.
- MMA is measured in ounce equivalents (oz eq). An oz eq of MMA is the amount of food representing the same nutritional content as 1 ounce of edible portion of lean meat without the bone.
- The [USDA Food Buying Guide](#) (page 1–52) tells us 1 lb. AP = 0.78 lb. baked fish (16 oz as purchased = 12.48 oz cooked fish).



Nutrition Facts

Rockfish is a good source of omega-3 fatty acids. These important fats support a healthy heart, brain, and eyes. Rockfish is also high in protein, which supports muscle growth and repair, and vitamin B12, which supports red blood cell development and nerve function, and helps the body convert food into usable energy.





Selection and Storage

- Rockfish can be an affordable seafood option. Rockfish fillets or portions typically come individually wrapped in vacuum-sealed bags or in bulk packages with multiple frozen pieces. Rockfish is not available canned.
- Frozen raw rockfish is a great option because the freezing process locks in the fish's fresh taste, firm texture, and quality.
- Many vendors can supply frozen fillets or portions. These vary in size from two to seven ounces and often come in two-pound bags. A "taco cut" may be available to ease preparation for fish tacos.
- Choose fillets or portions with the skin removed ("skin-off") and pin bones out ("PBO").
- Thaw packages of rockfish fillets or portions for 12-24 hours in the refrigerator using a perforated pan set over a hotel pan.

Culinary Tips

- Run a finger along the fish in the opposite direction of its flakes to identify pin bones. Remove them with tweezers.
- Roasting: Put fillets into a pan sprayed with oil or lined with parchment paper. Leave one inch of space between each piece. Bake in a 350-degree F convection oven for approximately 15 minutes or until proper internal cooking temperature is reached. Do not overcook.
- Properly cooled and stored leftover cooked fish could be transformed into fish chowder or fish patties.

Recipes

Use Washington harvested rockfish in the following recipes:

- [Roasted Fish Crispy Slaw Wrap USDA Recipe for Schools – Child Nutrition Recipe Box](#)
- [Jerk Fish Wrap USDA Recipe for Schools – Child Nutrition Recipe Box](#)
- [Baked Tilapia Fish Fillets USDA Recipe for Child Care Centers – Child Nutrition Recipe Box](#)
- [Baked Cod Olé USDA Recipe for Child Care Centers – Child Nutrition Recipe Box](#)
- [Fish and Veggie Packets USDA Recipe for Child Care Centers – Child Nutrition Recipe Box](#)

Sourcing

- Seafood vendors often sell more than one species of fish. Try searching for "seafood" in the online directories below, then ask for rockfish.
 - [Eat Local First – Wholesale Finder](#)
 - [Native Grown and Gathered](#)
 - [Local Catch Network](#)
- [Find your local food hub](#)