

American Plaice

The voyage of a Maine-caught flat fish

Maine
Fishermen
catch the
Plaice

Fishermen sell their fish at auction in bulk at the Portland Fish Exchange to wholesalers. Most Plaice goes to New York City.

Wholesalers in New York City send the fish to processors that cut the fish into fillets. They then sell the fish to grocery stores.

Grocery stores in New York City sell the fish as flounder, even though that is a different species.



Yum!

Plaice

with Walnut-Cider Dressing

Plaice is often sold as dabs or, wrongly, as flounder.

For the dressing, reduce **2 cups of apple cider** by two-thirds over medium heat, about 20 minutes. Add a **½ cup of toasted walnuts**, bring the mixture to a boil and remove from heat.

Brush **4 5oz fillets of plaice** with **canola oil** and place on a baking sheet, skin side up. Broil for 3 minutes, then turn off the broiler and allow the fillets sit.

Cut **4 strips of bacon** into squares and cook over low heat. Toss the bacon with **2 heads of lettuce**.

Spoon the warm dressing on top of the lettuce and arrange the fillets on top. Season with salt, pepper and lemon juice to taste.

Adapted from For Cod and Country by Barton Seaver.



MAINE COAST
FISHERMEN'S
ASSOCIATION



Merrymeeting
Food Council

The Maine Coast Fishermen's Association is an industry-based non-profit that identifies and fosters ways to restore the fisheries of the Gulf of Maine and sustain Maine's fishing communities for future generations.

Merrymeeting Food Council is a collaborative network of farmers, non-profits, businesses, government, and individuals working together in Maine to advance a thriving, resilient food system.