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Cook with Trash Fish

American butterfish isn't exactly a tasting menu star. It's a small, ugly little fish, often the bycatch of more desirable—and, thanks to overfishing, dwindling—species like grouper and tuna. Butterfish are often thrown back into the ocean, earning their place as one of the many so-called “trash fish.” But now, chefs like Jason Weiner of Almond, in Long Island, New York, are mining these seafood scraps to transform their menus. Weiner says the oily, mildly flavored butterfish makes for perfect fish and chips. Ask your local fishmonger to recommend his or her favorite trash fish, and the best ways to prepare it.