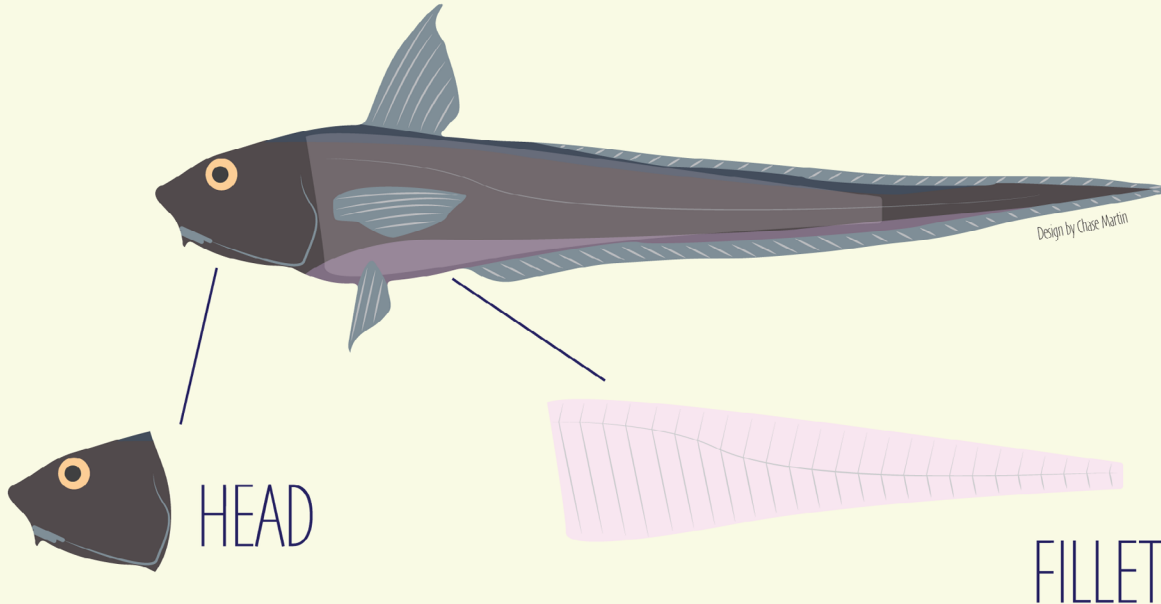


PACIFIC GRENADIER GUIDE

Coryphaenoides acrolepis



Pacific Grenadier (*Coryphaenoides acrolepis*)

Pacific grenadier are slow-growing fish with large heads and long, tapering tails. They live in deep waters ranging from 600 to 2,500 meters, across the North Pacific Ocean from Baja California up to Alaska, and off Russia and Japan. They eat small fish, squid, krill and other crustaceans, and grow to about two feet long.

Scientists have found Pacific grenadier that range in age from 6 to 60 years old. The ages of the fish are estimated by counting the annual rings on their otoliths, or ear bones. Researchers in the Monterey Bay area are using an aging technique involving mass spectrometry, which is usually used to age ancient rocks. Due to their slow growth and long lives, Pacific grenadier can be vulnerable to targeted fishing pressure.

Pacific grenadier in California are bycatch in the black cod, or sablefish, fishery. Bycatch refers to fish that are caught while fishing for a different species. Currently, over half of the Pacific grenadier caught are discarded at sea, even though their meat is edible. Efforts to popularize Pacific grenadier as a food fish are underway, and increased demand by consumers can help to encourage fishers to land any grenadier they catch instead of discarding it.

The fillets of Pacific grenadier are light pink in color and white when cooked. Their meat is mild, flaky, and highly versatile. Pacific grenadier fillets can be steamed, baked, fried, broiled, poached, sautéed, or even grilled. With their mild flavor, they can be substituted in recipes that call for rockfish or snappers.



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KEVIN'S BAJA STYLE GRENADIER TACOS

Kevin Butler, [Real Good Fish](#)

Ingredients

Batter:

- 1 cup flour
- ¼ tsp baking soda
- ¼ tsp baking powder
- 2 tsp sweet paprika
- 1 tsp smoked paprika
- salt & pepper to taste
- 12 oz. beer

Tacos:

- **grenadier fillets** (or other white fish) cut in pieces
- peanut oil for frying
- corn tortillas
- lime
- queso fresco (optional)

Directions

1. Prepare salad: Combine sliced cabbage, diced onion, chopped tomatoes and chopped cilantro in a bowl.
2. Prepare spicy mayo: Combine mayonnaise, Tapatio hot sauce, and lime juice to taste. Set aside salad and spicy mayo.
3. Warm tortillas in the oven or on the griddle while frying fish.
4. Cut fillets into pieces. Heat oil in a pot with a small circumference, or a frypan.
5. Mix dry batter ingredients, then add beer. Batter should be loose. Dip each piece of fish in the batter & fry at 360°F until golden. Drain and keep warm.
6. Serve the crispy fish in warm corn tortillas with spicy mayonnaise sauce and salad.
7. Optional: squeeze lime wedges over taco filling & crumble queso fresco on top.



*Kevin's Grenadier tacos.
Photo: Real Good Fish.*



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DIJON MARINATED GRENADIER FILLETS

Real Good Fish

Ingredients

- ***grenadier fillets (or other white fish)***
- ***salt & pepper***
- ***paprika***
- ***1 tbsp olive oil***
- ***1 tbsp Dijon mustard***
- ***1 tbsp vinegar***

Directions

1. Mix marinade ingredients in a small bowl, brush over fillets in shallow dish. Refrigerate for 20 min.
2. Preheat oven to 425F. Bake fillets for 12-18 min, until browned & flaky to fork.
3. Serve with your favorite seasonal vegetables or over a bed of grains.



*Dijon marinated grenadier.
Photo: Real Good Fish.*

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