

Monkfish

(Lophius Piscatorius)

Availability

Year-round, with peaks in the late fall and spring.

Health Benefits

Low in sodium; a good source of niacin, vitamins B6 and B12, and potassium; and a very good source of protein, phosphorus, and selenium.

Flavor and Texture

The tail meat is firm, dense, and relatively boneless with a mild flavor. The meat is not flaky and has a texture similar to lobster meat.

Source

U.S. wild-caught from Maine to North Carolina.

Nutrition

Monkfish Nutrition

Lophius piscatorius



Vitamin
B12
0.77 µg

Iron
0.27 mg

Calories
64.6 kcal

Cholesterol
21.2 mg

Protein
12.3 g

Selenium
31 µg

Sodium
15.3 mg

Saturated
Fat
0.29 g

Total Fat
1.3 g

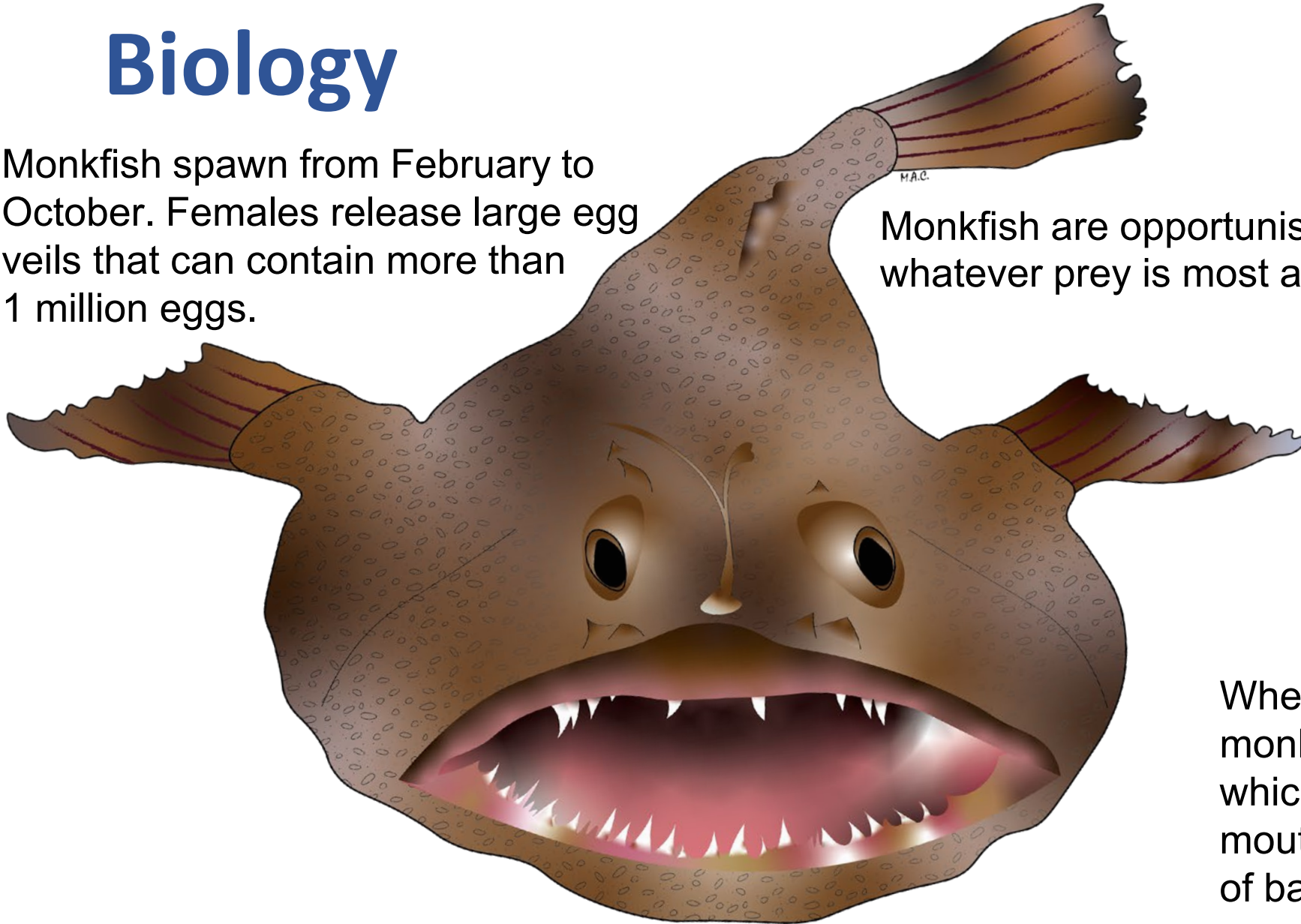
Biology

Monkfish spawn from February to October. Females release large egg veils that can contain more than 1 million eggs.

Monkfish are opportunistic feeders, eating whatever prey is most available at the time.

Monkfish ambush their prey—they use a modified spine on their head as a fishing pole and bait to lure small fish toward their mouths.

When the prey comes near, the monkfish takes a large gulp, which sucks the prey into its mouth and traps it behind rows of back-pointing teeth.



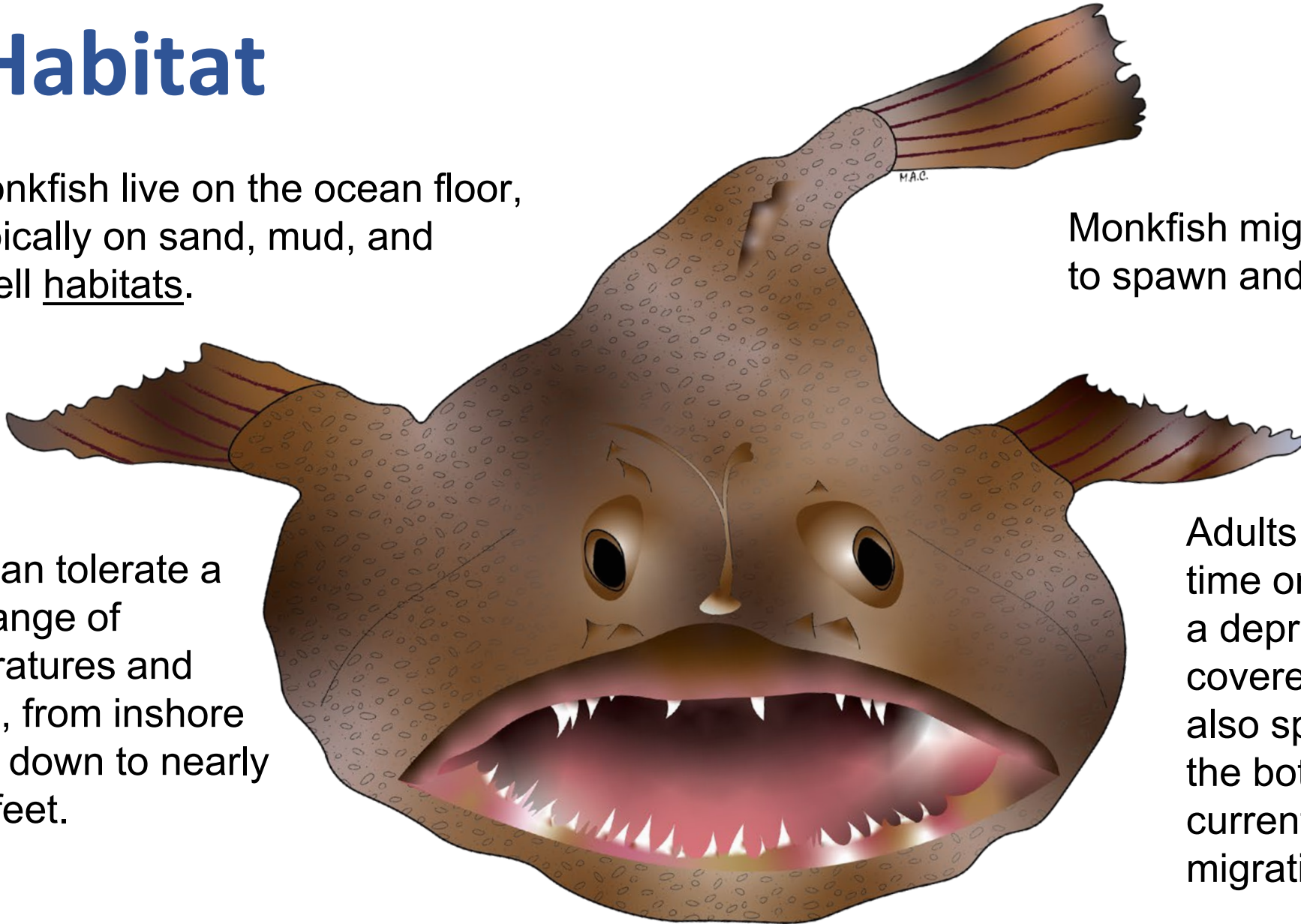
Habitat

Monkfish live on the ocean floor, typically on sand, mud, and shell habitats.

Monkfish migrate seasonally to spawn and feed.

They can tolerate a wide range of temperatures and depths, from inshore waters down to nearly 3,000 feet.

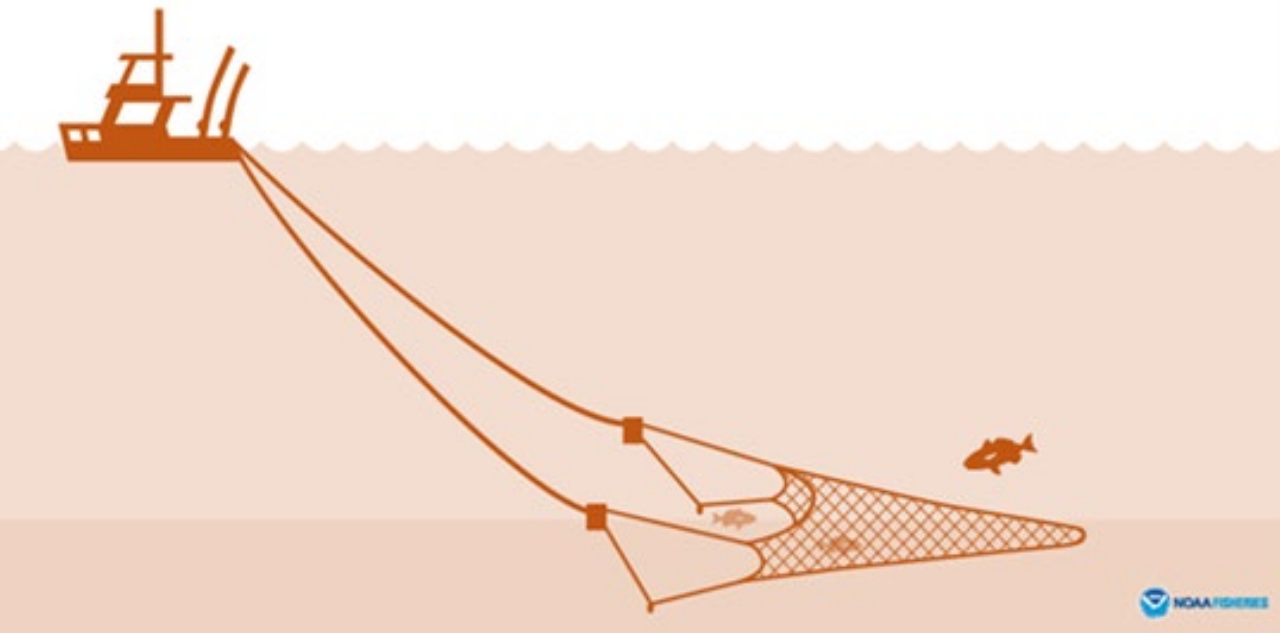
Adults spend most of their time on the bottom, often in a depression or partially covered in sediment. They also spend some time off the bottom, probably riding currents to help with migration.



Fishery

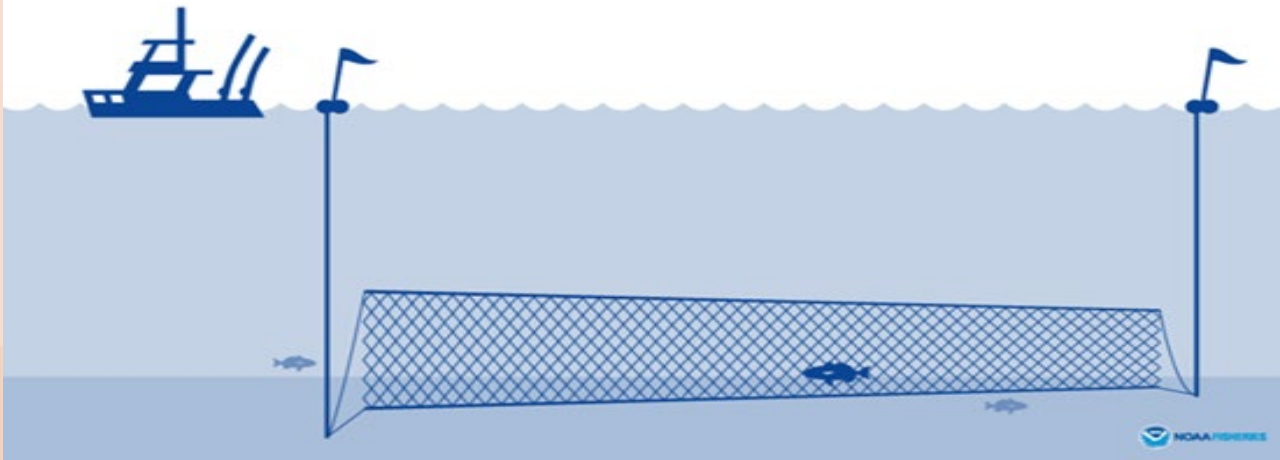
In 2023, **15.4 million pounds** were landed valued at **\$11.8 million**

Most monkfish caught in the Northern Fishery Management Area are caught by vessels using **bottom-trawl gear** targeting groundfish.



Almost all the monkfish for sale in the United States comes from U.S. fisheries.

Most monkfish caught in the Southern Fishery Management area are caught by vessels using **gillnets**.



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www.fisheries.noaa.gov/species/monkfish/overview