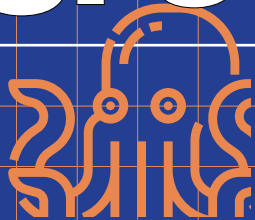


**ANACEF**  
OPP43

**SPECIES**



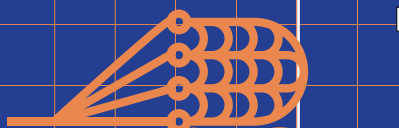
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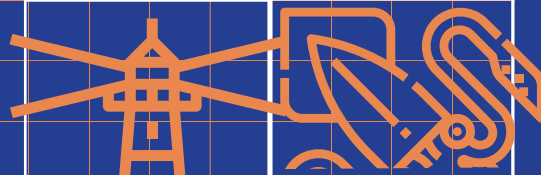
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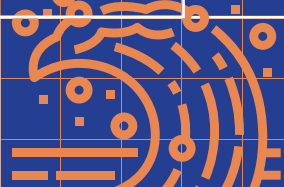
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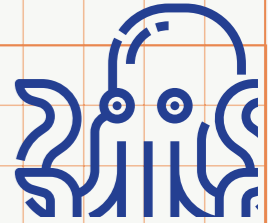
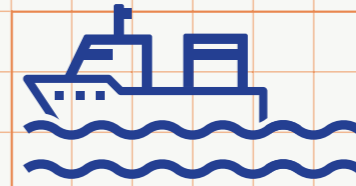
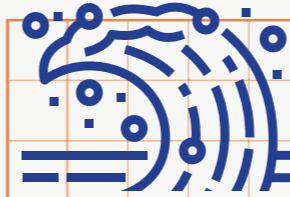


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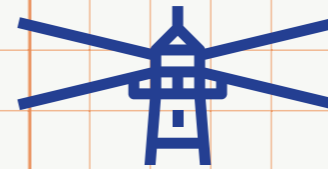
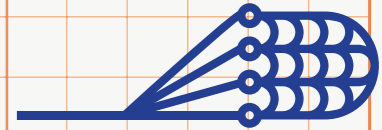
Identity, biology, and  
fishing value of the  
ANACEF fishing fleet



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**ANACEF**  
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## **Responsible fishing starts with understanding each species.**

The sea is a source of life, food, and economic activity for countless communities around the world. Its balance depends on knowledge of and respect for the species that inhabit it.

The fleet of the ANACEF Producers' Organization operates with a commitment to responsible fishing, based on scientific knowledge, resource sustainability, and the promotion of seafood products.

This catalog was created to introduce readers to some of the species caught by our fleet, providing clear information about their characteristics, biology, and role within the marine ecosystem and the fishing industry.





OPP43, or the ANACEF Fishery Producers' Organization, was established in 1993 with its headquarters in Las Palmas, the most important port in the Central Atlantic.

It was founded with the aim of uniting and defending the interests of national shipowners engaged in fishing in West African waters. It currently comprises 12 shipowners with a total of 18 freezer trawlers.

Our fleet currently operates in the waters off Northwest Africa, specifically along the coasts of Mauritania, Senegal, Gambia, Angola, Guinea-Bissau, and in international waters of the South Atlantic, under sustainable fishing agreements between third countries and the EU or under private agreements. In addition, part of our fleet operates in international waters of the North Atlantic (NAFO Area).

With the aim of continuing to maintain this important source of seafood to supply our markets, our organization focuses on critical aspects such as sustainability and the technological improvement of our vessels.

## Our fishing grounds

The ANACEF fleet operates in various regions of Northwest Africa. Its fishing activities take place off the coasts of Mauritania, Senegal, The Gambia, Guinea Bissau and Angola, as well as in the international waters of the western South Atlantic. These areas are rich in marine biodiversity and support sustainable and diverse fishing.





## Our species

### 1. Angola

1. Striped red shrimp
2. Deep water rose shrimp
3. Sacrlet shrimp
4. West african geryon

### 2. Bissau

5. Cunene horse mackerel
6. Common octopus
7. Zebra tilefish
8. European flying squid
9. Red pandora
10. West african goatfish
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13. Imperial scaldfish
14. Bearded brotula

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16. Giant african cuttlefish
17. Large-eye dentex
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23. Benguela hake
24. Birdbeak dogfish
25. John dory
26. Verrugato de Canarias
27. Silvery john dory
28. Darwin's slimehead
29. West african ilisha

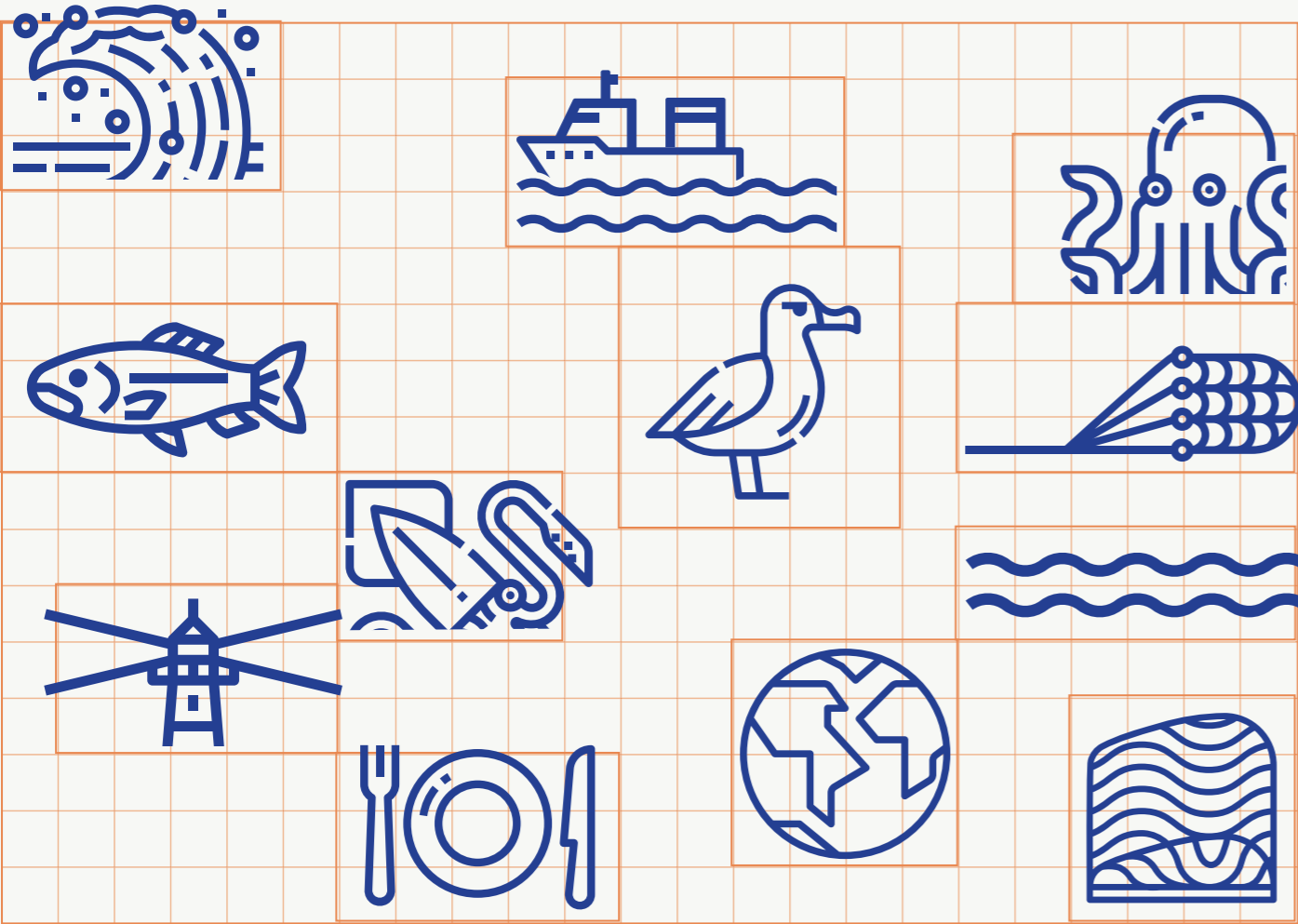
### 3. NAFO

30. Silver hake
31. Greenland halibut

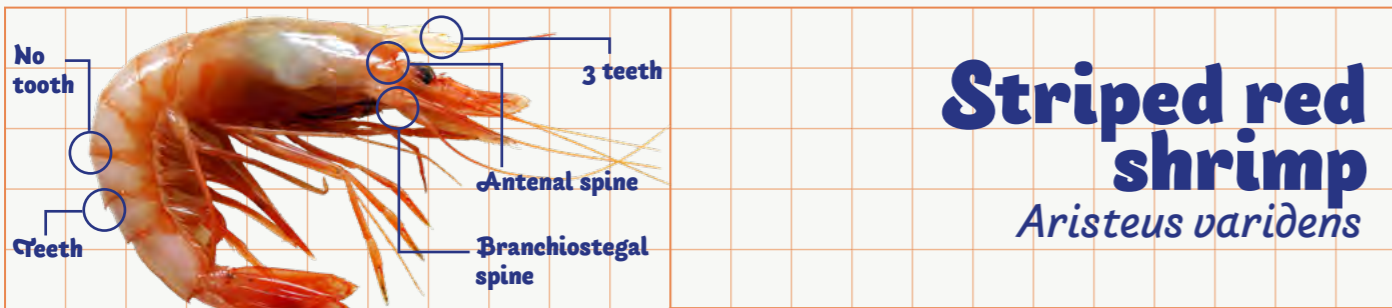
32. Beaked redfish
33. Long rough dab
34. Yellowtail flounder
35. White hake
36. Atlantic halibut
37. Atlantic cod
38. American angler
39. Haddock

### 4. Southwestern Atlantic

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42. Patagonian squid
43. Longtail southern cod
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45. Patagonian toothfish
46. Marmolated skate
47. Patagonian grenadier
48. Tadpole codling



# 1. Angola



# Striped red shrimp

*Aristeus varidens*

**Family:** Aristeidae  
**Order:** Decapoda  
**FAO Code:** ARV  
**Type of fish:** Prawns, shrimp



**International names**  
 Spanish: Alistado, gamba listada.  
 French: Gambon rayé  
 German: Tiefseegarnele (genérico)  
 Italian: Gambero viola

**Description:** Large shrimp, with 3 dorsal teeth at the base of the rostrum, which can be as long in males as in females. The head is large, almost half the total length. The carapace is smooth, with a slight keel and antennal and branchiostegal spines, but without a hepatic spine. The third abdominal segment without a posterior tooth; while fourth, fifth, and sixth abdominal segments have a tooth. Females can reach 20 cm, whereas males reach only 12 cm. Pearly white, with orange transverse bands, hence its name “striped”, and bluish-purple spots around the abdominal joints and the cephalothorax.

**Habitat:** Deep-water species that lives on muddy bottoms of the continental slope. It has a differentiated bathymetric distribution depending on size: juveniles are found at depths of 300 m or less, while adults are more frequent between 400 and 600 m. It is assumed that the species lives semi-buried in the substrate during the day.

**Biology:** The average lifespan is about two years, and reproduction begins at the end of the cold season. It feeds on crustaceans, fish, and polychaete worms.



## Geographic distribution and fishing areas



**Distribution:** Eastern Atlantic, from the Sahara (24°) to Angola (Cabinda) and Namibia (18°).

**Fishing season:**



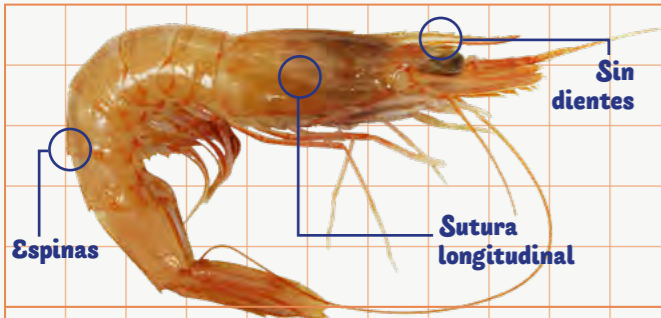
**Fishing area:** Trawling is carried out on the continental slope, between 400 and 800 m, off the coasts of Senegal, Guinea, and Angola. The “striped” shrimp constitutes almost the entire catch (97.8%) of ANACEF trawlers operating in Angolan waters.

**Commercialization:** ANACEF commercializes it frozen, sorted into 4 categories (1, 1X, 2 and 3), Small and Tails.



**Gastronomy:** This crustacean, similar to the Mediterranean red prawn (*Aristeus antennatus*), is highly prized for its large size and intensely flavored head. It is considered one of the most flavorful shellfish and especially sought after in Andalucía. Its juicy, firm flesh makes it ideal for eating raw (tartare or carpaccio), as well as grilled, boiled, or in rice dishes.

**Nutritional value:** High in high-quality protein (over 20%) and low in fat (below 3%), primarily in the form of omega-3 fatty acids. It has a modest calorie content (less than 100 calories per 100 g), although it contains a relatively high amount of cholesterol, particularly in the head. It is also a source of iodine, phosphorus, selenium, calcium, and B vitamins, especially B12 and B3. Its nutritional value makes it a suitable food for people of all ages.



# Deep water rose shrimp

*Parapenaeus longirostris*

**Description:** Small crustacean with a thin, elongated rostrum that curves slightly upward, bearing 7–8 teeth along its dorsal margin and none along the lower margin. The cephalothorax is narrow, with a longitudinal suture running almost the entire length of the carapace, and 3 spines along its anterior portion. The last three abdominal segments with dorsal spines. The antennae are notably long. Females reach up to 19 cm in length and males up to 16 cm, however, females are most commonly between 12 and 16 cm and males between 8 and 14 cm. Pinkish orange body, red rostrum, reddish-violet gastric region and greenish ovaries (turquoise green at maturity), sides of the abdomen with bright orange blotches.

**Habitat:** Inhabits muddy or sandy bottoms at depths between 20 and 700 m, commonly between 150 and 400 m (or 70 and 100 m depending on the region), at temperatures ranging from 8° to 15°.

**Biology:** It carries out important daily or monthly vertical migrations. Its bathymetric distribution is size-related, with larger individuals occupying deeper waters. An omnivorous species, it feeds on benthic organisms (such as clams and small crustaceans), organic matter, and carrion. Spawning occurs between November and April.

**Family:** Penaeidae  
**Order:** Decapoda  
**FAO Code:** DPS  
**Type of fish:** Prawns



**International names**  
 Spanish: Gamba blanca, gamba de altura  
 English: Deep-water rose shrimp  
 French: Crevette rose du large  
 German: Rosa Geißelgarnele  
 Italian: Gambero bianco  
 Portuguese: Gamba branca  
 Russian: Креветка розовая глубоководная  
 Chinese: 长额拟对虾  
 Arabic: إيمال قامة أديدرو ناي بري



## Geographic distribution and fishing areas



**Distribution:** Eastern Atlantic from Portugal to Angola, and Mediterranean; absent in the Black Sea and northern Adriatic.

**Fishing season:**



**Fishing area:** Of commercial importance in the Mediterranean and the Gulf of Guinea. It is caught by bottom trawling from southern Portugal to the southern coast of the Sahara, and off the coast of Senegal. ANACEF trawlers catch it in Angolan waters, although in very small proportions (1.1%).



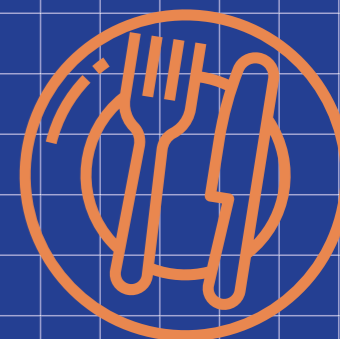
**Commercialization:** ANACEF commercializes it frozen, sorted into 4 categories: 1, 2, 3, 4.

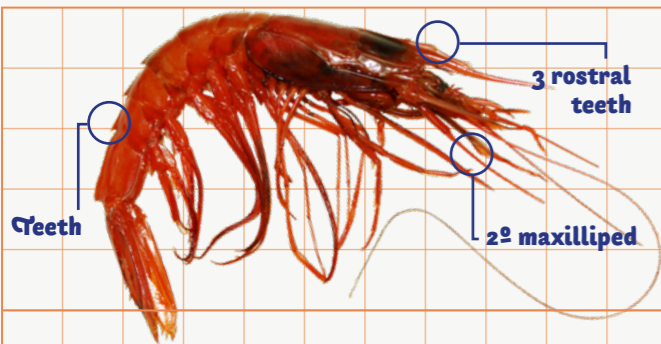
**Gastronomy:**

One of the most prized delicacies in Spanish cuisine, valued for its tender, delicate meat and exceptionally sweet, aromatic flavor. It is consumed boiled, grilled, fried, in stews, and raw in contemporary preparations.

**Nutritional value:**

It is a high-quality, nutritional food, ideal for healthy diets, with low calorie content (74–100 kcal per 100 g), low fat (less than 1.5 g), and high protein content (17–22%). It is notable as a source of iodine, phosphorus, selenium, zinc, calcium, vitamin B12, niacin, and omega-3 fatty acids.





# Sacrlet shrimp

*Aristaeopsis edwardsiana*

**Family:** Aristeidae  
**Order:** Decapoda  
**FAO Code:** SSH  
**Type of fish:** Prawns, shrimps

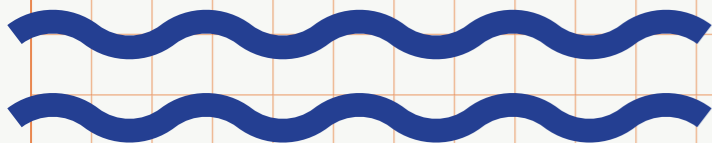


**International names:**  
 Spanish: Carabinero  
 French: Gambon écarlate  
 German: Rote Riesengarnele  
 Italian: Gambero rosso  
 Portuguese: Carabineiro cardeal  
 Japanese: Sukaretto-shurinpū

**Description:** A large crustacean with a tall, laterally compressed body. The rostrum is elongated and curves upwards in females, whereas in adult males it is short, with three dorsal teeth at its base. The carapace is hard and robust, with numerous well-defined ridges. The second maxilliped is bordered by a double row of long setae, giving it a feathery appearance. The last four abdominal segments have well-developed ridges with teeth. Maximum size: 33 cm in females and 19 cm in males. Bright, dark red, particularly intense on the carapace and the back of the abdomen.

**Habitat:** Inhabits muddy bottoms of the continental slope, generally at depths between 400 and 900 m, and temperatures ranging from 5° to 8°C.

**Biology:** A very active predator of other decapods, fish and, to a lesser extent, small crustaceans and cephalopods.



## Geographic distribution and fishing areas



**Distribution:** A cosmopolitan species, which is found throughout deep waters, particularly in the tropical and subtropical regions of the Atlantic, Indian, and Pacific Oceans. In the Eastern Atlantic, its range extends along the entire African coast, from Portugal to South Africa, including the Azores, Madeira, and the Canary Islands.

**Fishing season:**



**Fishing area:**

It is caught using bottom trawls in Moroccan and Angolan waters, as well as off the Andalusian coast, particularly in Huelva. There is also a small-scale fishery using traps on the island of Lanzarote. ANACEF trawlers catch it in Angolan waters, although it represents a very small proportion of shellfish catches (0.3%).

**Comercialization:**

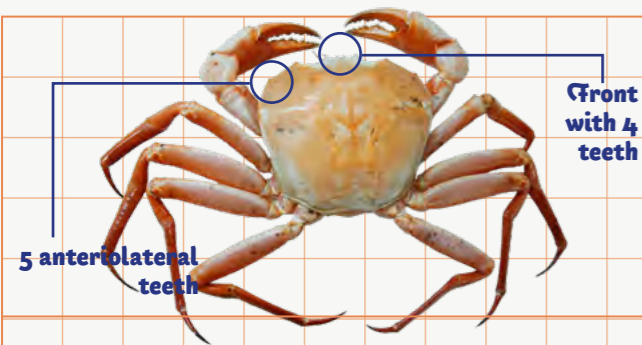
ANACEF sells it frozen, sorted into 4 categories: 1, 2, 3, 4.



**Nutritional value:** A seafood of high nutritional value, with a high content of quality protein (18–20 g per 100 g) and low in fat (between 1–2%) and calories (105–115 kcal per 100 g). It is a source of minerals, including potassium, phosphorus, selenium, iron, zinc, and iodine, as well as B vitamins, especially B12. Although it provides omega-3 fatty acids, it also contains a relatively high amount of cholesterol, particularly in the head. An excellent food for low-calorie diets when consumed in moderation.

**Gastronomy:**

This shellfish is highly prized in Mediterranean and Atlantic cuisine due to its large size and strong, sweet, and briny flavor, particularly in the head. It is traditionally grilled with salt and used in rice dishes, soups, and sauces. Its red color remains vibrant when cooked.



# West african geryon

## *Chaceon maritae*

**Description:** A large crab with a hexagonal body, wider at the front, and a smooth carapace with grooves. The frontal region has four short, broad teeth, lacking a median tooth. The anterolateral margin bears five blunt, dark teeth, the second and fourth being very indistinct. The claws are slightly unequal in shape and size. The walking legs are smooth, without hairs or spines. In males, the carapace can reach 14 cm in length and 16 cm in width, while in females it does not exceed 8.9 cm by 9.5 cm. Dirty brown or yellowish, generally uniform and without distinctive patterns or spots.

**Habitat:** Deep-water benthic species that inhabits muddy bottoms, between 100 and 936 meters, most frequent between 300 and 700 meters.

**Biology:** This species exhibits sexual dimorphism and bathymetric segregation: males reach larger sizes than females, which tend to migrate more than males. Reproductive cycles are influenced by depth and temperature, with ovigerous females often found at specific depths during certain times of the year. It functions as both a scavenger and a predator within the benthic ecosystem.

**Family:** Geryonidae  
**Order:** Decapoda  
**FAO Code:** CGE  
**Type of fish:** Crabs, spider crabs



**International names:**  
 Spanish: Gerión de Guinea  
 French: Géryon ouest-africain  
 German: Westliche Rote Tiefseekrabbe  
 Italian:  
 Portuguese: Carangejo



# Geographic distribution and fishing areas



**Distribution:** West Africa, from the Sahara to South Africa.

**Fishing season:**



**Fishing area:**

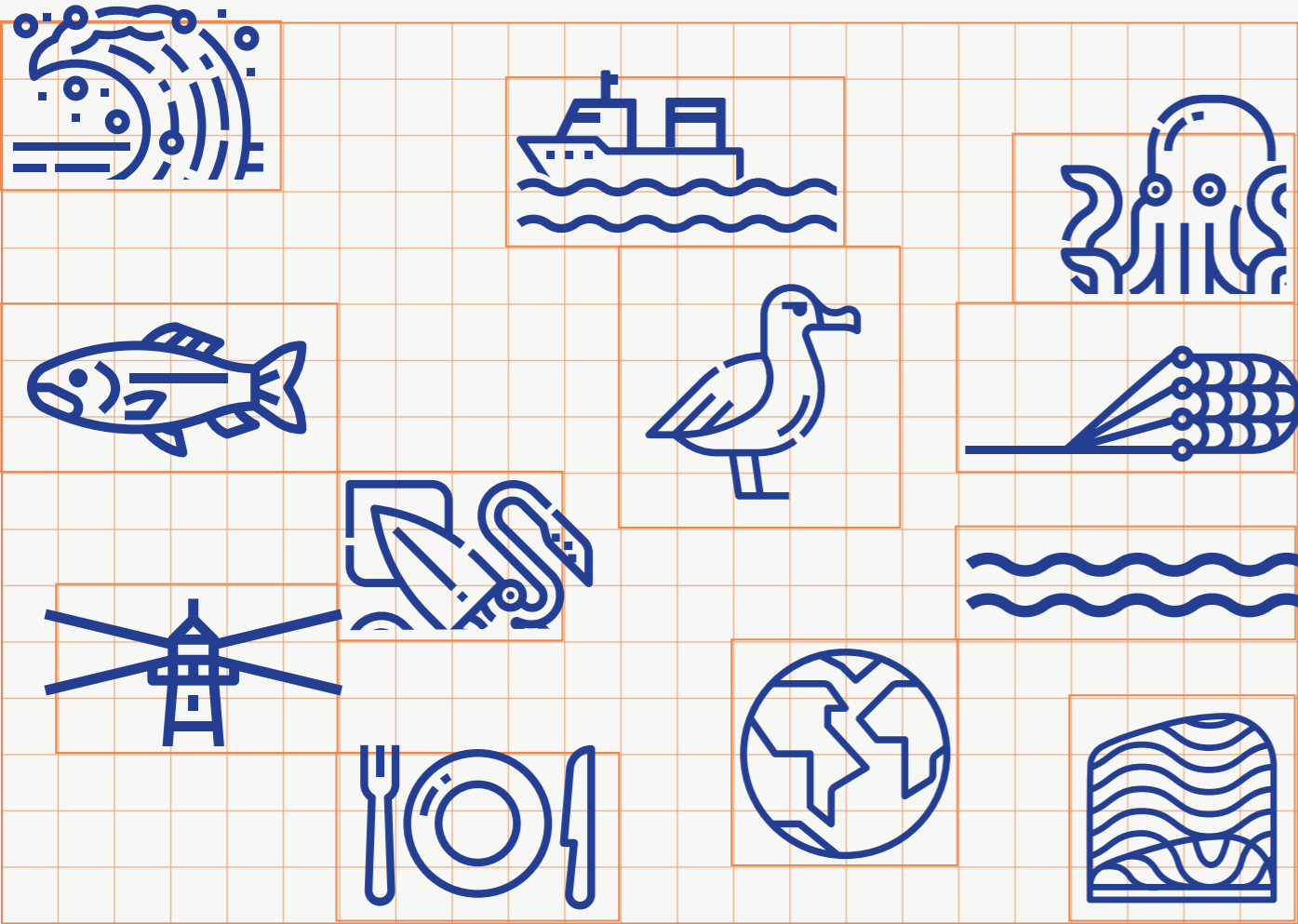
Found off the coasts of Angola and Namibia. Exploratory fishing has also been carried out off the coast of Ivory Coast. It is mainly caught using trawls and, in areas with rocky or irregular bottoms, with pots or traps. ANACEF vessels fish for it by trawling off the continental slope of Angola, although the species represents less than 1% of shellfish landings from this fishing ground.

**Comercialization:**

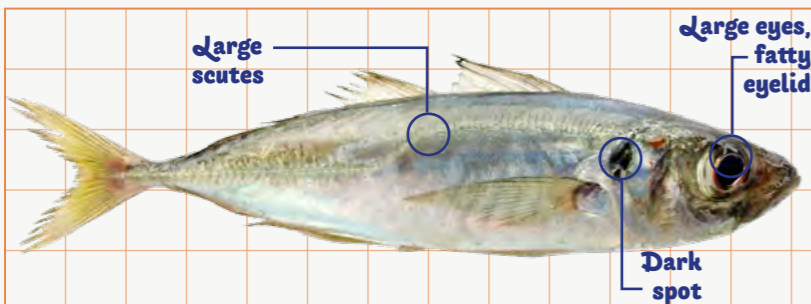
It is sold frozen, either whole or typically cut into portions, such as "breasts" (bodies), "legs," "claws," or clusters (sections of legs attached to the body). It is also sold cooked, or canned or packaged in glass as a gourmet product.

**Nutritional value:** Shellfish with an excellent nutritional profile, rich in high-quality protein (>17 g per 100 g) and omega-3 fatty acids (200 mg per 100 g), with low fat content and moderate cholesterol levels (63-79 mg per 100 g). It is an excellent source of essential minerals, including zinc, selenium, iodine, and copper, and contains low concentration of heavy metals. The roe has a higher protein concentration (22 g per 100 g) and is richer in total fat.

**Gastronomy:** A crustacean of high commercial and gastronomic value, highly prized for the quality and tenderness of its meat. Both the leg muscles and body are consumed, as well as the ovaries and hepatopancreas. The most common and appreciated preparation is cooking, but it is also used in tartares, salads, steamed dishes with oil and citrus, or preserved.



## 2. Bissau



# Cunene horse mackerel

*Trachurus trecae*

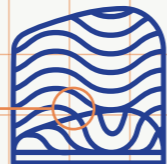
**Description:** Body elongated and slightly compressed, with approximately equal upper and lower profiles. Large eye with a well-developed adipose eyelid. Pointed snout; protrusible mouth, with a moderately wide upper jaw extending below the anterior margin of the eye. A very prominent lateral line runs along the flank, formed by large, sharp, hard scales (scutes) on both the curved and straight portions of the lateral line. It reaches a maximum fork length of 80 cm, though 35 cm is common. One of the most abundant species in Guinea-Bissau. Upper part dark, almost black or gray to bluish-green; flanks and belly paler, whitish to silvery; a dark spot on the upper edge of the operculum.

**Habitat:** A gregarious species usually found near the bottom at depths between 20 and 300 m. Adults form large schools over the continental shelf, mainly between 100 and 300 m.

**Biology:** They undertake seasonal migrations along the coast and feed mainly on crustaceans.

**Family:** Carangidae  
**Order:** Carangiformes  
**FAO Code:** HMZ  
**Type of fish:** Oily fish

**Oily fish**



**International names:**  
 Spanish: Jurel, jurel de Cunene  
 French: Chinchard du Cunène  
 German: Bastardmakrele (generic)  
 Italian: Suro atlantico  
 Portuguese: Carapau-do-cunene  
 Japanese: Maaji (generic)



# Geographic distribution and fishing areas



**Distribution:** Eastern Atlantic, from Mauritania to southern Angola, including the Canary Islands (very rare) and Cape Verde.

**Fishing season:**



**Fishing area:**

ANACEF vessels fish for this species by trawling, currently in the waters of Guinea-Bissau, where it represents 20% of landings but, due to its low market price, only 7.5% of income.

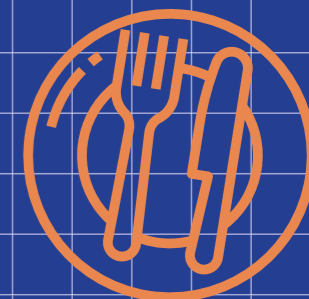
**Commercialization:**

It is sold fresh or frozen, usually whole. ANACEF sells it whole, frozen, and separated into four categories.

Species	Format	Size (g)	Packing
CUNENE	Entire	Mix	Block
CUNENE B	Entire	> 31 cm (> 500 g)	Block
CUNENE M	Entire	28/31 cm (300/500g)	Block
CUNENE S	Entire	25/28 cm (< 300 g)	Block

**Nutritional value:**

An oily fish, very healthy, rich in high-biological-value protein, omega-3 fatty acids, minerals such as selenium, phosphorus, iodine, and potassium, and vitamins A, D, E, and the B complex (riboflavin, B6, and B12). It provides approximately 112 kcal, 15–16 g of protein, and 6–7 g of healthy fats per 100 g.



**Gastronomy:**

An inexpensive yet highly prized fish in Spanish cuisine. It is eaten grilled, baked, or fried; pickled or marinated; stewed; or preserved.



# Common octopus

*Octopus vulgaris*

**Description:** Body with a sack-like mantle, firm and muscular, with 8 arms equipped with 2 rows of suckers. The mouth is located in the center of the arms and is armed with strong, horny mandibles shaped like a parrot's beak. Arms II and III are longer in adult males (2.5 times the length of the upper arm) and are spoon-shaped. Four papillae are present on the dorsal surface of the mantle, two above the eyes. Mantle length can reach up to 40 cm, total length up to 1.8 m, and weigh up to 10 kg. Highly variable depending on the environment and the animal's condition, with greyish, yellowish, brownish, and greenish tones predominating. The skin is reticulated and bears four characteristic whitish spots on the dorsal surface.

**Habitat:** It lives on or near the seabed, inhabiting very shallow coastal waters from 5 m down to the edge of the continental shelf, at depths exceeding 200 m. It is usually associated with rocky or stony habitats where it finds refuge.

**Biology:** This species is characterized by very rapid growth and a short lifespan, estimated at about two years. Females die after reproducing. Its diet is varied and includes bony fish, crustaceans, bivalves, and other cephalopods.

**Family:** Octopodidae  
**Order:** Octopoda  
**FAO Code:** OCC  
**Type of fish:** Squids, cuttlefishes, octopus



**International names:**  
 Spanish: Pulpo común  
 French: Pieuvre  
 German: Gewöhnlicher Krake  
 Italian: Polpo di scoglio  
 Portuguese: Polvo  
 Japanese: Ma-dako tako



## Geographic distribution and fishing areas



### Distribution:

A cosmopolitan species found in all temperate and tropical oceans. Abundant in the Mediterranean and eastern Atlantic.

### Fishing season:



### Fishing area:

The Eastern-Central Atlantic (Area 34) is the world's most important fishing ground for common octopus, particularly the Saharan Bank. Spain (especially Galicia and the Mediterranean) and Portugal are the leading fishing nations. The ANACEF fleet catches it in the fishing grounds of Guinea-Bissau, where the species represents 16.3% of annual landings and, due to its high market price, nearly half of the revenue (47.1%).

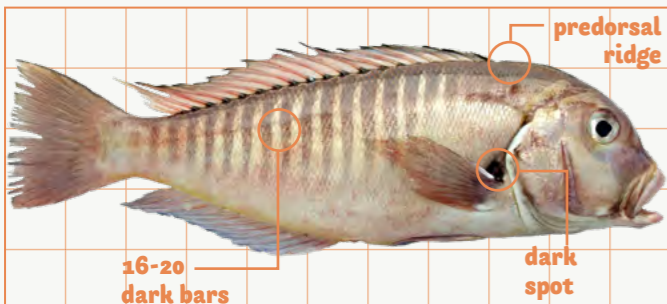
### Commercialization:

ANACEF sells it whole, frozen, and separated into eight categories.

Species	Format	Size	Presentation	Packing
CABEZUTO	Entire	-/200	Block	Trunk
POULPE GG	Entire	1600/2000	Block	
POULPE GGG	Entire	2100/3000	Block	
POULPE G	Entire	1100/1500	Block	
POULPE M	Entire	600/1000	Block	
TAKO T-1	Entire	4500/+	Block	Trunk
TAKO T-1	Entire	4500/+	Block	Flap
TAKO T-1	Entire	4500/+	Block	Crate
TAKO T-1	Entire	4500/+	Wrapped	Crate
TAKO T-2	Entire	3000/4500	Block	Trunk
TAKO T-2	Entire	3000/4500	Block	Flap
TAKO T-2	Entire	3000/4500	Block	Crate
TAKO T-2	Entire	3000/4500	Wrapped	Crate

**Nutritional value:** A highly nutritious food, low in calories (approx. 70–86 kcal/100 g) and fat (0.9–1.8 g), yet rich in high-quality protein (10–15 g per 100 g). It is notable for its high content of minerals, including selenium, iodine, phosphorus, and zinc, and also provides vitamins B6, B12, and E.

**Gastronomy:** One of the most prized ingredients in seafood markets and world cuisine, especially along the Spanish Atlantic coast (Galicia) and the Mediterranean basin. It is consumed boiled, grilled, barbecued, stewed, or in rice dishes.



# Zebra tilefish

*Branchiostegus semifasciatus*

**Family:** Malacanthidae  
**Order:** Eupercaria  
**FAO Code:** UAE  
**Type of fish:** White fish



**Nombres internacionales:**  
 Inglés: Zebra tilefish  
 Francés: Tile zebre  
 Alemán: Gestreifter Ziegelbarsch  
 Italiano: Tubo zebrato  
 Portugués: Zebra  
 Japonés: Zebura-amadai

**Description:** Body elongated and compressed. Head rounded, with an elevated, black predorsal ridge. The eye is relatively large. The dorsal fin is long and continuous, with 6 spines and usually 16 soft rays. The anal fin has one spine and 13 soft rays. The caudal fin has a truncated margin. It usually measures between 20 and 40 cm, but can reach up to 60 cm. Golden yellow on sides with a series of 16 to 20 grey-violet (dark) vertical bars and a large dark area between the pectoral fin axil and the dorsal margin of the operculum.

**Habitat:** It is a benthic fish that lives on soft sandy or muddy bottoms near the edge of the continental shelf, at depths between 50 and 200 m.

**Biology:** It can live in burrows or mounds like other species in the family. Its larvae are pelagic and spiny. Mature females have been found in September and January. It feeds on small crustaceans and other benthic organisms.



## Geographic distribution and fishing areas



**Distribution:** Endemic to the tropical Central-Eastern Atlantic. It is distributed from Casablanca (Morocco) to Angola, but is rarely found north of Dakar (Senegal).

### Fishing season:



**Fishing area:** Caught using bottom trawl nets. ANACEF's freezer trawlers catch it in the fishing grounds off Guinea-Bissau, where it represents 9.4% of annual landings.

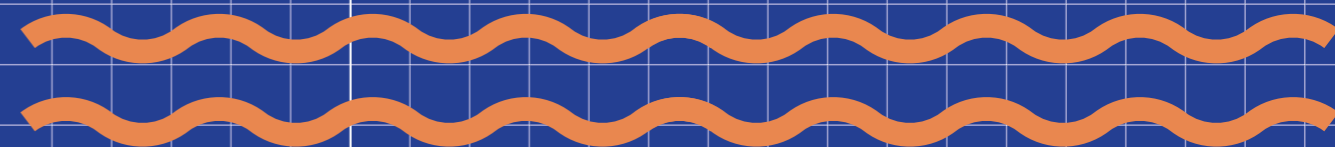
### Comercialization:

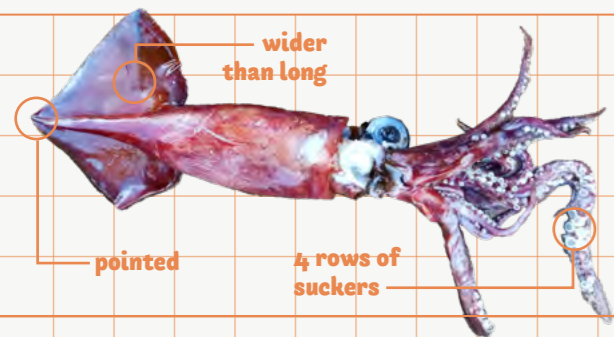
ANACEF commercializes entire frozen, sorted into four categories.

Species	Format	Size (g)	Presentation
AMADAI (Zèbre)	Entire	Mix	Block
AMADAI G	Entire	500 - 1000 g	Block
AMADAI M	Entire	300 - 500 g	Block
AMADAI P	Entire	<200	Block

**Nutritional value:** A white fish with a fat content of less than 2% and rich in high-quality protein (18-20 g per 100 g). It is a rich source of B vitamins (B12, B6 and niacin) and minerals, including phosphorus, potassium, iodine, magnesium, and calcium.

**Gastronomy:** A white fish considered high quality for its firm flesh, smooth texture, and delicate flavor, and highly prized in Japanese cuisine. It is typically prepared grilled, pan-fried, baked, deep-fried, or in stews and broths.





# European flying squid

*Todarodes sagittatus*

**Description:** Body elongated, conical, and pointed. Fins wider than long. Very long tentacular club with 4 longitudinal rows of suckers, each with a large central tooth and 8–10 smaller teeth. Below the siphon, a characteristic fan-shaped striated marking is present. Mantle length ranges from 30 to 40 cm, but can reach up to 75 cm, although African populations are smaller than European ones. Dark purplish-red with light flecks.

**Habitat:** A typical neritic-oceanic species well adapted to upwelling systems. It occurs at depths from less than 20 m to 4,500 m.

**Biology:** It forms large schools, undertaking significant daily vertical and horizontal migrations following the main currents. Its lifespan is estimated at 12–15 months. Females are highly fecund, producing hundreds of thousands of eggs. It feeds on fish, small crustaceans, and other cephalopods, making it an important prey for pelagic fish and marine mammals.

**Scientific name:** *Todarodes sagittatus*  
**Family:** Ommastrephidae  
**Class:** Cephalopoda  
**Order:** Oegopsida  
**FAO Code:** SQE  
**Type of fish:** Squid, cuttlefish, octopus



**International names:**  
 Spanish: Volador, pota europea, pota negra  
 French: Toutenon commun  
 German: Pfeilkalmar  
 Italian: Totano  
 Portuguese: Pota europeia  
 Japanese: Yōroppa-meika



## Geographic distribution and fishing areas



**Distribution:** Northeast Atlantic, from the Arctic to the Gulf of Guinea, including the Mediterranean.

**Fishing season:**



**Fishing area:**

Area 18: Arctic Ocean.  
 Area 27: Northeastern Atlantic Ocean. Area 34: Central-eastern sector of the Atlantic Ocean. Area 37: Mediterranean Sea and Black Sea. Area 47: Southeastern sector of the Atlantic Ocean.  
 The ANACEF fleet catches it in the fishing grounds of Guinea-Bissau, where the species represents 8% of annual landings.

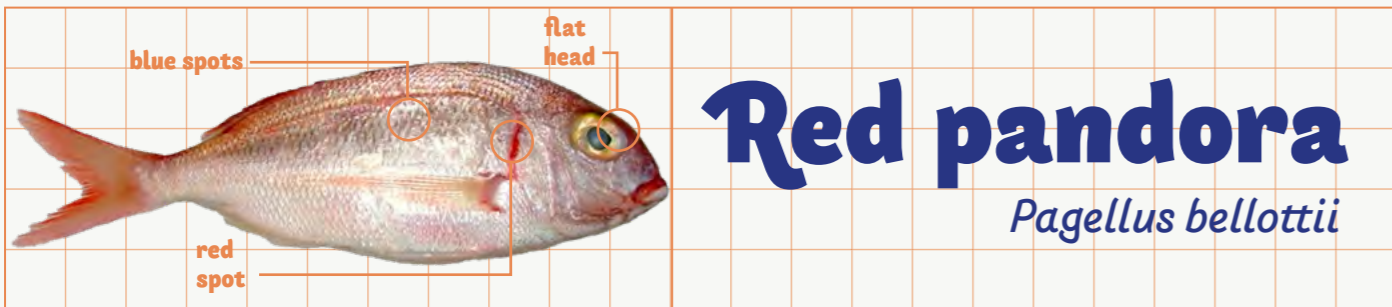
**Comercialization:**

ANACEF markets it frozen entire in 5 categories.

Species	Format	Size (cm)	Presentation	Packing
POTA GG	Entire	26/30	Block	Trunk
POTA GG	Entire	22/26	Block	Trunk
POTA M	Entire	18/22	Interleaved	Crate
POTA P	Entire	15/18	Interleaved	Crate
POTA PP	Entire	15/18	Block	Trunk

**Nutritional value:** A highly nutritious mollusk, low in fat and calories (90–100 kcal), but rich in high-biological-value protein (15–16 g). It is notable for its mineral content (potassium, zinc, phosphorus, and iron) and vitamins B3, B6, and B12.

**Gastronomy:** A versatile and flavourful cephalopod, this economical alternative to squid is highly prized in Mediterranean and Atlantic seafood cuisine. Its firm texture lends itself to a variety of cooking methods, including grilling, stewing, rice dishes, crispy frying, and sautéing with onions.



# Red pandora

*Pagellus bellottii*

**Description:** Oval-shaped body, laterally compressed. Head profile slightly, but regularly convex, becoming steeper from the nape downwards in adults. Mouth low, small, and slightly oblique. Dorsal fin with 12 spines and 11-12 soft rays. Anal fin with 3 spines and 10 soft rays. Measures around 25 cm, although it can reach 42 cm. One of the most abundant sparid species on the northwestern coast of Africa. There are eight species of Pagellus in the area, with the flat-headed bream being one of the most abundant sparids on the northwestern coast of Africa. More or less bright red with silvery reflections. Often with rows of blue spots following scale rows on sides and a red or orange margin on the caudal fin. A small dark red spot at the origin of the lateral line and along the upper edge of the operculum. Interorbital area dark.

**Habitat:** This demersal species lives on various seabed types (sand, mud, rock, or seagrass meadows) at depths ranging from 15 to 300 m, although it is more common in the first 100 m. Larger specimens tend to occupy the deeper areas.

**Biology:** A protogynous hermaphrodite; most individuals are female first and become male upon reaching 18-23 cm in size. It is an omnivorous species with a predominantly carnivorous diet, including crustaceans, cephalopods, small fish, and worms.

**Family:** Sparidae  
**Order:** Eupercaria  
**FAO Code:** PAR  
**Type of fish:** White fish



**International names:**  
 Spanish: Breca chata  
 French: Pageot à tache rouge  
 German: Meerbrasse  
 Italian: Pagello atlantico  
 Portuguese: Bica



## Geographic distribution and fishing areas



**Distribution:** Eastern Atlantic, from the Strait of Gibraltar to Angola, including the Canary Islands. Also present in the southwestern Mediterranean Sea.

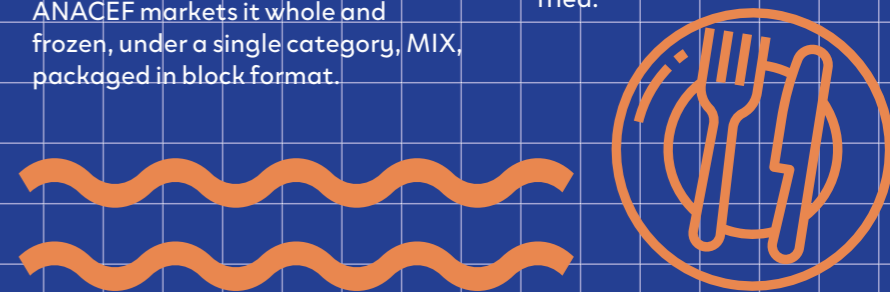


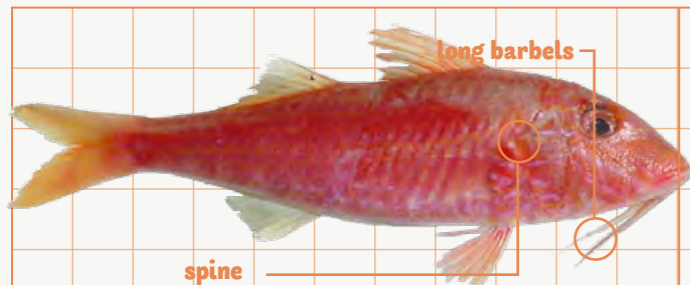
**Fishing area:** Fishing is carried out by bottom trawling in Area 34, particularly off the Sahara (26°N) and in the Canary Islands, using lines and traps. The ANACEF fleet catches it in the fishing grounds of Guinea-Bissau, where the species represents 1.5% of annual landings.

**Comercialization:** ANACEF markets it whole and frozen, under a single category, MIX, packaged in block format.

**Nutritional value:** A white fish with relatively lean flesh, its nutritional profile is similar to that of other species in its genus. It is notable for its high-biological-value protein content (17-20%) and its contribution of omega-3 polyunsaturated fatty acids, phosphorus, potassium, B vitamins, and fat-soluble vitamins (A and D).

**Gastronomy:** Its flesh is highly prized and considered of excellent quality, similar to that of sea bream or common bream, although somewhat leaner. It is eaten baked in salt, oven-baked, fried, grilled, or pan-fried.





# West african goatfish

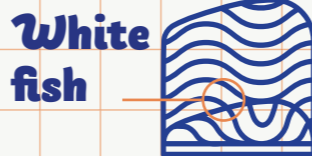
*Pseudupeneus prayensis*

**Description:** Body moderately elongated, slightly compressed laterally. Snout somewhat pointed, head profile gently convex. Mouth inferior in position, with the lower jaw not reaching the vertical line in front of the eye. A pair of long barbels on the chin and a spine on the posterior margin of the operculum. First dorsal fin with 8 spines, slightly higher than the second, which has a single spine and 8 soft rays. Commonly up to 35 cm in length, reaching a maximum of 55 cm. Pinkish-red, with 3 or 4 longitudinal lines ranging from dark red to brownish-yellow

**Habitat:** It lives on muddy or sandy substrates down to 300 m, although it is usually found on the inner continental shelf, up to 50 m.

**Biology:** It feeds on small benthic invertebrates, such as crustaceans, polychaetes, and mollusks. It uses its pair of sensory barbels to detect and search for prey hidden in the sand or mud, "plowing" the sediment to unearth them.

**Family:** Mullidae  
**Order:** Mulliformes  
**FAO Code:** GOA  
**Type of fish:** White fish



**International names:**  
 Spanish: Salmonete barbudo, salmonete africano.  
 French: Rouget du Sénégal  
 German: Meerbarbe  
 Italian: Triglia atlantica  
 Portuguese: Salmonete  
 Russian: Султанка западноафриканская



# Geographic distribution and fishing areas



**Distribution:** Eastern Atlantic, from Morocco to Angola, including the Cape Verde islands, Sao Tomé and Príncipe, occasionally reaching the western Mediterranean Sea.

**Fishing season:**



**Fishing area:**

It is commonly caught using bottom trawls in Area 34, constituting an important species in African fishing grounds, occasionally reaching Mediterranean markets. ANACEF's freezer trawlers catch it in the fishing grounds of Guinea-Bissau, where it represents 5.3% of annual landings.

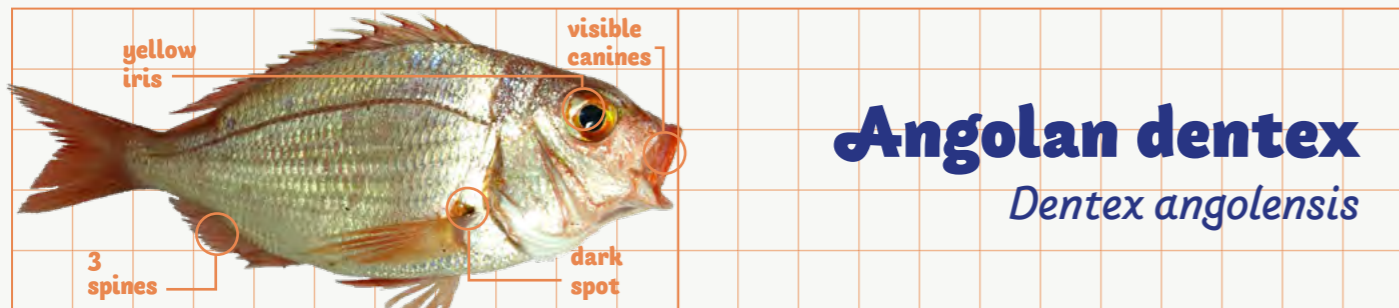
**Comercialization:**

It is often marketed under the names of other red mullet species, such as *Mullus surmuletus* or *Mullus barbatus*. ANACEF markets it whole, frozen, and packaged in blocks, separated into four categories: G, M, P, and MIX.

Species	Format	Size (g)	Packaging
SALMONETE G	Entire	125/250	Block
SALMONETE M	Entire	85/125	Block
SALMONETE P	Entire	65/85	Block
SALMONETE MIX	Entire	Mix	Block

**Nutritional value:** A white fish with high nutritional value, especially prized in artisanal fisheries in coastal West African countries. It is a good source of high-biological-value protein, low in fat, and an important source of selenium.

**Gastronomy:** A semi-fatty fish, highly valued in the traditional cuisine of West Africa and the Macaronesian islands, especially the Canary Islands and Cape Verde. This species is prized for its firm, white flesh with an intense, shellfish-like flavor. It is consumed fried, grilled, or pan-fried, and is also used in stews, soups, and rice dishes.



# Angolan dentex

## *Dentex angolensis*

**Description:** Oval body, moderately deep and laterally compressed. Head profile straight, mouth low and slightly oblique. Eyes proportionately large. Scales present on the cheeks and anterior part of the preopercle. Several rows of canine teeth; the anterior 4-6 teeth in each jaw the largest; the upper ones are visible when the mouth is closed. Anal fin with 3 spines. Reaches a maximum length of 35 cm, although the common size is 24 cm. Red with silvery highlights; head darker and belly lighter. A small dark area is present just above the insertion of the pectoral fins. Iris bright yellow.

**Habitat:** It lives on various seabeds types, with a preference for sandy mud, at depths of 15-300 m, although it has been recorded down to 700 m. Older specimens are usually found in the deeper areas of this range.

**Biology:** It is a protogynous hermaphrodite; most individuals are born female and transform into males upon reaching 18-23 cm in size. It has two spawning seasons, the most important from May to July. A carnivorous species, it feeds mainly on small epibenthic crustaceans, although it also consumes fish and, occasionally molluss and worms.

**Family:** Sparidae  
**Order:** Eupercaria  
**FAO Code:** DEA  
**Type of fish:** White fish



**International names:**  
 Spanish: Dentón angoleño  
 French: Denté angolais  
 German: Meerbrasse  
 Italian: Dentice atlantico  
 Portuguese: Dentão



# Geographic distribution and fishing areas



**Distribution:** Eastern Atlantic, along the western coast of Africa, from Morocco to Angola, including the Canary Islands.



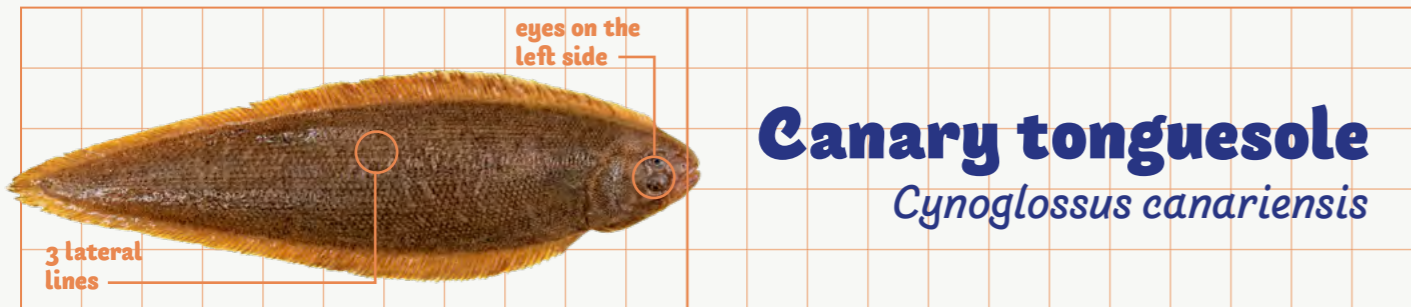
**Fishing area:** It is caught by trawling and bottom longlining and is commercially important in West Africa. The ANACEF fleet catches it in the fishing grounds of Guinea-Bissau, where it represents 5% of annual landings.

**Comercialization:** ANACEF markets it whole, frozen, as Angolan dentex, separated into 7 categories. It may be mixed with two other similar species that are very abundant in the area, *Dentex maroccanus* and *Dentex congoensis*.

Species	Format	Size (g)	Packaging
DENTON G	Entire	1000g ++	Block
DENTON M	Entire	500-1000g	Block
DENTON P	Entire	400 -500g	Block
DENTON 2P	Entire	300 -400g	Block
DENTON 3P	Entire	200 -300g	Block
DENTON 4P	Entire	150 -200 G	Block
DENTON MIX	Entire	Mix	Block

**Nutritional value:** A lean sea bream with a balanced nutritional profile, providing approximately 18% high-biological-value protein and only 2% fat. It is rich in minerals such as phosphorus (210 mg/100 g) and iodine (7 mg/100 g), and also contains vitamins A, E, and the B complex (B6, niacin).

**Gastronomy:** A firm, white-fleshed fish with a delicate flavor, ideal for cooking in salt, grilling, or baking. Its tough skin allows it to be cooked without breaking down, maintaining its juiciness.



# Canary tonguesole

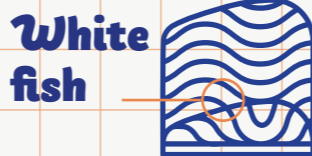
*Cynoglossus canariensis*

**Description:** A flat fish with an elongated, dorsoventrally compressed body and small eyes located on the left side. It lacks pectoral fins. It has two pelvic fins, the left one almost vestigial, with only 1-3 small rays. The dorsal and anal fins are fused to the caudal fin, ending in a point. There are three lateral lines on the eyed side and one line on the blind side. It measures about 40 cm, but can reach up to 60 cm. Ocular side uniform brown, blind side whitish.

**Habitat:** It lives on muddy and sandy bottoms at depths of 10-300 m, although it is usually caught between 10 and 80 m. Juveniles and some adults can be found in estuaries.

**Biology:** This species has a high growth rate, reaching 50% of its maximum size during its first year of life. Females grow more slowly but reach larger sizes than males. There are two spawning seasons, at the beginning and end of the dry season. It undertakes seasonal migrations to shallower waters. It feeds on small invertebrates and detritus.

**Family:** Cynoglossidae  
**Order:** Pleuronectiformes  
**FAO Code:** YO1  
**Type of fish:** White fish (Plaice, halibut, soles)



**International names:**  
 Spanish: Lengua de Canarias  
 French: Sole-langue canarienne  
 German: Kanaren-Hundszunge  
 Italian: Lingua di cane  
 Portuguese: Língua  
 Japanese: Kanaria-inunoshita  
 Chinese: Jiānàlì shétā  
 Arabic: Samak Musa-Lisan Kanari



# Geographic distribution and fishing areas



**Distribution:** Western Atlantic. An endemic species of the West Africa coast, distributed from Mauritania to Angola and in the Cape Verde and the Canary Islands.



**Fishing area:** It is fished in Areas 34 and 47. It is caught by local artisanal and industrial fisheries using trawls and fixed gillnets.

Very common and abundant in some areas, such as Senegal.

**Comercialization:** ANACEF markets it whole and frozen, in 5 categories. It is possible that several species may be unloaded mixed together, as they are very difficult to separate. In Guinea-Bissau, three species of *Cynoglossus* are found, the most abundant being *C. canariensis* and *C. monodi*.

Species	Format	Size (cm)	Presentation	Packaging
LENGUA	Entire	Mix	Block	Trunk
LENGUA G	Entire	30/35	Block	Trunk
LENGUA GG	Entire	35/+	Block	Trunk
LENGUA M	Entire	26/30	Block	Trunk
LENGUA M	Entire	26/30	Block	Crate
LENGUA P	Entire	22/26	Block	Trunk

**Nutritional value:** A white fish with high nutritional value, characterized by being very low in calories and fat. It provides high-biological-value protein (18-24 g per 100 g) and is an excellent source of essential micronutrients: vitamins B12 and D, and minerals such as phosphorus, selenium, iron, magnesium, and iodine.

**Gastronomy:** A flatfish, similar in taste and texture to sole, with white, lean, and delicate flesh. It can be eaten boiled, grilled, fried, breaded, or baked.



# Imperial scaldfish

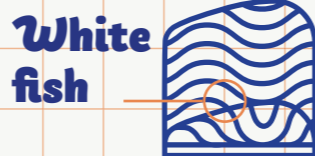
*Arnoglossus imperialis*

**Description:** A flatfish with an oval, laterally compressed body. It has a relatively small head with a snout shorter than the eye. The eyes are located on the left side of the body and are separated by a bony ridge. The mouth is small and oblique, with fine teeth. The long dorsal fin begins near the head and extends almost the entire length of the body; the second through fifth or sixth rays are elongated and thickened in mature males, but not, or slightly, in immature males and females. The anal fin is also long and parallel to the dorsal fin; the caudal fin is rounded, and the pectoral fins are well-developed, especially on the eyed side. The lateral line has a distinctive arch above the pectoral fin. It reaches a maximum length of 25 cm. The eyed side is greyish or brownish, with irregular darker markings distributed along the body, while the blind side is light in colour. Males have a distinctive black spot on the posterior part of the pelvic fins and a prominent red coloration on the blind side.

**Habitat:** Benthic species that inhabits depths between 15 and 350 m, on mud, sand, shells and coral bottoms, although it is most commonly found between 40 and 200 m.

**Biology:** Lives perched on the seabed and has a great capacity for camouflage. The species is primarily nocturnal and is a predator that feeds on crustaceans, molluscs, and small fish.

**Family:** Bothidae  
**Order:** Pleuronectiformes  
**FAO Code:** RLI  
**Type of fish:** White fish



**International names:**  
 Spanish: Peluda imperial, gallo  
 French: Arnoglosse imperial  
 German: Plattfisch (generic)  
 Italian: Arnoglossio imperiale  
 Portuguese: Carta  
 Japanese: Hirame-ruì (generic)



## Geographic distribution and fishing areas



**Distribution:**

Eastern Atlantic, from Scotland to Namibia, including the Canary Islands (rare) and Madeira; also present in the western Mediterranean.

**Fishing season:**



**Fishing area:**

Coasts of the Iberian Peninsula (especially Galicia, Portugal and the Gulf of Cádiz), West Africa, and the western and central Mediterranean. The ANACEF fleet catches it in the fishing grounds of Guinea-Bissau, where it represents 2.9% of annual landings.

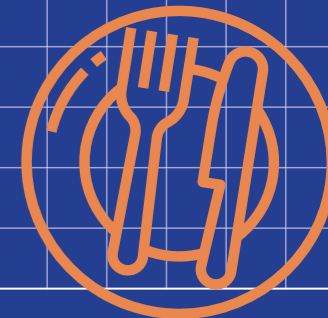
**Comercialization:**

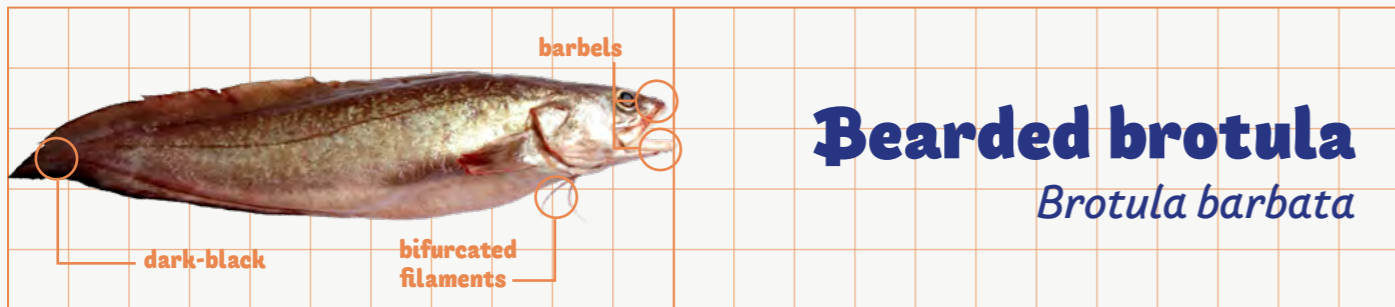
ANACEF markets the entire imperial scaldfish in blocks, separated into four categories. Although it is the most common Bothidae species in Guinea-Bissau, at least five species of the family coexist in this fishing ground, and up to 13 along the west coast of Africa. Therefore, landings likely comprise a mixture of several species.

Species	Format	Size (cm)	Preparation
PELUDA G	Entire	22/+	Block
PELUDA M	Entire	18/22	Block
PELUDA MIXTE	Entire	Mix	Block
PELUDA P	Entire	-/18	Block

**Nutritional value:** White fish with a high content of high-quality protein (16-18 g/100 g) and low fat content (1-3 g/100 g). It contains small amounts of omega-3 fatty acids and is rich in B vitamins (B6, B12), vitamin D, and minerals such as phosphorus, iodine, and selenium.

**Gastronomy:** A high-quality white fish with fine, delicate flesh and a texture similar to that of John Dory, highly prized in the markets of the coastal areas of Andalusia and Galicia. It is eaten grilled, baked, or fried, and is a key ingredient in the typical Andalusian "pescaíto frito" (fried fish).





# Bearded brotula

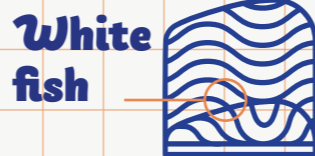
## *Brotula barbata*

**Description:** Body elongated and laterally flattened, tapering towards the rear, with 6 sensory barbels on the snout and another 6 on the chin. The dorsal, caudal, and anal fins fused into a single fin. The pelvic fins are transformed into forked filaments. The species can reach up to 1 meter in total length. Brownish-pink, lighter on the belly. The ventral fins are dark, gradually becoming blackish towards their tips.

**Habitat:** A benthopelagic species. Adults live on or near the bottom on sandy and muddy substrates, often hidden in caves or holes, at depths of up to 650 m. Juveniles are commonly found in reef environments.  
**Biology:** An active, carnivorous fish and opportunistic predator that feeds mainly on small crustaceans, fish, and squid.

**Distribution:** It occurs in the tropical and subtropical regions of the Eastern and Western Atlantic Ocean. Along the African coast, it is found from Morocco to Angola. Its presence has recently been recorded in the Canary Islands.

**Family:** Brotulidae  
**Order:** Ophidiiformes  
**FAO Code:** BRD  
**Type of fish:** White fish



**Nombres internacionales:**  
 Spanish: Brótola, brótola de barbas  
 French: Brotule barbée  
 German: Brotula o mostelle  
 Italian: Brotula  
 Portuguese: Abrótea  
 Japanese: Reddoheiku



# Geographic distribution and fishing areas



### Distribución:

En las regiones tropicales y subtropicales del Atlántico Oriental y Occidental. En la costa africana se encuentra desde Marruecos hasta Angola. Recientemente se ha detectado su presencia en las Islas Canarias

### Fishing area:

Fisheries exist on both sides of the Atlantic, in FAO Areas 31, 34, 41, and 47. The ANACEF fleet catches it in the fishing grounds off Guinea-Bissau, where it represents 1.7% of annual landings.

### Fishing season:



### Comercialization:

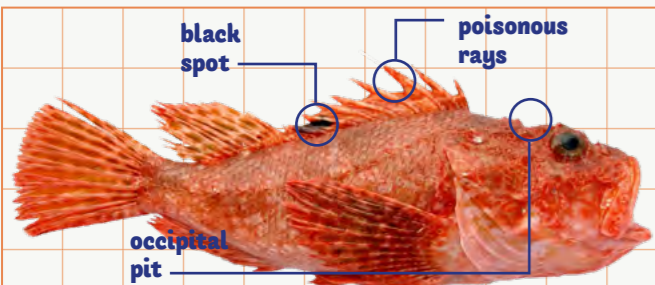
ANACEF commercializes frozen brotula, either whole with head or headless in three categories: large, very large, and medium.

Category	Size
BROTOLA C/C	Mix
BROTOLA S/C G	800/1200
BROTOLA S/C GG	1200/1500
BROTOLA S/C M	500/800

**Nutritional value:** A white, lean fish, highly valued for its low calorie content (70-90 kcal per 100 g), low fat content (less than 2%), and high-quality protein (17-19 g per 100 g). It is rich in phosphorus, potassium, and magnesium, as well as B vitamins (B12 and niacin), and vitamins A and D.

**Gastronomy:** A fish of high commercial and culinary importance, especially in Andalusia, with a texture similar to hake. It is consumed fried in batter or marinated, grilled or baked, accompanied by mild sauces, and also used in stews.





# Spotted-fin rockfish

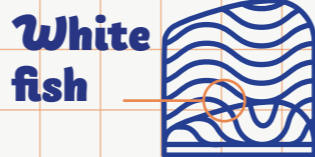
*Scorpaena stephanica*

**Description:** Robust, laterally compressed body with a rough, spiny appearance. Large head, eyes and mouth. Occipital fossa present. Absence of tentacles or cirri on the lower jaw. Long, continuous dorsal fin with 12 venomous spines at the anterior end; large, rounded pectoral fins used for support on the bottom; and relatively short, rounded caudal fin. Reaches up to 40 cm in length. Orange to pink, with an irregular black spot between the spines of the dorsal fin. Caudal, dorsal, and pectoral fins with dark spots; similar spots on the anal fin, diffuse or absent.

**Habitat:** It lives on rocky, coral, or algae covered bottoms at depths between 35 and 200 m.

**Biology:** Opportunistic predator on small fish, crustaceans and cephalopods.

**Family:** Scorpaenidae  
**Order:** Perciformes  
**FAO Code:** SVV  
**Type of fish:** White fish



**International names:**  
 Spanish: Rascacio de altura, rascacio de aleta manchada, cabracho  
 French: Rascasse à nageoires tachetées  
 German: Rotbarbe  
 Italian: Scarfano atlantico  
 Portuguese: Rascasso  
 Japanese: Onikasago



# Geographic distribution and fishing areas



**Distribution:** Eastern Atlantic, from Mauritania to Angola, including Sao Tomé and Príncipe.



**Fishing area:** The ANACEF fleet catches it in the fishing grounds of Guinea-Bissau, where it represents 2% of annual landings.

**Comercialization:** ANACEF markets it whole and frozen, separated into three categories.

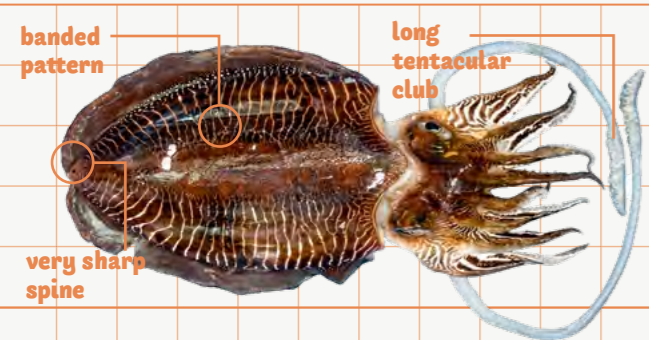


Due to the difficulty of distinguishing species of the genus *Scorpaena*, it is very likely that catches consist of several species. In Guinea-Bissau, at least six different species have been recorded, with *Scorpaena stephanica* and *Scorpaena normani* being the most well represented.

Species	Format	Size (g)	Presentation	Packaging
RASCACIO	Entire	Mix	Block	Trunk
RASCACIO G	Entire	1000/+	Block	Trunk
RASCACIO M	Entire	500/1000	Block	Trunk

**Nutritional value:** Low-fat fish characterized by its high content of high-quality protein (up to 19 g per 100 g). A source of omega-3 fatty acids and rich in minerals, particularly selenium (providing approximately 66% of the recommended daily intake), phosphorus, magnesium, iron, and vitamins B6, A, and pantothenic acid.

**Gastronomy:** White, firm, and very flavourful flesh. A very high-quality rockfish, similar to the scorpionfish. Highly valued in gastronomy for making soups and broths, as its head, bones, and skin provide intense flavour and gelatine. It is also eaten baked, grilled, or fried, and used in rice dishes and fish stews.



# Giant african cuttlefish

*Sepia hierredda*

**Description:** Oval, robust body, with a broad mantle whose anterior dorsal edge projects in an obtuse, blunt angle. Tentacular club long and equipped with 5–6 suckers of varying sizes arranged in transverse rows, the central ones being twice the size of the others. The anterior part of the internal shell ends in a very sharp spine, never covered by chitin, with a striated area that occupies almost half its length. Maximum mantle length reaches 50 cm. Very similar to *Sepia officinalis*, of which it was considered a subspecies, until genetic analyses confirmed that they are two different species within the same genus. Dorsal surface variable, from yellowish-brown to grayish-brown, sometimes with a banded (zebra-like) pattern similar to that of the common cuttlefish (*S. officinalis*); ventral side white.

**Habitat:** It is found from shallow coastal waters (around 7 m) to the edge of the continental shelf (approximately 200 m).

**Biology:** This species grows rapidly (up to 26 mm per month during juvenile stages) and has a lifespan of about two years. It migrates to the coast to spawn and is an active predator of small crabs, shrimp, demersal fish, cephalopods, and polychaetes.

**Family:** Sepiidae  
**Order:** Sepiida  
**FAO Code:** CVT  
**Type of fish:** Squid, cuttlefish, octopus



**International names:**  
 Spanish: *Sepia gigante africana*  
 French: *Seiche géante africaine*  
 German: Tintenfisch  
 Italian: Seppia  
 Portuguese: Choco  
 Japanese: Mongoika



## Geographic distribution and fishing areas



**Distribution:**

It is found along the West Africa coast, from Cape Blanc (Mauritania) to Baía dos Tigres (Angola).

**Fishing season:**



**Fishing area:**

The ANACEF fleet catches it in the fishing grounds of Guinea-Bissau, where it represents 1.8% of annual landings.

Species	Format	Size (g)	Presentation	Packaging
CHOCO 2P	Entire	100/150	Block	Trunk
CHOCO 2P	Entire	100/150	Block	Crate
CHOCO 3P	Entire	50/100	Block	Trunk
CHOCO 3P	Entire	50/100	Block	Crate
CHOCO 4P	Entire	-/50	Block	Trunk
CHOCO 4P	Entire	-/50	Block	Crate
CHOCO G	Entire	250/400	Block	Trunk
CHOCO G	Entire	250/400	Block	Crate
CHOCO M	Entire	200/250	Block	Trunk
CHOCO M	Entire	200/250	Block	Crate
CHOCO MIXTE	Entire	Mix	Block	Trunk
CHOCO MIXTE	Entire	Mix	Block	Crate
CHOCO P	Entire	150/200	Block	Trunk
CHOCO P	Entire	150/200	Block	Crate

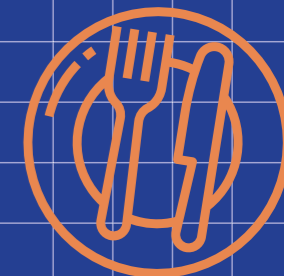
**Comercialization:**

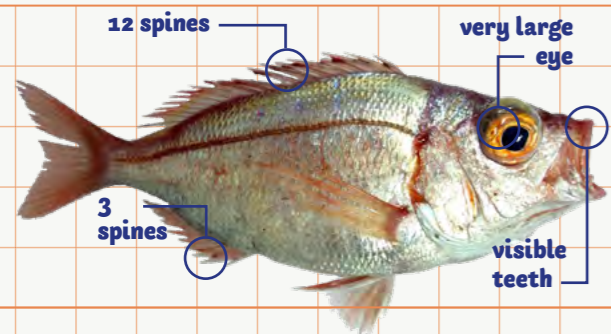
ANACEF markets it frozen entire, sorted in 7 categories, in trunk or crate packaging.

**Nutritional value:** This mollusc is low in calories (approximately 75–80 kcal/100 g) and fat (1%), but very rich in high-biological-value protein (approximately 16–17g/100 g). It is an excellent source of minerals, especially selenium, iodine, phosphorus, and iron, as well as vitamins B12, B3, and E. It has a high cholesterol content.

**Gastronomy:** One of the most appreciated cephalopods in Mediterranean cuisine for its firm and tasty meat, which is suitable for both quick grilled

preparations and seafood dishes, such as rice dishes and potato stews.





# Large-eye dentex

*Dentex macrophthalmus*

**Description:** Oval, laterally compressed body. Very large eyes, a characteristic that gives the species its name. Head profile regularly sloping from the nape. Well-developed anterior teeth in the upper jaw, visible when the mouth is closed. Scales present on the cheeks and preopercle, except on the posterior margin. Dorsal fin with 11–12 spines and 10–11 soft rays; anal fin with 3 spines and 8 soft rays. Commonly reaches up to 24 cm, with a maximum length of 65 cm. Body and fins reddish, with the lateral line a brighter red. Spiny portion of the dorsal fin whitish at the base; anal fin with a white edge; lower margin of the lower lobe of the caudal fin white. Coloration intensifies during the spawning season.

**Habitat:** Demersal fish that lives on rocky or sandy bottoms at depths of 30–500 m; individuals gradually move to greater depths as they age.

**Biology:** Seasonally migrates between coastal and deeper waters according to local hydrographic conditions and their life cycle. Reproduction begins in the second year, with intermittent spawning from October to April. They are voracious ambush predators. Adults are carnivorous, feeding mainly on fish, crustaceans, and squid, while juveniles feed on plankton.

**Family:** Sparidae  
**Order:** Eupercaria  
**FAO Code:** DEL  
**Type of fish:** White fish



**International names:**  
 Spanish: Cachucho, dentón de ojo grande  
 French: Denté à gros yeux  
 German: Meerbrasse  
 Italian: Dentice occhione  
 Portuguese: Cachucho  
 Japanese: Oome-renko  
 Russian: Bolsheglazy zuban



## Geographic distribution and fishing areas



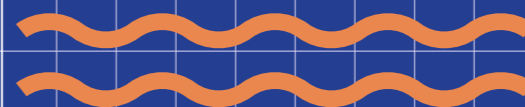
**Distribution:** Eastern Atlantic, along the west coast of Africa, from the Strait of Gibraltar to Namibia, including the Canary Islands, Cape Verde, São Tomé and Príncipe; also off Portugal and in the Mediterranean Sea.

### Fishing area:

In the northern part of its range, the large-eye dentex is the most abundant of the Dentex species. A seasonal fishery occurs during spawning aggregations. It is caught using trawls, bottom longlines, with hook and line.

The ANACEF fleet catches it in the fishing grounds of Guinea-Bissau, although it accounts for less than 1% of annual landings.

### Fishing season:



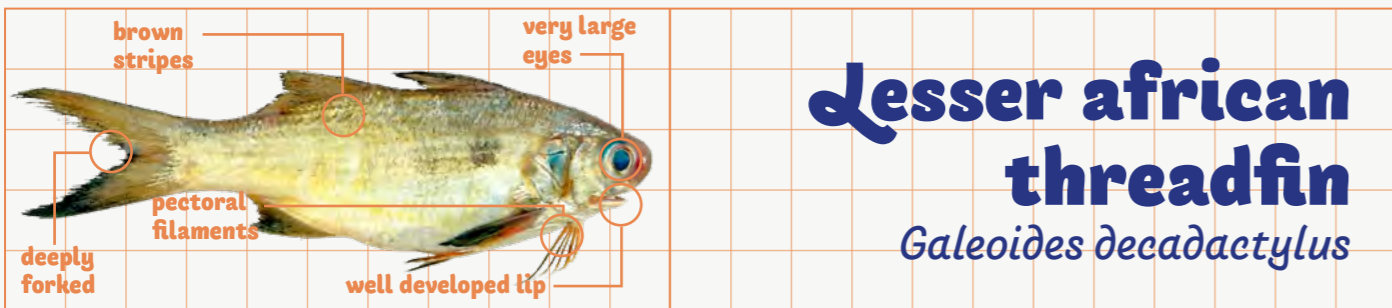
### Comercialization:

ANACEF markets it whole and frozen, separated into four categories.

Species	Format	Size (g)	Packaging
CACHUCHO G	Entire	Mix	Block
CACHUCHO G	Entire	> 1000	Block
CACHUCHO M	Entire	500 - 1000	Block
CACHUCHO P	Entire	< 500	Block

**Nutritional value:** A lean sea bream that provides approximately 90–100 kcal per 100 g, with high quality protein and low in fat. It is rich in minerals such as phosphorus, potassium, selenium, iron, and calcium, as well as B vitamins (B12, B6, and B3).

**Gastronomy:** A high-quality white fish with significant commercial value, particularly in the Canary Islands and the eastern Atlantic fishing grounds. Lean to slightly semi-fatty, with firm, white flesh similar to sea bream or Dentex, and a delicate flavor. Ideal for grilling, baking, frying, or in seafood stews.



# Lesser african threadfin

*Galeoides decadaetylus*

**Description:** A species with a distinctive morphology. Body elongated, moderately tall, and laterally compressed. The head is large, with a terminal mouth and a well-developed lower lip. The eye has an adipose eyelid. The first dorsal fin has 8 spines, the second dorsal fin has one spine and 13–14 soft rays; the anal fin has 3 spines and 10–11 soft rays. There are 9–11 free pectoral filaments. The caudal fin is deeply forked. Commonly reaches up to 30 cm, with a maximum length of 45 cm. Brown dorsally, silvery towards the ventral side; with several longitudinal brown stripes. First and second dorsal fins, caudal, and pectoral fins black; pelvic and anal fins white; pectoral filaments white, becoming blackish towards the tips.

**Habitat:** Demersal fish associated with muddy bottoms in shallow coastal waters at depths of 10–70 m; frequently found in estuaries and lagoons.

**Biology:** Spawning occurs year-round, peaking during the dry season and ceasing in the rainy season (in Nigerian waters). Approximately 25% of females develop directly into juvenile stages; the remainder pass through a non-functional hermaphrodite stage before developing female gonads. They feed on crustaceans and small fish, while estuarine specimens are detritivorous.

**Family:** Polynemidae  
**Order:** Carangaria  
**FAO Code:** GAL  
**Type of fish:** White fish



**International names:**  
 Spanish: Barbudo enano africano  
 French: Petit capitaine  
 German: Fingerfisch  
 Italian: Galeoide / Polidattilo a dieci dita  
 Portuguese: Barbudo-de-dez-barbas



## Geographic distribution and fishing areas



**Distribution:**

Eastern Atlantic, along the west coast of Africa from Morocco to Angola; rarely recorded in Algeria (North Africa) and Namibia.

**Fishing season:**



**Fishing area:**

Heavily fished along the entire West African coast, where it is commercially important. ANACEF freezer trawlers catch it in the fishing grounds of Guinea-Bissau, where it represents 1.2% of annual landings.

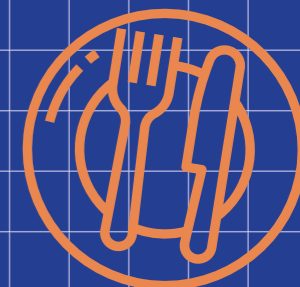


**Nutritional value:**

Lean fish with low fat content (below 5%). Contains between 17%–20% high quality protein. It is rich in minerals, notably magnesium, phosphorus, iron, and calcium, as well as omega-3 fatty acids and vitamin A.

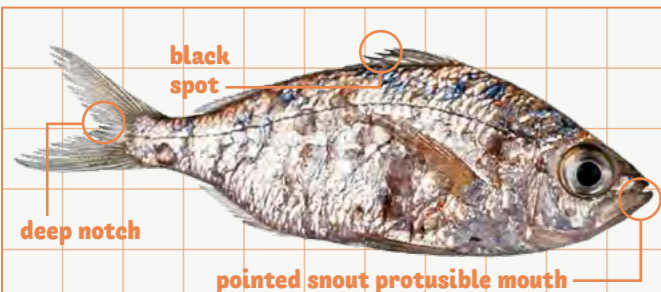
**Gastronomy:**

White, firm, and flavorful flesh, highly prized in African cuisine, where it is used fresh, dried or fermented.



**Comercialization:** ANACEF markets it frozen and entire, separated into four categories. It may be mixed with the royal barbel (*Pentanemus quinquarius*), a closely related species that occupies the same geographic and bathymetric distribution range.

Species	Format	Size (g)	Packaging
CARACAS	Entire	Mix	Block
CARACAS G	Entire	>1000	Block
CARACAS M	Entire	500 - 1000	Block
CARACAS P	Entire	<500	Block



# Flagmin mojarra

*Eucinostomus melanopterus*

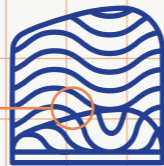
**Description:** Small species, with an oblong, laterally compressed body. Pointed snout and strongly protrusible mouth. Dorsal fin continuous with a deep notch between the first and second sections; the first dorsal fin has 9 spines (the first very short) and 10 soft rays. Caudal fin distinctly forked. Commonly reaches about 15 cm, with a maximum length of 27 cm. Olive green on the back, silver on the sides. Most distinctive feature is a black spot at the tips of the second to sixth spiny rays of the dorsal fin. Pelvic fins slightly black.

**Habitat:** Coastal species inhabiting sandy and muddy bottoms. Rarely found below 25 m. Tolerates salinity variations, frequently entering estuaries, mangroves, and coastal lagoons.

**Biology:** Often forms sizable schools. It feeds on small animals living buried in the seabed, especially worms.

**Family:** Gerreidae  
**Order:** Eupercaria  
**FAO Code:** MFF  
**Type of fish:** White fish

**White fish**



**International names:**  
 Spanish: Mojarrita de ley  
 French: Blanche drapeau  
 German: Schwarzflossen-Gerres  
 Portuguese: Carapicu-bandeira, beicinho  
 Japanese: Kuro-sagi



## Geographic distribution and fishing areas



**Distribution:** Eastern Atlantic from Senegal to Angola, including the Cape Verde Islands. Also reported in the Western Atlantic from North Carolina (United States) to southern Brazil, including the Gulf of Mexico and the Caribbean Sea.

**Fishing area:** This species is of commercial interest to artisanal fisheries in coastal African countries. It is caught using beach seines, bottom trawls, and handlines. ANACEF fleet catches it in the fishing grounds of Guinea-Bissau, where it represents 1% of annual landings.

**Fishing season:**

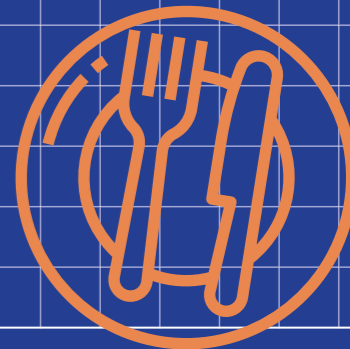


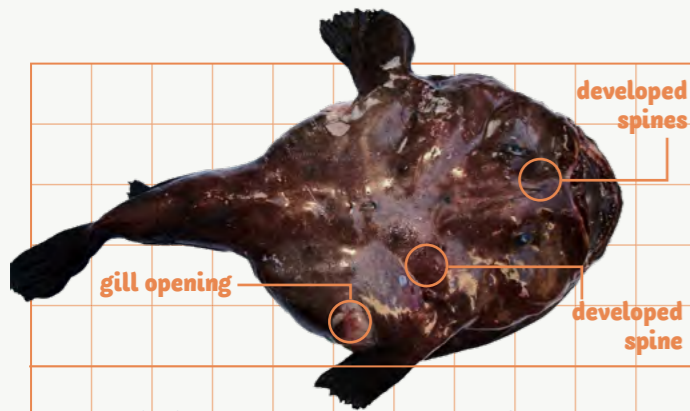
**Commercialization:**

It is sold fresh or smoked in local African markets, and occasionally processed into fishmeal. ANACEF sells it entire, without separation into categories (Mix), in block form. It may be mixed with the Guinean seabream (*Gerres nigri*), a closely related species that lives in the same geographic and bathymetric distribution.

**Nutritional value:** White fish of high nutritional value, valued as a source of lean protein (18-20 gr), low in calories (85-130 kcal), rich in omega-3 fatty acids and minerals, such as phosphorus, potassium, and sodium, and vitamins D, B3 (niacin), and B9 (folic acid).

**Gastronomy:** Characterized by white, lean flesh with a mild yet distinct flavor, highly valued for its fine texture. The most common way to consume it is whole and fried, a preparation that highlights its natural flavor and crisps the skin.





# Shortspine african angler

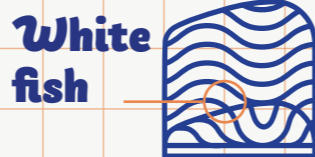
*Lophius vaillanti*

**Description:** Head and anterior part of the body very broad and strongly depressed dorsoventrally; posterior portion of the body spindle-shaped. Head with numerous sharp spines on dorsal and lateral surfaces; in front of the pectoral fins bases, there are long, straight, and well-developed spines, occasionally with two smaller spines arising from the sides; spines well-developed just behind the eyes; frontal ridges almost smooth. It commonly measures up to 25 cm, although it can reach 50 cm. Uniform dark brown on the dorsal and ventral surfaces, dorsal surface occasionally with scattered and diffuse dark spots.

**Habitat:** An exclusively benthic species, found on the continental slope at depths of 200–800 m.

**Biology:** Although it has pelagic larvae, juveniles and adults are exclusively benthic. It is a predator of crustaceans and small to medium-sized fish. It captures its prey by ambush, remaining motionless on the bottom and luring its victims toward its mouth using the first ray of its dorsal fin as bait.

**Family:** Lophiidae  
**Order:** Lophiiformes  
**FAO Code:** MVA  
**Type of fish:** White fish



**International names:**  
 Spanish: Rape africano  
 French: Baudroie africaine  
 German: Seeteufel  
 Italian: Rana pescatrice africana  
 Portuguese: Tamboril  
 Japanese: Ankō



## Geographic distribution and fishing areas



**Distribution:**

West African coast, from Mauritania to Angola, including the Cape Verde Islands.

**Fishing season:**



**Fishing area:**

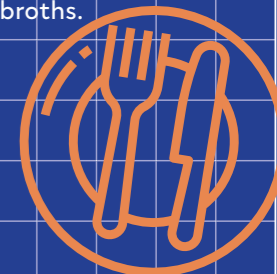
Extractive fishing using bottom trawl nets. ANACEF's freezer trawlers catch it in the fishing grounds of Guinea-Bissau, where it represents 1% of annual landings.

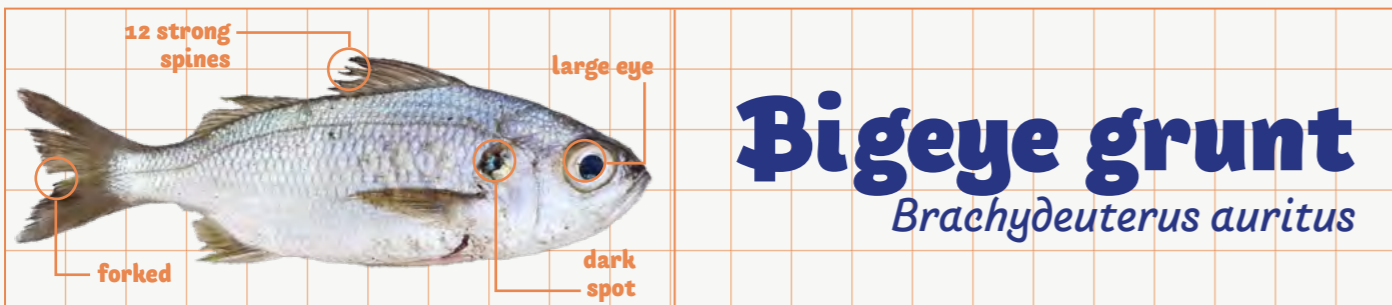
**Commercialization:** ANACEF markets frozen tails, separated into 6 categories based on weight, usually wrapped and packed in a trunk or crate.

Species	Format	Size (g)	Presentation	Packaging
RAPE 2P	Tail	50/100	Wrapped	Trunk
RAPE 2P	Tail	50/100	Wrapped	Crate
RAPE E	Tail	1000/+	Wrapped	Trunk
RAPE E	Tail	1000/+	Wrapped	Crate
RAPE G	Tail	500/1000	Wrapped	Trunk
RAPE G	Tail	500/1000	Wrapped	Crate
RAPE M	Tail	250/500	Wrapped	Trunk
RAPE M	Tail	250/500	Wrapped	Crate
RAPE MIXTE	Tail	100/200	Wrapped	TPF
RAPE MIXTE	Tail	Mix	Wrapped	Crate
RAPE MIXTE	Tail	Mix	Block	Trunk
RAPE P	Tail	100/250	Wrapped	Trunk
RAPE P	Tail	100/250	Wrapped	Crate

**Nutritional value:** It is a very lean and nutritious white fish. It provides approximately 65–82 kcal, 14–18 g of high-biological-value protein, less than 1 g of fat, and 0 g of carbohydrates per 100 g. It is rich in minerals, especially phosphorus, potassium, iron, zinc, selenium, and B vitamins (B12 and B3).

**Gastronomy:** This versatile fish is highly valued in gastronomy for its firm, white flesh with a mild flavour, similar to other monkfish species. It can be baked, grilled, breaded, fried, or used in stews and casseroles. All parts are used: the tail for main dishes and the head for rich broths.





# Bigeye grunt

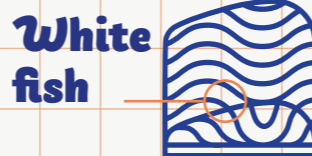
*Brachydeuterus auritus*

**Description:** Small species, the only member of its genus. Body oblong and laterally compressed, with an elongated, oblique, and protrusible mouth, and large eyes. Dorsal fin with 12 moderately strong spines and 11–13 soft rays; anal fin with 3 spines and 9–10 soft rays. Caudal fin deeply forked. Average length about 23 cm, although it can reach up 30 cm. Bluish dorsally, with small dark spots at the base of the dorsal fin and a dark spot on the operculum.

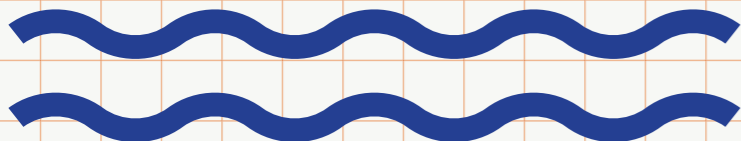
**Habitat:** Demersal species inhabiting coastal waters of the inner shelf, at depths of 10–100 m, most commonly between 30 and 80 m.

**Biology:** Gregarious species forming dense schools. Reproduction occurs over several months, with seasonal peaks varying by region. Feeds primarily on crustaceans, molluscs, polychaetes, and small fish.

**Family:** Haemulidae  
**Order:** Eupercaria  
**FAO Code:** GRB  
**Type of fish:** White fish



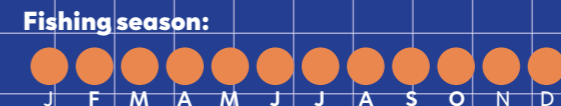
**International names:**  
 Spanish: Burro ojón  
 French: Lippu pélon  
 German: Grunzbarsch  
 Italian: Pellon  
 Portuguese: Roncador-olhudo



## Geographic distribution and fishing areas



**Distribution:** Eastern Atlantic, along the western African coast from Mauritania to Angola, including the islands of São Tomé and Príncipe, rarely reported in Morocco.

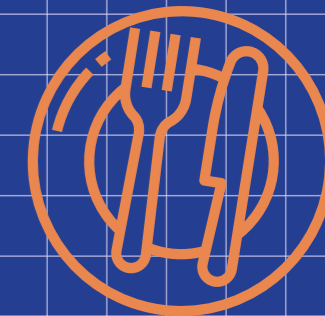


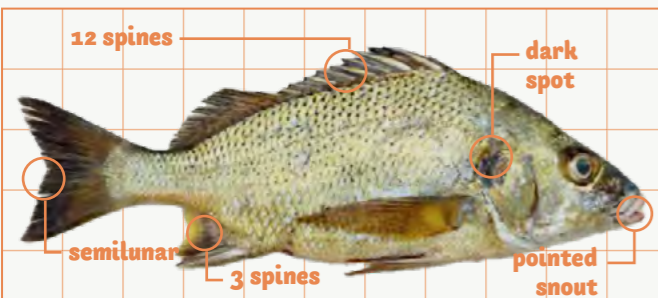
**Fishing area:** This species is heavily exploited throughout its distribution range by artisanal bottom trawlers, purse seine, and gillnets. ANACEF freezer trawlers catch it in the fishing grounds of Guinea-Bissau, where it represents 0.8% of annual landings.

**Comercialization:** Key resource for the food security of local populations in West Africa, highly valued in African markets, particularly in Guinea-Bissau, Ghana, and Equatorial Guinea. ANACEF markets the whole species frozen, without separation into categories (Mix), in block format.

**Nutritional value:** Lean fish with low fat content (1–3%) and 18%–20% high-biological-value protein. Rich in essential minerals, particularly iron, calcium, and phosphorus. Contains essential fatty acids, including omega-3, and B vitamins.

**Gastronomy:** Widely used for its firm, white flesh, characteristic of the Haemulidae family. Consumed fresh, especially fried, as well as smoked, dried, or salted, and used in stews and soups. Also used for fishmeal production.





# Sompat grunt

*Pomadasys jubelini*

**Description:** Oblong, laterally compressed body. Long, pointed snout in large individuals. Slightly oblique mouth and moderately small eye. Dorsal fin with 12 spines and 15–17 soft rays; anal fin with 3 spines and 8 soft rays, the first spine very short and the second long; caudal fin strongly emarginate, crescent-shaped. Like other members of its family (grunts), it produces grunt-like sounds by rubbing its pharyngeal teeth together, especially when threatened or taken out of the water. Maximum length up to 60 cm, though around 40 cm is more common. Silver background, back and sides with small dark spots arranged in sinuous or horizontal oblique lines; gray fins, the dorsal fin with a light longitudinal band; a golden yellow spot on the snout and another golden yellow to dark spot on the upper angle of the operculum.

**Habitat:** Benthic species inhabiting sandy or muddy substrates in shallow coastal waters and estuaries, commonly down to 25 m, although it has been observed at depths up to 90 m. Periodically pelagic.

**Biology:** It usually forms small groups or schools. A demersal carnivore, it feeds mainly on crustaceans (crabs and shrimp), polychaete worms, and molluscs, and, at their adult stage, on small fish. It is most active at dawn and dusk and typically spawns in estuaries and brackish lagoons.

**Family:** Haemulidae  
**Order:** Eupercaria  
**FAO Code:** BUR  
**Type of fish:** White fish



**International names:**  
 Spanish: Ronco sompat, ronco moteado, trota  
 French: Grondeur sompat  
 German: Sompat-Grunzer  
 Italian: Ronco sompat  
 Portuguese: Roncador  
 Japanese: Juberini ishimochi



## Geographic distribution and fishing areas



**Distribution:** Eastern Atlantic, from Mauritania to Angola.



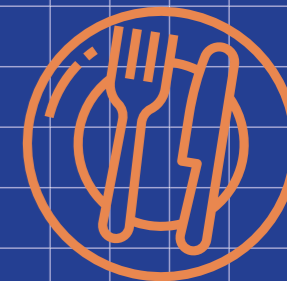
**Fishing area:** This species is highly valued in artisanal and commercial fisheries along the West African coast. ANACEF freezer trawlers catch it in the fishing grounds of Guinea-Bissau, where it represents less than 0.5% of annual landings.

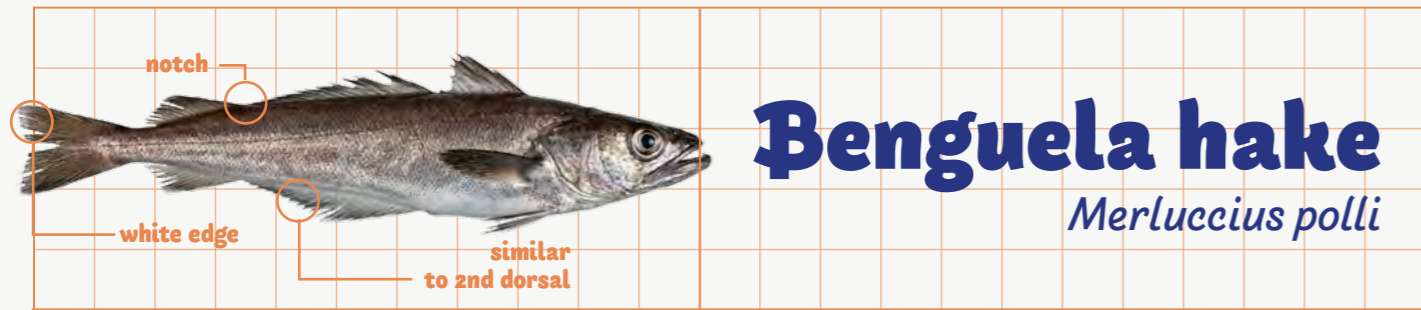
**Comercialization:** No specific statistics are available for this species. Catches likely include several closely related species of the genus *Pomadasys* ("grunts"), such as *Pomadasys rogerii*, *Pomadasys incisus*, and/or *Pomadasys perotaei*. ANACEF markets it frozen, entire, and separated into five categories.

Species	Format	Size (g)	Presentation
TROTA G	Entire	1000 g ++	Block
TROTA M	Entire	500 à 1000	Block
TROTA MIXTE	Entire	Mix	Block
TROTA P	Entire	300 - 500	Block
TROTA F	Entire	200 - 300	Block

**Nutritional value:** Low-fat white fish (1–3 g/100 g). Source of high-quality protein and omega-3 fatty acids. Provides vitamins A and B, and minerals such as calcium, zinc, iron, and selenium.

**Gastronomy:** Firm, white flesh with a mild flavor, considered of excellent quality. It is eaten grilled, fried, baked, or boiled; it is also dried and smoked in stews. It is a preferred ingredient in the Senegalese national dish of rice and fish, "thieboudienne."





# Benguela hake

*Merluccius polli*

**Description:** Fusiform body. Large mouth, with the lower jaw slightly or not protruding beyond the upper. Two separate dorsal fins, the first short-based, triangular, and taller than the second, which has a long base and a distinctive notch; anal fin similar in length and size to the second dorsal fin. Long, narrow pectoral fins. Caudal fin truncated or concave. Common length 16–42 cm, maximum 80 cm. Blackish back, steel grey to blackish belly. Caudal fin with white edge, the most obvious feature that differentiates it from *Merluccius senegalensis*. Mouth and tongue dark.

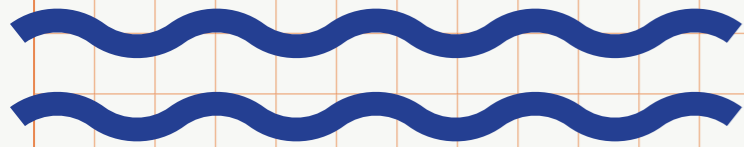
**Habitat:** Demersal species inhabiting the continental shelf and slope, generally at depths of 50–600 m, occasionally reaching 1,000 m.

**Biology:** Voracious predator that feeds mainly on small fish, some squid, and swimming crustaceans.

**Family:** Merlucciidae  
**Order:** Gadiformes  
**FAO Code:** HKB  
**Type of fish:** White fish



**International names:**  
 Spanish: Merluza negra, merluza de Benguela, merluza de Angola  
 French: Merlu d'Afrique tropicale  
 German: Seehecht  
 Italian: Nasello Atlántico, merluzzo atlantico  
 Portuguese: Pescada de Angola  
 Japanese: Merurūsa o Heiku



## Geographic distribution and fishing areas

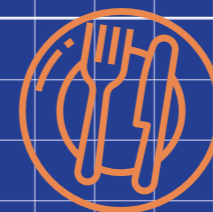


**Distribution:** Eastern Atlantic from Mauritania to Namibia, including the Canary Islands. Also occurs, with low abundance, in the Gulf of Guinea.

### Fishing season:



**Fishing area:** Central-Eastern Atlantic (Area 34), from Cape Barbas (Morocco) to the Guinean Gulf; Southeastern Atlantic (Area 47), off the coasts of Angola and northern Namibia. ANACEF freezer trawlers catch it in the fishing grounds of Guinea-Bissau, where it represents up to 10% of annual landings.



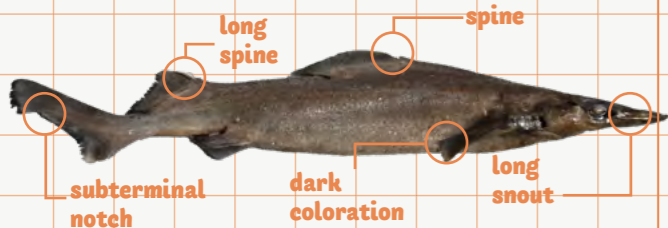
### Commercialization:

ANACEF markets hake as frozen tails, separated into eight categories, with various presentations and packaging. It is very difficult to distinguish from Senegalese hake (*Merluccius senegalensis*), so statistics are reported jointly for both species, which are often landed mixed.

Species	Format	Size (g)	Presentation	Packaging
MERLUZA M-0	Tail	200/400	Interleaved	Trunk
MERLUZA M-0	Tail	200/400	Sheet	Trunk
MERLUZA M-0	Tail	200/400	Wrapped	Crate
MERLUZA M-00	Tail	100/200	Interleaved	Trunk
MERLUZA M-00	Tail	100/250	Interleaved	TPF
MERLUZA M-00	Tail	100/200	Sheet	Trunk
MERLUZA M-00	Tail	100/200	Wrapped	Crate
MERLUZA M-000	Tail	-/100	Interleaved	Trunk
MERLUZA M-000	Tail	-/100	Sheet	Trunk
MERLUZA M-000	Tail	-/100	Wrapped	Crate
MERLUZA M-1	Tail	400/650	Wrapped	TPF
MERLUZA M-1	Tail	400/650	Wrapped	Trunk
MERLUZA M-1X	Tail	350/450	Sheet	Trunk
MERLUZA M-1X	Tail	350/450	Wrapped	Crate
MERLUZA M-2	Tail	650/850	Wrapped	Crate
MERLUZA M-3	Tail	850/1200	Wrapped	TPF
MERLUZA M-3	Tail	850/1200	Wrapped	Trunk
MERLUZA M-3	Tail	850/1200	Wrapped	Crate
MERLUZA MIXTE	Tail	Mix	Block	Trunk

**Nutritional value:** White fish of high nutritional value, very low in fat (1.7–2.8 g/100 g) and calories (64–90 kcal/100 g), and high in protein (approximately 12–16 g/100 g). Provides B vitamins, notably B3, B6, and B12, as well as minerals such as phosphorus, potassium, and selenium.

**Gastronomy:** Hake with firm, lean, white flesh, smooth texture, and a mild flavour. It can be grilled, fried, baked, steamed, or used in stews and sauces.



# Birdbeak dogfish

*Deania calcea*

**Description:** Species of shark with a robust, laterally compressed body. Its most distinctive feature is its extremely long, flattened snout, which gives rise to the names “birdfish” or “arrowfish.” The dermal denticles on its back have high crowns and cusps resembling small forks. Dorsal fins each with one spine, the spine of the second fin being the longest. The pectoral fins are rounded and free at their posterior ends. The caudal fin has a well-developed subterminal notch. The caudal peduncle lacks dermal keels and subcaudal depressions. Adults typically measure between 70 and 90 cm but can reach up to 120 cm. Body colour variable but uniform, ranging from light grey to dark or brownish, with darker fins and membrane between dark grey and black.

**Habitat:** It lives in deep waters of the outer shelf and continental slope, as well as in canyon areas, at depths between 460 and 1430 m.

**Biology:** Carnivore that feeds on small and medium-sized demersal fish, deep-sea cephalopods, crustaceans and other benthic invertebrates.

**Family:** Centrophoridae  
**Order:** Squaliformes  
**FAO Code:** DCA  
**Type of fish:** White fish



**International names:**  
 Spanish: Tollo pajarito, tolo flecha  
 French: Squale savate  
 German: Vogelschnabel-Dornhai  
 Italian: Squalo becco d’uccello  
 Portuguese: Cação-bico-de-ave  
 Japanese: Torikawa-zame



# Geographic distribution and fishing areas



**Distribution:** Wide distribution but discontinuous. In the eastern Atlantic, from Iceland to Senegal, including the western Mediterranean, Namibia, and South Africa. In the Pacific, it is found in Japan, Chile, southern Australia, and New Zealand.

## Fishing area:

Specific statistics for this species have not been published because it is caught incidentally and is not the primary target of any fishery. ANACEF vessels catch it by trawling in the fishing grounds of Guinea-Bissau, where it represents less than 0.5% of annual landings.

## Fishing season:

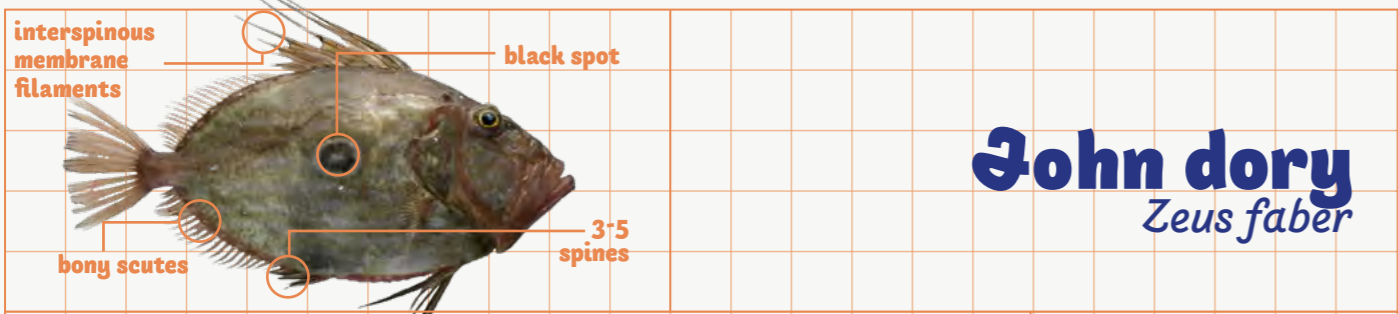


## Comercialization:

It is a bycatch species in bottom trawling and longline fisheries, listed globally as endangered, and regulated by restrictions on deep-sea shark fishing. Its meat, liver (for oil), skin, and cartilage are used. ANACEF markets it under the name “tollo,” frozen entire, headless, in block form.

**Nutritional value:** Low-fat white fish (1-3 g/100 g), an excellent source of high-quality protein (21 g/100 g). It provides B vitamins, particularly B12 (2.00 mg) and E (2.00 mg), as well as minerals such as phosphorus and potassium, and especially calcium (19.8 mg).

**Gastronomy:** Highly prized for its firm, white flesh and mild flavor in regions like the Canary Islands and southern Spain, this fish has a cartilaginous skeleton, lacking true bones, which makes it very easy to eat. Like other elasmobranchs (e.g., dogfish and smooth-hound), it is typically consumed fried, marinated, in stews, or in casseroles. In the Canary Islands, it is cooked dried or salted in a traditional dish called “tollo en salsa” (dogfish in sauce).



# John dory

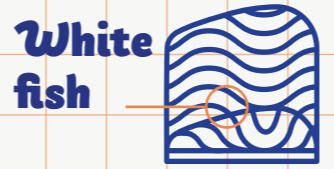
*Zeus faber*

**Description:** Distinctive species with characteristic morphology. Body very tall and laterally compressed. Head massive, with bony ridges and spines, and a straight or convex dorsal profile. Mouth large, with wide jaws and two spines at the posterior end of the lower jaw. Dorsal fin with 9–11 spines and 21–25 soft rays, the first rays very long; anal fin with 3–5 spines and 20–24 soft rays; pelvic fins with 1 spine and 6–7 rays. Bony scutes present along the dorsal and ventral sides. Reaches up to 90 cm in length and can weigh up to 8 kg. Golden greenish-grey with a black spot surrounded by a narrow greyish or yellowish border on mid-side; fin membrane of spinous dorsal fin dark, those of the spinous anal and pelvic fins black.

**Habitat:** It is found near the bottom or in intermediate waters, from the coast to at least 400 m, but is more common between 20 and 160 m.

**Biology:** This species is generally solitary. It feeds on a wide range of fish (especially schooling species), as well as cephalopods and crustaceans. It reaches sexual maturity at 4 years of age and has pelagic larvae.

**Family:** Zeidae  
**Order:** Zeiformes  
**FAO Code:** JOD  
**Type of fish:** White fish



**International names:**  
 Spanish: Pez de San Pedro, gallo, San Martiño  
 French: Saint Pierre  
 German: Sankt Petersfisch  
 Italian: Pesce S. Pietro  
 Portuguese: Peixe-São-Pedro  
 Japanese: Matōdai

# Geographic distribution and fishing areas



**Distribution:** Cosmopolitan species. Eastern Atlantic, from Norway to South Africa, including the Mediterranean, Black Sea, Faroe Islands, and Canary Islands. Western Indo-Pacific, from South Africa to Kenya, including Australia, New Zealand, and Japan.



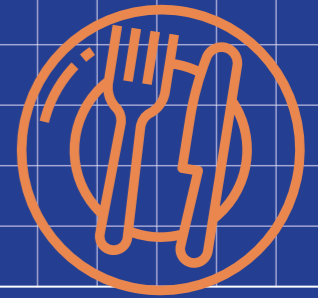
**Fishing area:** Commercially exploited throughout its distribution range. ANACEF freezer trawlers catch it in the fishing grounds of Guinea-Bissau, where it represents 0.4% of annual landings.

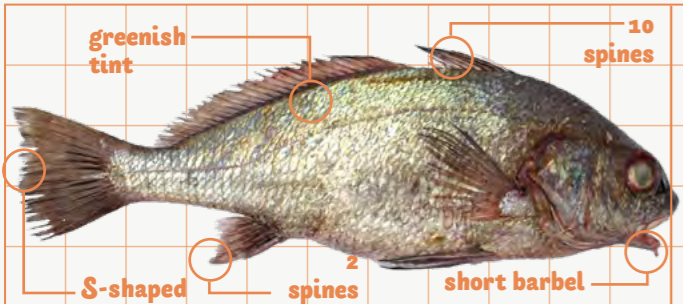
**Commercialisation:** Sold fresh, frozen, dried and salted, or smoked. It is also processed into fishmeal and fish oil by deep-sea fishing fleets. ANACEF markets it entire or as tails, separated into nine categories under different presentation and packaging formats.

Species	Format	Size (g)	Presentation	Packaging
MARTIND 2P	Entire	100/300	Block	Trunk
MARTIND 2P	Entire	100/300	Sheet	Trunk
MARTIND C/C	Mix	Mix	Block	Trunk
MARTIND C/C	Tail	Mix	Sheet	Trunk
MARTIND C/C/P	Entire	300/500	Block	Trunk
MARTIND S/C/G	Tail	1000/+	Block	Trunk
MARTIND S/C/G	Tail	1000/1500	Sheet	Crate
MARTIND S/C/G	Tail	1000/1500	Interleaved	Crate
MARTIND S/C/G	Entire	1000/1500	Interleaved	Trunk
MARTIND S/C/M	Tail	500/1000	Sheet	Trunk
MARTIND S/C/M	Tail	500/1000	Block	Trunk
MARTIND S/C/M	Tail	500/1000	Sheet	Crate
MARTIND S/C/M	Tail	500/1000	Sheet	Crate
MARTIND S/C/M	Entire	500/1000	Interleaved	Trunk
MARTIND S/C/MIX	Tail	Mix	Block	Trunk
MARTIND S/C/MIX	Tail	Mix	Interleaved	Crate
MARTIND S/C/P	Tail	-/500	Block	Trunk
MARTIND S/C/P	Tail	-/500	Sheet	Trunk
MARTIND S/G/P	Tail	300/500	Interleaved	Crate
MARTIND S/C/P	Tail	300/500	Interleaved	Trunk
MARTIND S/C	Mix	Mix	Block	Trunk

**Nutritional value:** Semi-fatty white fish of high nutritional value, due to its high protein content (18–21 g/100 g), low fat content (0.7–1.7 g/100 g), and as source of omega-3. Rich in phosphorus, potassium, magnesium, and sodium, as well as B vitamins (B12 and B3) and vitamin A.

**Gastronomy:** One of the most prized fish in haute cuisine for its exceptionally white, firm flesh and delicate, slightly sweet flavour, comparable to that of turbot or sole. It has relatively large bones that are easy to remove. Best prepared baked, grilled, fried, or stewed.





# Verrugato de Canarias

## *Umbrina canariensis*

**Family:** Sciaenidae  
**Order:** Eupercaria  
**FAO Code:** UCA  
**Type of fish:** White fish



**International names:**  
 Spanish: Verrugato de Canarias  
 French: Ombrine bronze  
 Italian: Ombrina oceanica  
 Portuguese: Calafate-das-Canárias

**Description:** Medium-sized species. Robust, laterally compressed body with a strongly arched dorsal profile. Chin with a short, blunt, rigid barbel, perforated by a pore at the tip and 4 marginal pores; snout with 10 pores (5 upper and 5 marginal). Spiny dorsal fin with 10 spines, posterior portion with 1 spine and 26 -30 soft rays; anal fin with 2 spines and 7 rays (rarely 8); caudal fin truncate or slightly S-shaped. Reaches up to 63 cm in length, commonly up to 30 cm. Silvery grey, darker on the dorsal side with a greenish tint; sides with oblique, wavy stripes dotted along the scale rows, extending to the head and fading ventrally.

**Habitat:** Inhabits on shallow sandy and muddy bottoms of the shelf and upper slope down to 300 m, being most common between 160 and 180 m, at temperatures of 14-15°C. Juveniles are mainly found at depths less than 100 m.

**Biology:** Feeds on small benthic invertebrates such as crustaceans, molluscs, and worms.



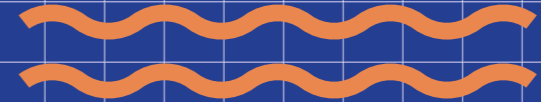
# Geographic distribution and fishing areas



**Distribution:** Eastern Atlantic, from Gibraltar to South Africa, including the Canary and Cape Verde Islands. Also reported from the Bay of Biscay to the western Mediterranean Sea.



**Fishing area:** ANACEF fleet catches it in the fishing grounds of Guinea-Bissau, where it represents 0.5% of annual landings.

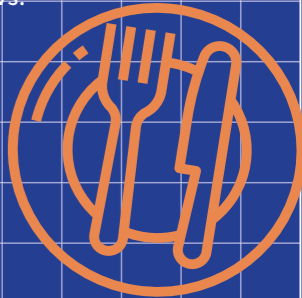


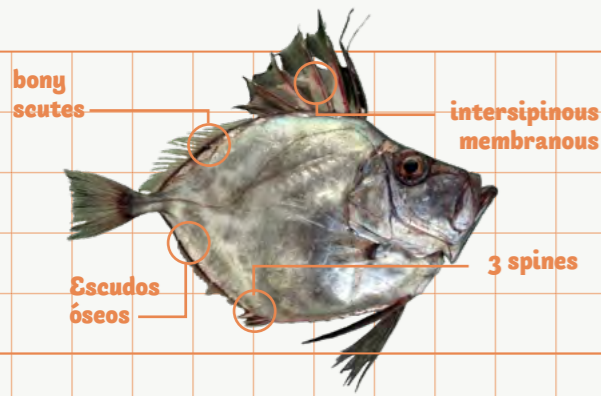
**Commercialization:** ANACEF markets it entire and frozen, separated into five categories. It may be landed mixed with other species of the genus *Umbrina* living in the area, such as *Umbrina cirrosa* and *Umbrina roncus*.

Species	Format	Size (g)	Presentation
CORVINATO 2P	Entire	200 -300	Block
CORVINATO G	Entire	>1000	Block
CORVINATO M	Entire	500 -1000	Block
CORVINATO MIX	Entire	Mix	Block
CORVINATO P	Entire	<500	Block

**Nutritional value:** White fish with an excellent nutritional profile for balanced diets, due to its low fat content and its contribution of high biological value proteins (18-20 g/100 g), omega-3 fatty acids, minerals such as selenium, iodine, phosphorus, and potassium, as well as vitamins A, D, and B group (B3, B6 and B12).

**Gastronomy:** A white fish of the croaker family, highly prized in Canarian and Mauritanian cuisine for its firm, juicy flesh and a mild, shellfish-like flavour. Very versatile, it can be grilled, baked, roasted, fried, breaded, pickled, or used in casseroles and stews.





# Silvery john dory

## *Zenopsis conchifer*

**Description:** Body strongly compressed. Large, robust head with small eyes. Dorsal fin with 9–10 spines and 24–27 soft rays, the spiny portion with interspinous membranous filaments approximately as long as the spines; anal fin with 3 spines and 24–26 soft rays; pelvic fins inserted below, at the level of the eye, with 6 rays. Body without scales, but with a line of large bony scutes (each with a short central spine) present along each side of dorsal and anal fins. Maximum length 80 cm and weight up to 3 kg. Silvery grey; black eye-shaped spots present in juveniles.

**Habitat:** Inhabits near the bottom or in intermediate deep waters between 100 and 600 m on soft bottoms, being more common between 200 and 300 m.

**Biology:** Slow swimmer, forming small groups. Predator, feeding mainly on a wide variety of smaller fish and crustaceans near the seabed.

**Family:** Zeidae  
**Order:** Zeiformes  
**FAO Code:** JOS  
**Type of fish:** White fish



**International names:**  
 Spanish: Silvery John dory  
 French: Saint Pierre argenté  
 German: Silberner Petersfisch  
 Italian: Zeo oceanico  
 Portuguese: Galo-branco  
 Japanese: Medai-modoki



# Geographic distribution and fishing areas



**Distribution:** Eastern Atlantic, from the Bay of Biscay to South Africa, including the Cape Verde Islands. Western Atlantic from Canada to Argentina; and Western Indian Ocean from India and Somalia to South Africa.

### Fishing season:



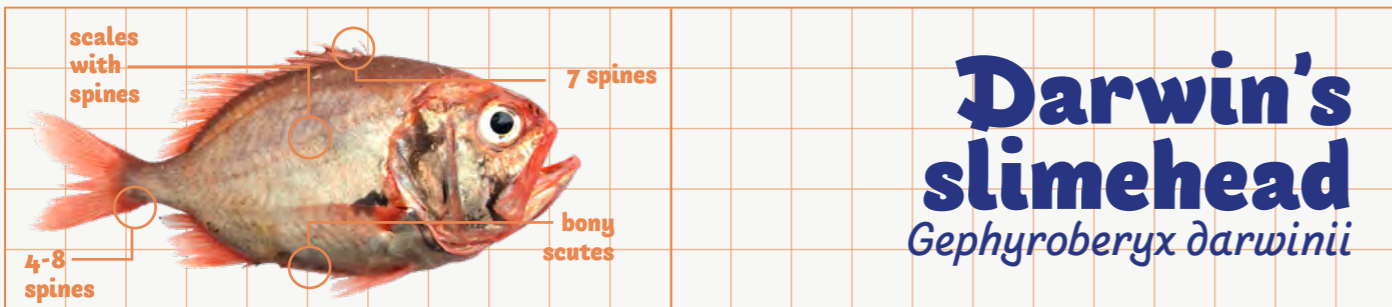
**Fishing area:** Along the coast of Spain and Portugal; in Morocco and West Africa; along the Atlantic coast of Brazil and Argentina; and occasionally in the western Mediterranean. It is generally not a target species, but rather a bycatch in deep-sea fisheries targeting hake, megrim, monkfish, etc. ANACEF freezer trawlers catch it in the fishing grounds of Guinea-Bissau, where it represents 0.4% of annual landings

**Comercialization:** It is sold fresh, frozen, or dried and salted; also as fishmeal and fish oil. ANACEF markets it as fish tails, separated into four categories under different presentation and packaging formats.

Species	Format	Size (g)	Presentation	Embalaje
PLATERO G	Tail	1000/+	Block	Trunk
PLATERO G	Tail	1000/+	Sheet	Trunk
PLATERO G	Tail	1000/+	Interleaved	Crate
PLATERO M	Tail	500/1000	Block	Trunk
PLATERO M	Tail	500/1000	Sheet	Trunk
PLATERO M	Tail	500/1000	Interleaved	Crate
PLATERO MIXTE	Tail	Mix	Block	Trunk
PLATERO MIXTE	Tail	Mix	Sheet	Trunk
PLATERO MIXTE	Tail	Mix	Interleaved	Crate
PLATERO P	Tail	-/500	Block	Trunk
PLATERO P	Tail	-/500	Sheet	Trunk
PLATERO P	Tail	-/500	Interleaved	Crate

**Nutritional value:** Very healthy white fish with high nutritional value, very low in fat (1–2 g/100 g) and calories (85–100 kcal/100 g), and high in protein (17–19 g/100 g). It provides B vitamins (B12 and B6), and it is particularly rich in phosphorus, potassium, iodine, and selenium.

**Gastronomy:** This fish is of excellent culinary quality, with firm, white flesh, a mild, slightly sweet flavour, and delicate texture. The fillets have few bones making them ideal for children. It can be grilled, baked, breaded, or used in stews, such as onion-based dishes.



# Darwin's slimehead

*Gephyroberyx darwinii*

**Description:** Body tall and laterally compressed. Large head with skin-lined mucous cavities, large jaws, and spines on the operculum and preoperculum. Well-developed eyes. Long dorsal fin with strong anterior spines. Forked caudal fin with 4–8 spines on both upper and lower lobes. Tough skin covered with rough, coarse scales; area between the pelvic and anal fins with bony scutes. Scales along the lateral line with small spines. Maximum length 48 cm, occasionally up to 60 cm; commonly up to 25 cm. Intense orange-pinkish colour on the head, back and fins, lighter on the sides.

**Habitat:** This benthic-pelagic species inhabits hard bottoms on continental slopes and around islands, at depths of 75–1250 m. Adults prefer deeper waters, while juveniles are found in more coastal waters.

**Biology:** It forms aggregations near the bottom and has an extremely slow life cycle. It feeds mainly on small fish, crustaceans, cephalopods, and deep-sea zooplankton.

**Family:** Trachichthyidae  
**Order:** Trachichthyiformes  
**FAO Code:** GXW  
**Type of fish:** White fish



**International names:**  
 Spanish: Reloj de fondo, reloj de Darwin.  
 French: Hoplostète de Darwin  
 Portuguese: Imperatriz, peixe-vidro



# Geographic distribution and fishing areas



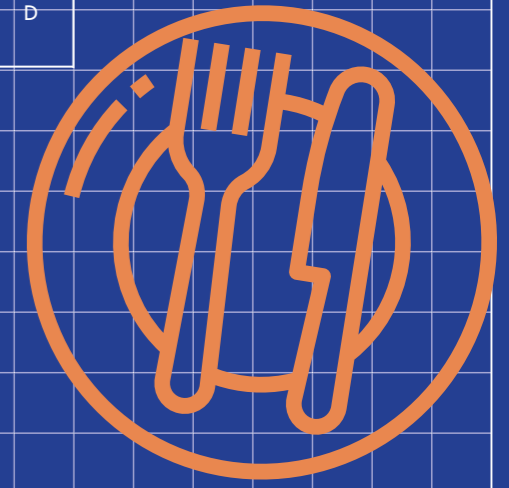
**Distribution:** Central-eastern Atlantic, from Mauritania to Angola, including the Canary Islands, Cape Verde, and the Azores. Central-western Atlantic, Indian and Pacific Oceans.

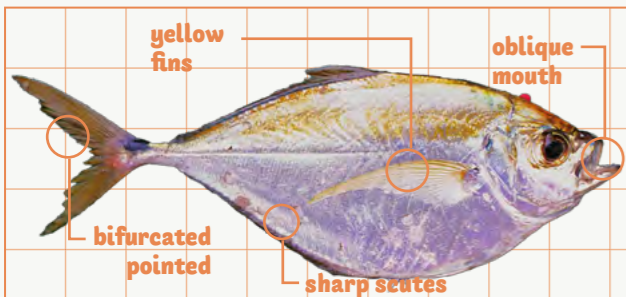


**Fishing area:** It is caught incidentally in deep-sea fisheries. A highly prized species, particularly popular in the Canary Islands and the Venezuelan Caribbean. ANACEF freezer trawlers catch it off the continental slope of Guinea-Bissau, where it represents less than 0.5% of annual landings.

**Gastronomy:** Firm, white flesh with a consistent texture and few bones, highly prized for its high fat content and excellent, mild, and delicate flavour. It can be grilled, barbecued, baked, fried, breaded, or used in stews.

**Nutritional value:** Detailed nutritional information for this white fish is not available. As a deep-water species, it is low in fat and calories, and high in protein, fatty acids, and minerals. It provides B vitamins and small amounts of vitamin D.





# West african ilisha

*Ilisha africana*

**Description:** Deep, compressed body with a full series of sharp, serrated scutes along the abdomen, extending from the gill opening to the anus. Mouth directed obliquely upwards, with the lower jaw projecting beyond the upper. Large eyes. Single, short dorsal fin lacking spiny rays, with 14–18 rays; long anal fin, with 41–50 rays; and moderate pectoral fins, with 13–16 rays. Small pelvic fins, with 6–8 rays; and a forked caudal fin with thin, pointed lobes. No lateral line. Small species, not exceeding 28 cm in length. Grey back, pale grey or silver flanks, with a faint dark spot on the body behind the operculum (greenish-gold when alive); yellow fins.

**Habitat:** It is found in coastal waters along sandy beaches and in estuaries; it is caught near the bottom at depths up to 25 m or at the surface.

**Biology:** A fast-growing, short-lived species (approximately 4 years). It feeds on small planktonic animals, including various small fish, zooplankton, crustaceans, and shrimp. Peak and minimum bloom periods are December and March.

**Family:** Pristigasteridae  
**Order:** Clupeiformes  
**FAO Code:** ILL  
**Type of fish:** Blue fish



**International names:**  
 Spanish: Sardineta africana  
 French: Alose rasoir  
 German: Afrikanische Sardinelle  
 Italian: Sardinella africana  
 Portuguese: Capasseca



## Geographic distribution and fishing areas



**Distribution:** Eastern Atlantic, from southern Mauritania to the Congo, probably extending to Angola.

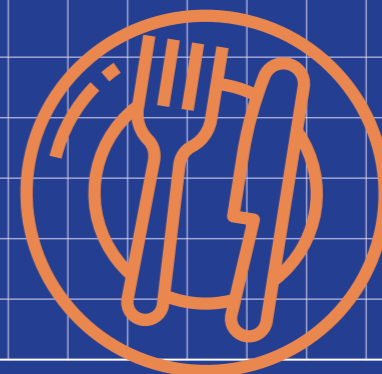
**Fishing season:**



**Fishing area:**

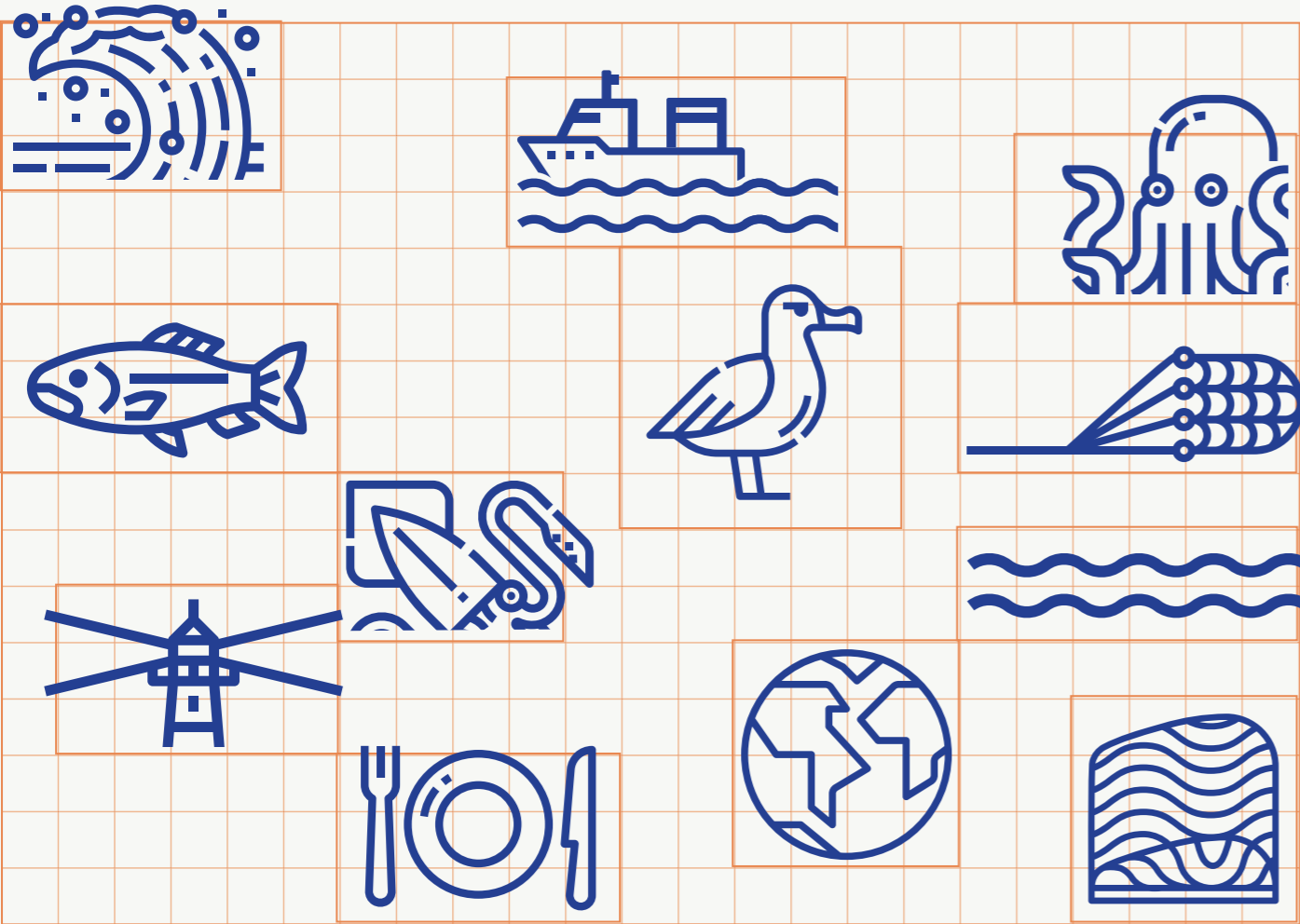
There are no fisheries specifically targeting this species, although it is of some importance to local artisanal purse seine and gillnet fisheries. It is also caught by industrial trawlers and as bycatch by shellfish fleets. ANACEF vessels catch it in the fishing grounds of Guinea-Bissau, where it represents less than 0.5% of annual landings.

**Commercialization:** ANACEF markets this entire species frozen, without separating into categories (Mix), in block format.

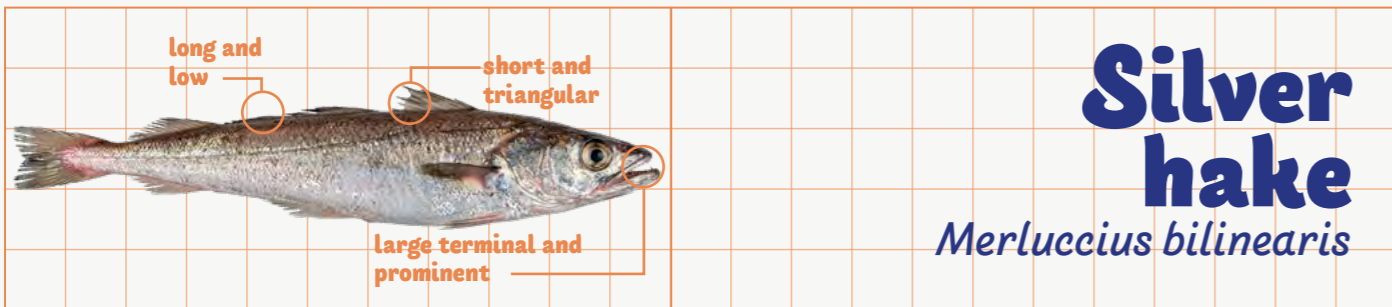


**Nutritional value:** Oily fish rich in omega-3 fatty acids and high-quality protein (18–21 g/100 g). It provides vitamins D and B12, and is notable for its calcium, iron, and phosphorus content.

**Gastronomy:** Firm, slightly fatty flesh with a pronounced flavor, similar to European herring but with many bones. It is eaten grilled or broiled, in soups or stews, dried or smoked, fermented, or salted. It is a staple food in the cuisine of coastal countries in West and Central Africa, where its preparation is linked to traditional techniques passed down through generations.



### 3. NACTO



# Silver hake

*Merluccius bilinearis*

**Description:** A small to medium-sized, cylindrical, slender, gadiform fish with small scales. It has a long, wide head and a large, terminal, and prominent mouth equipped with strong, inward-pointing teeth, giving it a voracious appearance. Unlike other gadids, it lacks a barbel on its chin. It has two distinct dorsal fins: the first is short and triangular, while the second is long and low, with 37-42 soft rays, extending to the tail. It typically measures between 20 and 30 cm, although it can reach up to 76 cm. Silvery grey dorsal side, with bright reflections on the back and flanks, whitish on the belly.

**Habitat:** Inhabits shelf and slope zones at depths between 55 and 300 m, although it can be found at depths exceeding 900 m. It occasionally ventures into coastal waters, making seasonal migrations to shallower shelf during the warmer months to spawn and feed, and returning to deeper waters in winter.

**Biology:** Juveniles aged 1-3 years feed primarily on invertebrates, especially crustaceans, while adults prey on fish and cephalopods. Cannibalism is significant and may help regulate their populations. Spawning takes place in summer and early autumn.

**Family:** Merlucciidae  
**Order:** Gadiformes  
**FAO Code:** HKS  
**Type of fish:** White fish



**International names:**  
 Spanish: Merluza o pescadilla americana, merluza o pescadilla plateada, merluza de Boston  
 French: Merlu argenté  
 German: Nordamerikanischer Seehecht  
 Portuguese: Pescada prateada  
 Italian: Nasello atlántico  
 Russian: Серебристый хек  
 Japanese: Shirubāheiku



## Geographic distribution and fishing areas



**Distribution:** Northwest Atlantic, from the coasts of Newfoundland and the United States (83°) to the Bahamas (25°).

### Fishing season:



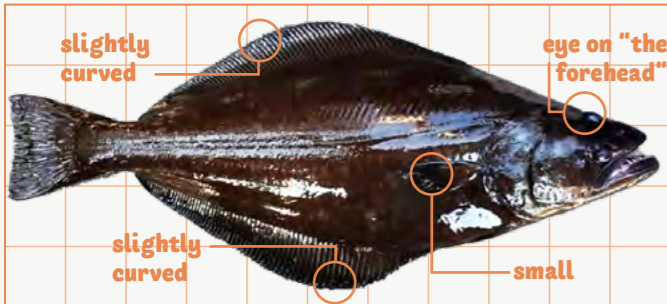
**Fishing Area:** Species of great commercial importance in the Northwest Atlantic. It constitutes the largest percentage of catches (36.1%) by ANACEF trawlers operating in the NAFO area.

**Comercialization:** Species of great economic importance caught using trawl-bottom nets, and highly prized in European markets. It is sold fresh or frozen in fillets, loins, slices, or tails, and also smoked. ANACEF sells it frozen, headless and tailless, separated into eight categories.

**Nutritional value:** White, lean fish, excellent for healthy diets due to its high protein content (15-19 g/100 g), low fat rate (2.5-6%), and significant contribution of minerals (selenium, phosphorus, potassium, and magnesium) and vitamins B3, B6 and B12. Although in smaller quantities than oily fish, it provides healthy fatty acids.

**Gastronomy:** Species highly prized in gastronomy, especially in the northeastern United States and Canada, for its versatility and firm flesh, with a mild and slightly sweet flavor. It is cooked, as fillets or loins, grilled, baked, steamed, or breaded

Category	Size (gr)	Preparation
Nº 00	100-200	Interleaved
Nº 0	200-350	Interleaved
Nº 1X	350-450	Wrapped
Nº 1	450-650	Wrapped
Nº 2	650-850	Wrapped
Nº 3	850-1200	Wrapped
Nº 3L	1200-1500	Wrapped
Nº 34	1500-2000	Wrapped



# Greenland halibut

*Reinhardtius hippoglossoides*

**Description:** A flatfish with an elongated, dorsoventrally compressed body and specific adaptations compared to other flatfish. It has well-developed musculature on both sides and eyes located on the right side of its head, with the left eye in a central position, providing a wider field of vision. Its dorsal and ventral fins are symmetrical and gently curved; its pectoral fins are small, and its caudal fin is truncated. The lateral line is straight. Its normal size is 80–100 cm, with males reaching up to 110 cm and females up to 130 cm, and it can weigh up to 45 kg. It is the only species in its genus. Both sides of the body pigmented, dark brown or black, with the ventral (blind) side slightly lighter.

**Habitat:** Inhabits soft bottoms, from the shelf to the continental slope, ranging from near the surface down to depths of 2200 m; however it is more abundant between 500 and 2000 m, at temperatures ranging from -0.5 to 3°C.

**Biology:** Deep-sea benthic-pelagic species that undertakes vertical and bathymetric migrations linked to its life cycle, feeding, and reproduction. Thanks to its powerful musculature, it can swim vertically, making it an opportunistic predator that feeds on both benthic and pelagic prey, including crustaceans, fish, squid, and other invertebrates.

**Family:** Pleuronectidae  
**Order:** Pleuronectiformes  
**FAO Code:** GHL  
**Type of fish:** White fish



**International names:**  
 Spanish: Fletán de Groenlandia, fletán negro, halibut de Groenlandia, halibut negro  
 Danish: Hellefisk  
 French: Halibut noir, flétan noir  
 German: Schwarzer Heilbutt  
 Portuguese: Alabote da Gronelândia  
 Italian: Halibut di Groenlandia  
 Japanese: Karasu-garei



## Geographic distribution and fishing areas



**Distribution:** Circum-global, in the Atlantic, North Pacific, and Arctic Ocean.

**Fishing season:**



**Fishing area:**

This species is of great commercial importance in the Northwest Atlantic, particularly in the NAFO area, the Barents Sea, and off the coast of Greenland, where it is caught using bottom trawling, longlining, and gillnetting. Disputes between Spain and Canada over fishing rights for this species off the Canadian coast led to the "Turbot War" in the 1990s. It constitutes 19.0% of the annual catches of ANACEF trawlers operating in the NAFO area.

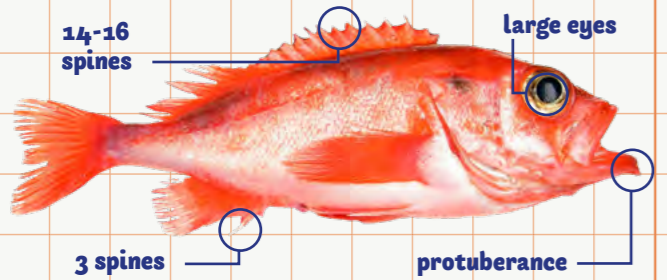
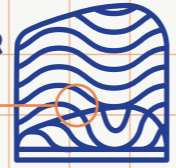
**Commercialization:** It is sold frozen as fillets (with or without skin), portions, or loins. ANACEF markets frozen Greenland halibut under the name "palmeta", separated into 13 categories: six of them headless and tailless, two entire, and five heads only.




Category	Size (gr)	Preparation
PALMETA WITHOUT HEAD & TAIL		
Nº1	300 - 500	Block
Nº2	500 - 1000	Block
Nº3	1000 - 1500	Block
Nº4	1500 - 2000	Block
Nº5	2000 - 3000	Block
Nº6	>3000	Block
PALMETA ENTIRE		
P	400 - 700	
M	700 - 900	

**Nutritional value:** White, semi-fatty fish, very healthy due to its low calorie content and high nutritional value. It stands out for its content of healthy fats (9–15 g/100 g), which is higher than in other flatfish, as well as by its proteins content (9–13 g/100 g), omega-3 fatty acids, and richness in vitamins (B12, B3, A and D), and essential minerals (phosphorus, potassium, magnesium, and selenium).

**Gastronomy:** This flatfish is highly prized for its white flesh, rich in healthy fats, which give it a mild flavour and a delicate, buttery texture—fattier and softer than that of common halibut. It can be prepared smoked, like salmon, or baked, grilled, steamed, or en papillote.

HEADS PALMETA		
Nº1	100 - 300	Block
Nº2	300 - 500	Block
Nº3	500 - 700	Block
Nº4	700 - 1000	Block
Nº5	>1000	Block

	<h1>Beaked redfish</h1> <h2><i>Sebastes mentella</i></h2>
<p><b>Description:</b> A robust species with a large, spiny head and a prominent lower jaw, ending in a markedly protruding bony protuberance. It has large eyes. The gill cover lacks an additional preopercular spine. Its spiny fins give it a "scorpionfish" appearance; the dorsal fin has 14–16 spines and 13–17 soft rays, while the anal fin has 3 spines and 7–11 soft rays. Adults measure around 40 cm, but can reach a maximum size of 77.5 cm. Body intense red or pink colour, just like the other of the species of the genus <i>Sebastes</i>.</p>	<p><b>Family:</b> Scorpaenidae  <b>Order:</b> Perciformes.  <b>FAO code:</b> REB  <b>Type of fish:</b> White fish</p>
<p><b>Habitat:</b> A benthopelagic species that lives on rocky bottoms and in the water column at depths of 300–1000 m. Juveniles can be found at less than 100 m and adults at more than 1400 m. It forms aggregations on seamounts.</p> <p><b>Biology:</b> This species has a slow growth rate, reaching sexual maturity around 11 years and living for at least 75 years. It is gregarious throughout its life. It feeds on small crustaceans, cephalopods, and fish. It is ovoviparous, with the main reproductive period in March–April.</p>	<p><b>White fish</b></p> 
	<p><b>International names</b>  Spanish: Gallineta oceánica, gallineta nórdica, cabra  Danish: Uer  French: Sébaste du Nord  German: Rotbarsch, Seebarsch  Portuguese: Peixe-vermelho da fundura  Italian: Scorfano rosso, pesce rosso</p>

	<h1>Geographic distribution and fishing areas</h1> <p><b>Distribution:</b> Wide distribution throughout the eastern and western North Atlantic, and the Arctic Ocean.</p> <p><b>Fishing season:</b></p> 	<p><b>Nutritional value:</b> White fish of high nutritional value, which stands out for its high biological value proteins (15–20 g/100 g), its fat content (1.5–2.5 g/100 g), its richness in omega-3 fatty acids, vitamin A, D and B group (B1, B2, B3 and B6), and minerals.</p> <p><b>Gastronomy:</b> With juicy, white-pink flesh, a firm texture, and a mild, slightly sweet flavor similar to other rockfish. It is highly prized in European cuisine. A very versatile fish, it lends itself to numerous preparation methods: baked, grilled, pan-fried, or breaded, and is excellent for fish broths, stews, and seafood dishes.</p>																								
<p><b>Fishing area:</b>  A commercially important species, caught by both bottom and pelagic trawling throughout its distribution: Area 27 (Norway, Iceland, Greenland and the Barents Sea), Area 21 (Grand Banks of Newfoundland, Flemish Cap) and international waters. It represents 11.5% of the annual catches of ANACEF trawlers operating in the NAFO area.</p>	<p><b>Commercialization:</b> Under the name "gallinetas atlánticas" three species of the genus <i>Sebastes</i> are landed: <i>S. mentella</i>, the most abundant species, <i>S. norvegicus</i>, and <i>S. fasciatus</i>, which are difficult to distinguish. They are sold frozen, entire and gutted, or as fillets, with or without skin. ANACEF sells them frozen, under the name "cabra," either entire or headless with tail, separated into six categories.</p> <table border="1" data-bbox="2104 823 2657 1013"> <thead> <tr> <th>Category</th> <th>Size (gr)</th> <th>Preparation</th> </tr> </thead> <tbody> <tr> <td>"CABRA" WITHOUT HEAD &amp; TAIL</td> <td></td> <td>"CABRA" ENTIRE</td> </tr> <tr> <td>Nº 0</td> <td>&lt; 100</td> <td>NO MARK 100 - 200</td> </tr> <tr> <td>Nº 1</td> <td>100 - 150</td> <td>Block</td> </tr> <tr> <td>Nº 2</td> <td>150 - 200</td> <td>Block</td> </tr> <tr> <td>Nº 3</td> <td>200 - 300</td> <td>Block</td> </tr> <tr> <td>Nº 4</td> <td>300 - 500</td> <td>Block</td> </tr> <tr> <td>Nº 5</td> <td>&gt; 500</td> <td>Block</td> </tr> </tbody> </table>	Category	Size (gr)	Preparation	"CABRA" WITHOUT HEAD & TAIL		"CABRA" ENTIRE	Nº 0	< 100	NO MARK 100 - 200	Nº 1	100 - 150	Block	Nº 2	150 - 200	Block	Nº 3	200 - 300	Block	Nº 4	300 - 500	Block	Nº 5	> 500	Block	
Category	Size (gr)	Preparation																								
"CABRA" WITHOUT HEAD & TAIL		"CABRA" ENTIRE																								
Nº 0	< 100	NO MARK 100 - 200																								
Nº 1	100 - 150	Block																								
Nº 2	150 - 200	Block																								
Nº 3	200 - 300	Block																								
Nº 4	300 - 500	Block																								
Nº 5	> 500	Block																								



# Long rough dab

*Hippoglossoides platessoides.*

**Description:** A flatfish with an oval, elongated body. It has a large, terminal mouth that extends below the eyes, with a somewhat prominent lower jaw. The eyes are on the right side, separated by a scaly ridge. The lateral line is almost straight, with only a slight inflection above the pectoral fin. The dorsal fin originates above the upper eye and extends to the caudal peduncle without joining the caudal fin; the caudal fin is rounded; the anal fin is elongated and not joined to the caudal fin; and the pectoral fin is small. Commonly measures around 30–52 cm, with a maximum size of 82 cm and a weight exceeding 6 kg. Dorsal side brown, sometimes with some dark spots; ventral (blind) side lighter; fins generally paler.

**Habitat:** Cold waters species, mainly found on the continental shelf at depths between 90–250 m, although it can reach depths of up to 3000 m. It prefers soft, sandy and/or muddy bottoms.

**Biology:** It feeds primarily on crustaceans, worms, molluscs, brittle stars, and to a lesser extent on fish such as garfish and capelin. Spawning occurs between January and June; eggs and larvae are pelagic. This species is slow-growing and late-maturing: it commonly reaches maturity at around 2–3 years of age, but in the northernmost part of its distribution, individuals do not mature until 7–10 years. It has a lifespan of 17–20 years, with all individuals of that age being female.

**Family:** Pleuronectidae  
**Order:** Pleuronectiformes  
**FAO Code:** PLA  
**Type of fish:** White fish



**International names:**  
 Spanish: Platija americana, platija canadiense  
 French: Plie canadienne  
 German: Amerikanische scholle  
 Portuguese: Solha americana  
 Italian: Passera canadese



## Geographic distribution and fishing areas



**Distribution:** Northwest and Northeast Atlantic, including the North Sea and the Barents Sea.

**Fishing season:**



**Fishing area:** Important bottom trawl fisheries in the Northwest, Northeast, and West Atlantic, including the Grand Banks, Flemish Cap, Barents Sea, and from Greenland to the Bay of Biscay. It represents 2.8% of the catches made by ANACEF trawlers operating in the Northwest Atlantic.

**Comercialization:** It is sold fresh, either entire or gutted, or frozen, as whole fish or fillets. ANACEF sells it frozen, separated into six categories: two of them without head, tail and skin, and four with skin.

Category	Size (gr)	Preparation
Without Head, Tail & Skin		
Nº1X	100 - 200	Interleaved
Nº1	200 - 300	Interleaved
Without Head, Tail & With Skin		
Nº2	300 - 500	Block
Nº3	500 - 800	Block
Nº4	800 - 1000	Block
Nº5	> 1000	Block

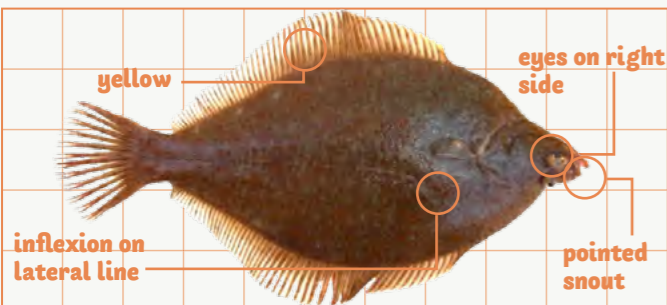
**Nutritional value:** White fish, ideal for healthy diets, rich in nutrients but low in calories. It provides around 291 kcal per 100 g, with about 18 g of protein and 9 g of fat per 100 g. It is especially rich in omega-3 fatty acids, as well as in selenium and vitamin B12.

**Gastronomy:** Species with a mild, delicate flavour and a tender texture, less firm than other flatfish like turbot, but very versatile. It lends itself to recipes similar to those for sole, including grilling, baking, frying, or breading, as well as in fish soups and light stews. Its flavor can sometimes be somewhat bland, so it may be marinated before cooking to enhance its taste.



# Yellowtail flounder

*Myxopsetta ferruginea*



**Description:** Flatfish with a broad, oval body, thinner than other flatfish. It has a narrow, concave head with a pointed snout and a prominent lower jaw, with wide lips and small teeth. The eyes are small and both are located on the right side of the head. The dorsal fin, which begins at the level of the pectoral fin, has 80 rays that are longer towards the middle; the anal fin has a similar outline to the dorsal fin, but only 60 rays. The lateral line forms a pronounced curve above the pectoral fin. It can reach up to 64 cm in length and weigh 1.5 kg. Brown dorsal side or rusty spots. Fins with yellow spots, more intense on the caudal fin; pale ventral side.

**Habitat:** Cold waters, mainly on the continental shelf, at depths of 90–250 m, although it can be found at depths of up to 3000 m. It prefers soft, sandy and/or muddy seabeds.

**Biology:** It feeds on small crustaceans, molluscs, and worms. Females reach sexual maturity at 3 years old, and spawning occurs during spring and summer. They can camouflage themselves by changing their skin pattern to mimic the seabed. It has a lifespan of up to 17 years.

**Family:** Pleuronectidae  
**Order:** Pleuronectiformes  
**FAO Code:** YEL  
**Type of fish:** White fish



**International names:**  
 Spanish: Platija amarilla, limanda nórdica, platija colamarilla, lenguado amarillo  
 French: Limande à queue jaune  
 German: Gelbschwanzflunder  
 Portuguese: Solha dos mares do norte, solha-pinta-amarela, limanda.  
 Italian: Limanda



## Geographic distribution and fishing areas



**Distribution:** Northwest Atlantic, from southern Labrador and Newfoundland in Canada to the Chesapeake Bay on the east coast of the United States.

### Fishing season:



### Fishing area:

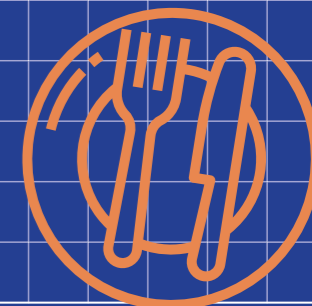
A significant bottom trawl fishery in Area 21 (Northwest Atlantic), which includes Newfoundland, St. Peter and Georges Banks, Nova Scotia and the Gulf of Maine. It represents 2.7% of the catches made by ANACEF trawlers in the NAFO area.

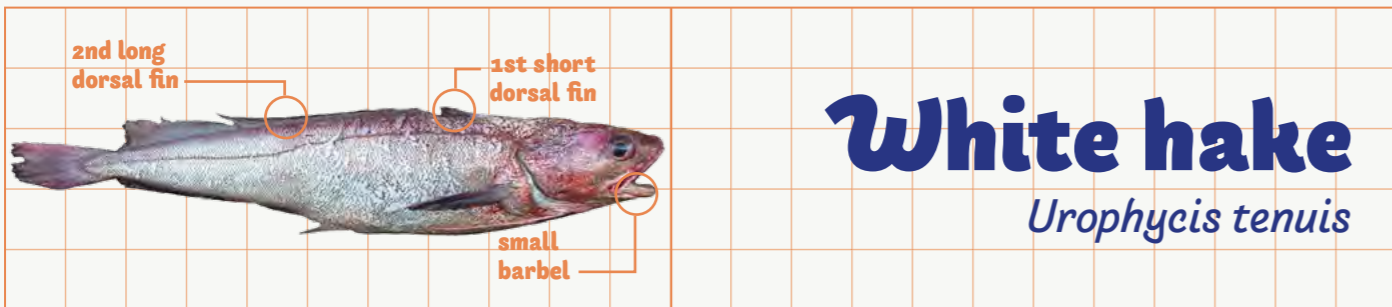
**Commercialization:** Species of great commercial importance in the Northwest Atlantic fishery. It is sold in North American and European markets, fresh or frozen, generally as filets. ANACEF sells it frozen, separated into six categories: two without head, tail, and skin, and the other four with skin.

Category	Size (gr)	Preparation
W/HED, W/TAIL & W/SKIN		
Nº 1X	100-200	Interleaved
Nº 1	200-300	Interleaved
WITHOUT HED & TAIL & WITH SKIN		
Nº 2	300-500	Block
Nº 3	500-800	Block
Nº 4	800-1000	Block
Nº 5	> 1000	Block

**Nutritional value:** White fish, lean, low in fat (1.2 g per 100 g) and highly nutritious. An excellent source of high biological value protein (18.8 g per 100 g), essential minerals (sodium, potassium, selenium), vitamins (B6, B12 and niacin), and omega-3 fatty acids (EPA and DHA), providing approximately 91 kcal per 100 g.

**Gastronomy:** A fish with a mild, delicate flavour and tender texture. Very versatile. It can be prepared in recipes similar to those for sole: grilled, baked, meunière style, en papillote, or light breaded to highlight its delicate texture.





# White hake

*Urophycis tenuis*

**Description:** Elongated and laterally compressed body with a large, somewhat pointed head. Wide mouth with a slightly prominent lower jaw and a small barbel. Two dorsal fins, the first short and the second very long; a long anal fin almost parallel to the second dorsal fin; elongated pelvic fins that function as sensory organs; and a rounded caudal fin. It commonly measures between 40–70 cm in length, although it can exceed 1.35 m and weigh up to 20 kg. Greyish or purplish-brown dorsal side with lighter flanks and a whitish belly.

**Habitat:** Deep-water demersal species that lives on sandy, muddy or gravelly bottoms, generally at depths between 50–500 m, although it can be found at depths exceeding 700 m.

**Biology:** Active predator that feeds on fish (such as herring and cod), crustaceans, squid, and other molluscs and benthic invertebrates. Reproduction usually occurs in spring and summer. It has a lifespan of more than 15 years.

**Family:** Phycidae  
**Order:** Gadiformes  
**FAO Code:** HKW  
**Type of fish:** White fish



**International names:**  
 Spanish: Locha blanca, brótola blanca  
 French: Merluche blanche  
 German: Weißer seehecht  
 Portuguese: Abrótea-branca  
 Italian: Nasello bianco americano  
 Japanese: Howaito heiku



## Geographic distribution and fishing areas



**Distribution:** Northwest Atlantic, from the Labrador Peninsula to South Carolina.

**Fishing season:**



**Fishing area:**

It is caught by trawling or longlining, primarily in the Gulf of Maine, Georges Bank, Grand Banks, and Nova Scotia waters. ANACEF freezer trawlers catch it in Newfoundland, where it represents 2.2% of annual landings.

**Commercialization:**

Like hake or cod, it is sold frozen, either entire without head, or in fillets. ANACEF sells it frozen, headless and tailless, separated into five categories.

Category	Size (gr)	Preparation
Nº00	100 - 200	Interleaved
Nº0	200 - 500	Interleaved
Nº1	500 - 1000	Wrapped
Nº2	1000 - 1500	Wrapped
Nº3	>1500	Wrapped

**Nutritional value:** Lean white fish with high protein content (17–18 g/100 g) and low fat content (1–2 g/100 g). It is a moderate source of omega-3 fatty acids and a good source of vitamins B12, B6 and niacin, as well as minerals such as selenium, phosphorus, potassium, and magnesium.

**Gastronomy:** Its white flesh has a mild flavour and is more tender and delicate than other hake species. It can be baked, grilled, breaded, or fried, and is excellent in stews, soups, and broths. It is sometimes sold as a substitute for hake or cod in certain dishes.





# Atlantic halibut

*Hippoglossus hippoglossus*

**Description:** Very large, oval body, flattened dorsoventrally. Large, very strong mouth with well-developed teeth. Both eyes located on the right side of the body. Long dorsal fin starting above the eye; long anal fin parallel to the dorsal fin; caudal fin slightly concave or straight. It commonly measures between 80 and 150 cm in length, although it can exceed 2.5 m. Due to overfishing, current specimens are generally smaller, but historical records report individuals almost 4 m long and weighing over 300 kg. It is the largest flatfish in the world. The ocular (upper) side is dark brown, olive, or grayish, while the blind (lower) side is white or off-white.

**Habitat:** Lives near the bottom, on sandy, muddy, or gravelly sediments; generally, at depths between 50–2000 m, although it is commonly found between 200–1000 m.

**Biology:** Active predator that feeds on fish, cephalopods, and crustaceans. Males reach sexual maturity at 7–8 years, and females at 10–12 years. It has a lifespan of 40–50 years.

**Family:** Pleuronectidae  
**Order:** Pleuronectiformes  
**FAO Code:** HAL  
**Type of fish:** White fish



**International names:**  
 Spanish: Fletán del Atlántico  
 French: Flétan de l'Atlantique  
 German: Heilbutt  
 Portuguese: Alabote-do-Atlântico  
 Italian: Halibut  
 Japanese: Taiseiyō ohyō



## Geographic distribution and fishing areas



**Distribution:** Northwest Atlantic, from western Greenland to Nova Scotia; Northeast Atlantic, from Svalbard to the United Kingdom.

**Fishing season:**



**Fishing area:**

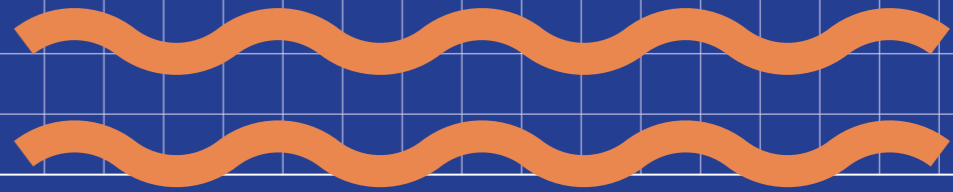
It is caught by bottom trawling and longlining in the waters of Norway, Iceland, the Faroe Islands, the Barents Sea, and Newfoundland. ANACEF freezer trawlers catch it in Newfoundland, where it represents 2.1% of annual landings.

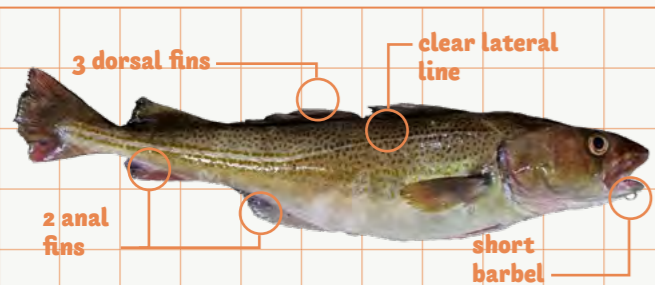
**Commercialization:**

Halibut fishing is one of the most important and regulated extractive activities in the Atlantic, involving Spanish fleets, particularly those from Vigo, such as ANACEF. The organization markets the Atlantic halibut frozen, entire and in bulk.

**Nutritional value:** White fish with a high protein content (20–21 g/100 g) and moderate fat content (2–3 g/100 g). It is a good source of omega-3 fatty acids, vitamins B3 (niacin), B6, and B12, and very rich in vitamins D and E, as well as in selenium, phosphorus, potassium, and iodine.

**Gastronomy:** One of the most prized flatfish in gastronomy for its white, juicy flesh, mild slightly sweet flavor, and firm, meaty texture that flakes easily when cooked. It has few bones, making it ideal for children's menus. It is commonly prepared grilled, baked, or steamed, and is smoked in Northern European countries. It is used in the preparation of sushi and sashimi.





# Atlantic cod

*Gadus morhua*

**Description:** Elongated, robust, and slightly laterally compressed body. Its head is wide, and its mouth is large with small teeth. It has 3 well-separated dorsal fins and 2 anal fins, as well as a short barbel on its chin. The lateral line is very pronounced. It measures between 50 and 100 cm in length, although it can exceed 1.5 m. Brownish-green, grey, or brown, with dark spots and a lighter belly. The lateral line is light-coloured.

**Habitat:** Demersal species inhabiting sandy, muddy, or gravelly bottoms, generally at depths between 20 and 600 m. Juveniles are usually found in shallow coastal areas, while adults live in deeper waters.

**Biology:** Opportunistic predatory that feeds on fish, crustaceans, molluscs, and echinoderms. It usually reaches sexual maturity between 2 and 4 years of age.

**Family:** Gadidae  
**Order:** Gadiformes  
**FAO Code:** COD  
**Type of fish:** White fish



**International names:**  
 Spanish: Bacalao del Atlántico  
 French: Morue de l'Atlantique  
 German: Dorsch  
 Portuguese: Bacalhau-do-Atlântico  
 Italian: Merluzzo nordico, baccalà  
 Japanese: Taiseiyō-dara



# Geographic distribution and fishing areas



**Distribution:** Northwest Atlantic, from the west coast of Greenland to North Carolina; Northeast Atlantic, from Svalbard to the Bay of Biscay.

**Fishing season:**



**Fishing area:**

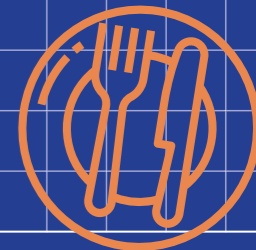
It is caught using trawls and longlines, primarily in the Barents Sea, Iceland, Norway, Canada, and Newfoundland. ANACEF freezer trawlers catch it in Newfoundland waters, where it represents 1.4% of annual landings.

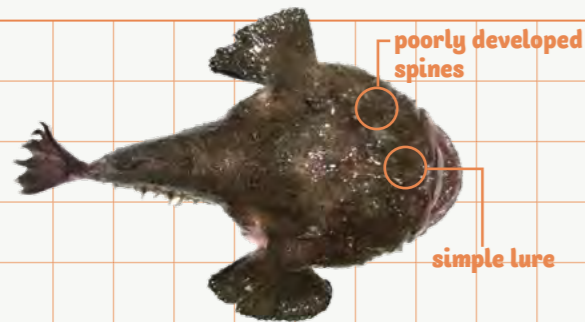
**Commercialization:** The cod trade, led by Norway, Iceland and Russia, is a fundamental pillar of the international fishing market. Cod is sold in a wide variety of formats: fresh or chilled, frozen, and salted and desalted, a key traditional form, especially in Spain, where it is sold as entire fillets, loins, or shredded. ANACEF sells it frozen, headless and with tails, like haddock, and separated into seven categories.

Category	Size (gr)	Preparation
Nº1	< 300	Block
Nº2	300 - 500	Block
Nº3	500 - 1000	Block
Nº4	1000 - 1500	Block
Nº5	1500 - 2000	Block
Nº6	2000 - 3000	Block
Nº7	>3000	Block

**Nutritional value:** Lean white fish with high protein content (17-18 g/100 g) and very low fat content (0.1g/100g). It is a source of omega-3 fatty acids, B vitamins (especially B12, B6, B1, B2 and folic acid), vitamins D and E, and minerals such as phosphorus, selenium, potassium, and calcium.

**Gastronomy:** One of the most prized white fish in world cuisine. It has firm, white flesh with a flaky texture, making it suitable for both fresh and salted preparations. It plays a starring role in many traditional Spanish and Northern European dishes. Its mild flavour absorbs sauces well, and it can be baked, grilled, used in stews, breaded, or fried.





# American angler

*Lophius americanus*

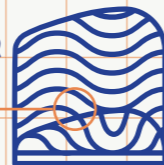
**Description:** Large, robust body with smooth skin. Broad, flattened head with a very large mouth equipped with long, backward-curving teeth. It has spines and bony ridges on its head, although these are not very developed. The first ray of the dorsal fin is modified into a simple, sparsely branched terminal structure that functions as a lure. It measures between 60 and 100 cm in length, but can reach 140 cm; females are usually significantly larger than males. Brown or dark grey, sometimes with spots. The peritoneum (the membrane lining the abdominal cavity) is white or light.

**Habitat:** Demersal species that inhabits sandy, gravel, or mixed bottoms, commonly found at depths between 40 and 300 m in temperate to cold waters, although they have been caught up to 800–850 m.

**Biology:** Generally solitary, it is most active at night. An opportunistic predator, it feeds on fish (such as herring and cod), crustaceans, and cephalopods, using its pectoral fins to “walk” or crawl along the seabed, and it can swallow prey almost its own size. Spawning occurs primarily between spring and summer. It has a lifespan of approximately 20–25 years.

**Family:** Lophiidae  
**Order:** Lophiiformes  
**FAO Code:** ANG  
**Type of fish:** White fish

**White fish**



**International names:**  
 Spanish: Rape americano, rape de Boston  
 French: Baudroie d'Amérique  
 German: Amerikanischer Seeteufel  
 Portuguese: Tamboril  
 Italian: Rana pescatrice atlantica  
 Japanese: Amerika ankō



## Geographic distribution and fishing areas



**Distribution:** Northwest Atlantic, from Newfoundland and the Gulf of St. Lawrence to Florida.

**Fishing season:**



**Fishing area:**

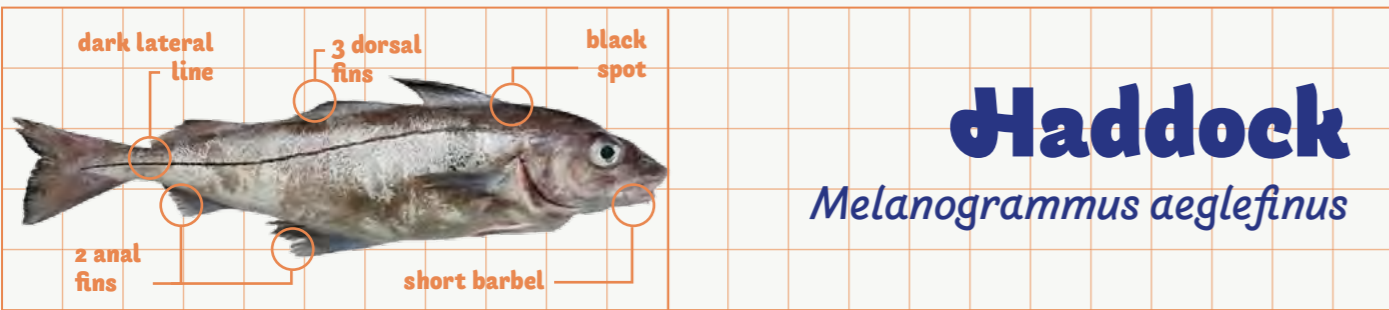
Georges Bank, the Gulf of Maine, the continental shelf off the north-western United States, and the Atlantic coast of Canada. ANACEF freezer trawlers catch it off Newfoundland, where it represents 1.1% of annual landings.

**Commercialization:** Marketed fresh, whole or only the tails, and frozen. ANACEF markets the tails, wrapped and separated into three categories.

Category	Size (gr)	Preparation
Nº 1	< 300	Wrapped
Nº 2	300 - 500	Wrapped
Nº 3	> 500	Wrapped

**Nutritional value:** White fish with high-quality lean protein (17–18 g/100 g) and low fat content (0.2 g/100 g). It contains omega-3 fatty acids, B vitamins (B6, B12, and niacin), and is notable for its providing minerals such as potassium, phosphorus, selenium, sodium, and iodine.

**Gastronomy:** Fish with exceptional flesh, of which only the tail is used. It is highly prized for its firm, compact, boneless texture and very flavourful taste, comparable to that of lobster. A very versatile fish, it can be grilled or fried, used in stews, seafood rice dishes and casseroles, kebabs, or stir-fries.



# Haddock

*Melanogrammus aeglefinus*

**Description:** Elongated, laterally compressed body. It has a short barbel on the chin. Three dorsal fins and two anal fins are present. The lateral line is clearly visible and slightly curved. It measures between 30 and 70 cm in length. Dark grey or purplish-grey back, silvery flanks, and white belly. Dark lateral line with a rounded black spot above it, at the level of the pectoral fin.

**Habitat:** Demersal species found on sand, gravel, rock or shell bottoms, generally at depths between 10 and 450 m, although it is more common between 80 and 200 m.

**Biology:** Carnivorous fish that feeds on small fish, molluscs, worms, and other benthic invertebrates. Males reach sexual maturity at 4 years of age, and females at 5 years.

**Family:** Gadidae  
**Order:** Gadiformes  
**FAO Code:** HAD  
**Type of fish:** White fish



**International names:**  
 Spanish: Eglefino  
 French: Églefin  
 German: Schellfisch  
 Portuguese: Arinca, alecrim  
 Italian: Merluzzo eglefino  
 Japanese: Hadokku, montsuki-dara



## Geographic distribution and fishing areas



**Distribution:** Northwest Atlantic, from western Greenland to the United States (35°N); Northeast Atlantic, from Svalbard to the Bay of Biscay.

### Fishing season:



### Fishing area:

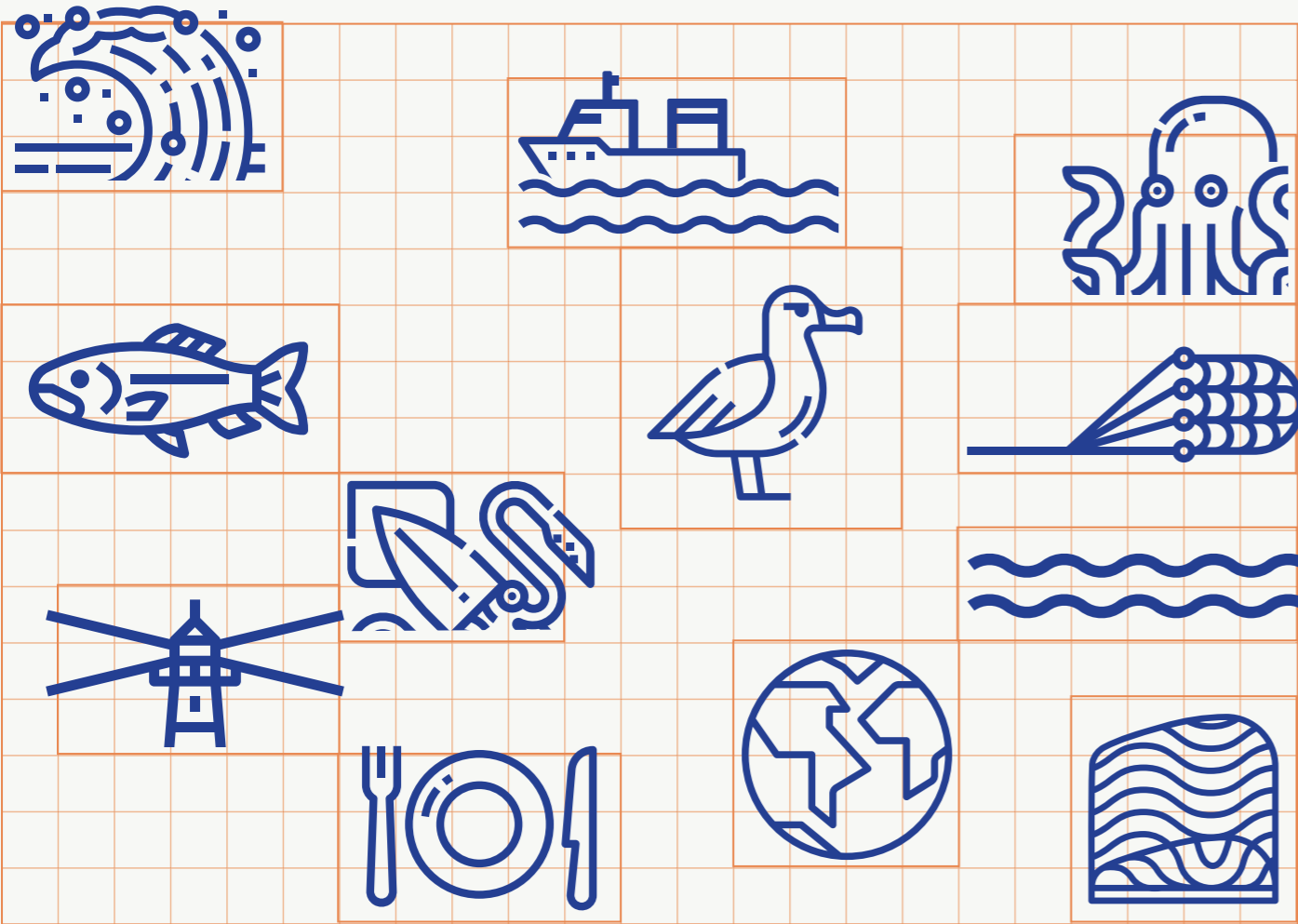
It is fished primarily in the cold waters of the North Atlantic (North Sea, Iceland, Norway, Canada, and Newfoundland). ANACEF freezer trawlers catch it off Newfoundland, where it represents 0.5% of annual landings.

**Commercialization:** Species of great importance in the international market. It is sold fresh, chilled, or frozen, entire or in fillets, and also smoked, or salted and dried, as an alternative to cod. ANACEF markets it headless and with tail, separated into seven categories.

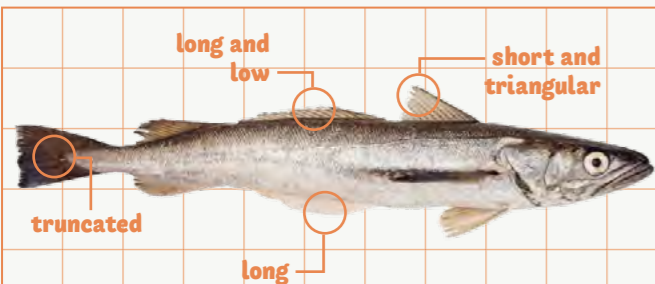
Category	Size (gr)	Preparation
Nº 1	< 300	Block
Nº 2	300 - 500	Block
Nº 3	500 - 1000	Block
Nº 4	1000 - 1500	Block
Nº 5	1500 - 2000	Block
Nº 6	2000 - 3000	Block
Nº 7	> 3000	Block

**Nutritional value:** Lean white fish with an excellent nutritional profile, providing high-quality protein (17-19 g/100 g) and having a low fat content (0.5-1 g/100 g). It is a good source of B vitamins (B12 and B6) and provides small amounts of vitamin D. It also contains minerals such as selenium, phosphorus, potassium, iodine, and magnesium.

**Gastronomy:** Highly prized in North Atlantic cuisine for its firm, smooth, and lean white flesh, which is more delicate and refined than that of cod. It is consumed fried, boiled, steamed, smoked, baked, grilled, or in processed products. It is the preferred fish for the classic British dish "fish and chips" because its texture is better preserved when fried.



# 4. Southwestern Atlantic



# Argentine hake

*Merluccius hubbsi*

**Description:** Body elongated, fusiform, and slender, slightly compressed laterally. It has a large, pointed head with a very wide mouth and a slightly prominent lower jaw. There are two dorsal fins, the first short and triangular, and the second long; a long anal fin almost parallel to the second dorsal fin; and a slightly truncated or rounded caudal fin. It commonly measures between 30 and 60 cm in length, although it can reach 90–100 cm.

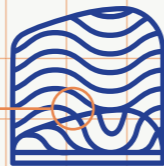
**Colour:** Silvery-grey or bluish-grey dorsal side with silvery flanks and white belly.

**Habitat:** Demersal species inhabiting sandy or muddy bottoms, frequently at depths between 50–500 m. Juveniles are usually found in shallower coastal areas, while adults inhabit deeper waters.

**Biology:** Active predator that feeds on small fish, crustaceans, and cephalopods. It has a lifespan of approximately 10–15 years and reaches sexual maturity at 2–4 years of age.

**Family:** Merlucciidae  
**Order:** Gadiformes  
**FAO Code:** HKP  
**Type of fish:** White fish

**White fish**



**International names:**  
 Spanish: Merluza argentina  
 French: Merlu d'Argentine  
 German: Argentinischer Seehecht  
 Portuguese: Pescada-da-Argentina  
 Italian: Nasello atlántico, merluzzo atlantico  
 Japanese: Aruzenchin heiku, merurusa-ru



## Geographic distribution and fishing areas



**Distribution:** Southwest Atlantic, from southern Brazil to southern Argentina.

**Fishing season:**



**Fishing area:**

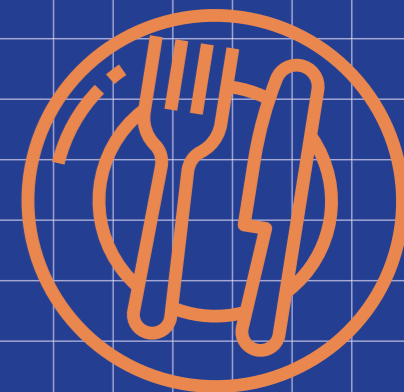
Catches are concentrated on the Argentine continental shelf, especially in the Argentine Sea, the Gulf of San Jorge, and Patagonia. ANACEF freezer trawlers catch it in international waters in the Southwest Atlantic and around the Falkland Islands, where it represents 78.9% and 95.2% of annual landings, respectively.

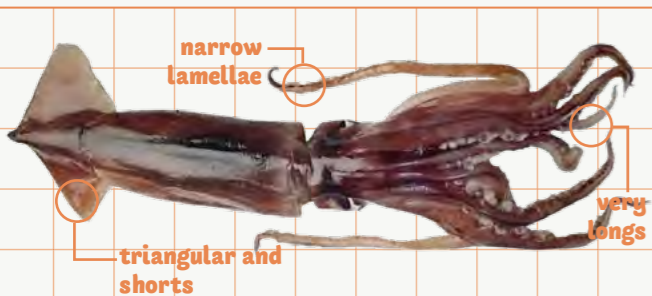
**Commercialization:** The Argentine hake trade is the cornerstone of the international fishing industry in the South Atlantic, with exports destined for Europe and Brazil. It is sold fresh and, primarily, frozen, either entire and gutted, headless, as fillets, and as roes. ANACEF markets frozen hake, without head, tail, or skin, in eight separate categories.

Category	Size (gr)	Preparation
Nº 00	100 - 200	Interleaved
Nº 0	200 - 350	Interleaved
Nº 1X	350 - 450	Wrapped
Nº 1	450 - 650	Wrapped
Nº 2	650 - 850	Wrapped
Nº 3	850 - 1200	Wrapped
Nº 3L	1200 - 1500	Wrapped
Nº 34	1500 - 2000	Wrapped

**Nutritional value:** White fish rich in high biological value protein (17–19 g/100 g) and low in fat (1–2 g/100 g). It is a source of omega-3 fatty acids, vitamin B12, and minerals such as selenium and phosphorus.

**Gastronomy:** White, tender flesh with few bones. It is eaten breaded or fried, grilled, baked, in stews, fish soups, pies, or stuffings.





# Argentine shortfin squid

*Illex argentinus*

**Description:** Cephalopod mollusc with an elongated, cylindrical, and relatively robust mantle, wider in the central area. Fins are triangular, relatively short (approximately 20–25% of the mantle length), and wide (57% of the mantle length). Arms are very long for the genus (up to 72% of the mantle length); the right (or left) arm IV is hectocotylized for more than 50% of its length, with suckers modified into narrow lamellae extending to the tip. Mantle length ranges from 20 to 35 cm, although it can exceed 40 cm. Reddish or pinkish when alive, although it may turn whitish after capture.

**Habitat:** Oceanic pelagic species, mainly associated with the continental shelf and slope, generally found at depths between 50–600 m, but can reach up to 800 m.

**Biology:** It undertakes daily vertical migrations, ascending at night to surface layers to feed on small fish, pelagic crustaceans, and other cephalopods. It is a key link in the food chain, acting as both a voracious predator and an important prey for numerous fish, birds, and marine mammals. The species grows rapidly and has a lifespan of approximately one year.

**Family:** Ommastrephidae  
**Order:** Oegopsida  
**FAO Code:** SQA  
**Type of fish:** Squid, cuttlefish, octopus



**International names:**  
 Spanish: Pota argentina  
 French: Encornet rouge argentin  
 German: Argentinischer Kurzflössenkalmar  
 Italian: Totano atlantico  
 Portuguese: Pota argentina  
 Japanese: Argentina matsuiika



## Geographic distribution and fishing areas



**Distribution:** Southwest Atlantic, from southern Brazil to Argentina and the Falkland Islands.

**Fishing season:**



**Fishing area:**

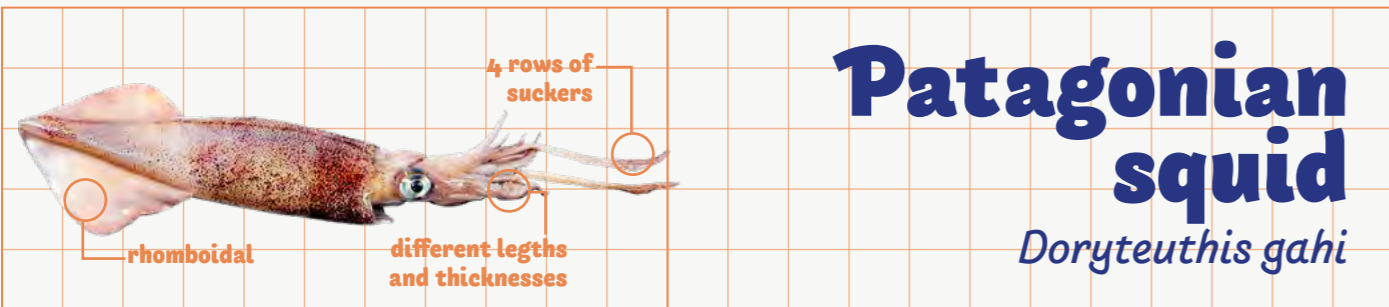
It is caught by bottom trawling and jigging in the Argentine continental shelf, the South Atlantic continental slope, and in waters near the Falkland Islands. ANACEF freezer trawlers also catch it in international waters of the Southwest Atlantic and around the Falkland Islands, where it represents 17.6% and 1.3% of annual landings, respectively.

**Commercialization:** Argentine squid is one of the world's most important cephalopod species, with significant commercial value in the southwestern Atlantic. It is sold frozen, entire, in pods or tubes, rings, or tentacles. ANACEF markets it frozen, entire, as pods, and as arms, separated into 5, 4 and 3 categories respectively.

Category	Size (cm)	Processed	Packaging
SQUID ENTIRE			
SQUID 00	12-15	Entire	Black
SQUID 0	15-18	Entire	Black
SQUID 1	18-22	Entire	Black
SQUID 2	23-25	Entire	Black
SQUID 3	>25	Entire	Black
SQUID POD			
POD 0	15-18	Headless and eviscerated	Tray
POD 1	18-22	Headless and eviscerated	Tray
POD 2	23-25	Headless and eviscerated	Tray
POD 3	>25	Headless and eviscerated	Tray
SQUID ARMS			
ARMS 0	<50	No peak	Black
ARMS 1	50-80	No peak	Black
ARMS 2	>80	No peak	Black

**Nutritional value:** This mollusc is low in fat and calories (80–95 kcal/100 g) but rich in high-biological-value protein (16–18 g/100 g). It is notable for its mineral content including selenium, phosphorus and, iron, as well as for its vitamin B12 content. The species has a relatively high cholesterol content (200–250 mg/100 g).

**Gastronomy:** Versatile cephalopod with firmer, less delicate flesh and a more intense flavor than squid. It is consumed as rings, breaded, fried, or grilled, in casseroles and paellas, stuffed, and as processed products.



# Patagonian squid

*Doryteuthis gahi*

**Description:** Cephalopod with an elongated, cylindrical, and relatively narrow mantle, and a rectangular head. The fins are rhomboidal, quite long (approximately 45–55% of the mantle length). The first, second, and third pairs of arms of different lengths and thicknesses, with the first pair being shorter and thinner, and may be joined by membranes at their base. Tentacles with four rows of suckers equipped with denticulate chitinous rings. Mantle length ranges from 15–25 cm, with maximum lengths approaching 40 cm. Pink or reddish. Dorsal surface of the head covered by numerous closely spaced dark chromatophores.

**Habitat:** Benthopelagic species associated with sandy or muddy bottoms of the continental shelf and slope, commonly found at depths between 50–350 m, occasionally reaching 600 m.

**Biology:** Active predator that feeds on small fish, crustaceans, and other cephalopods. It undertakes daily vertical migrations, ascending the water column at night to feed. Spawning occurs in rocky areas or kelp forests, where egg capsules are anchored to the substrate. It grows rapidly, with a lifespan of approximately one year.

**Family:** Loliginidae  
**Order:** Myopsida  
**FAO Code:** SQP  
**Type of fish:** Squid, cuttlefish, octopus



**International names:**  
 Spanish: Calamar patagónico, calamar del Perú, chipirón patagónico, chipirón del Perú.  
 French: Calmar de Patagonie  
 German: Kalmar o Tintenfisch o Langflossenkalmar  
 Italian: Calamaro patagonico o Calamaro oceanico  
 Portuguese: Lula-patagónica  
 Japanese: Argentina yariika



## Geographic distribution and fishing areas



**Distribution:** Southwest Atlantic and Southeast Pacific, from Uruguay to southern Argentina and the Falkland Islands, around Cape Horn, and along the coast of Chile to southern Peru.

**Fishing season:**



**Fishing area:**

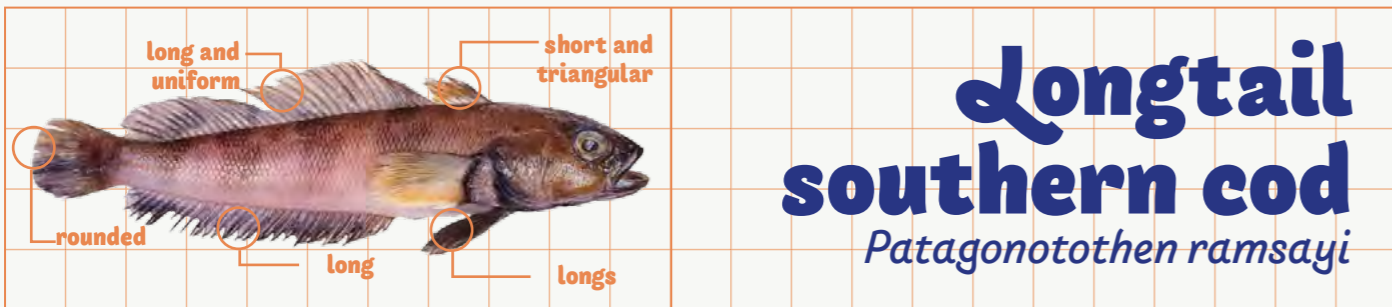
Caught by trawling off the Argentine continental shelf and around the Falkland Islands. ANACEF freezer trawlers catch it in international waters in the Southwest Atlantic, where it represents 1.8% of annual landings.

**Comercialization:** It is one of the most important squid species in South American fisheries and is sold frozen as a high-quality product, either entire, cleaned (with or without skin), cut into pieces, or in rings. ANACEF sells it frozen, entire (six categories) or as cleaned tubes (three categories).

Category	Size (cm)	Processed	Packaging
<b>SQUID ENTIRE</b>			
CAL 1	> 22	Entire	Block
CAL 2	20-22	Entire	Block
CAL 3	17-20	Entire	Block
CAL 4L	14-17	Entire	Block
CAL 4	12-14	Entire	Block
CAL 5	9-11	Entire	Block
CAL 6	< 8	Entire	Block
<b>CLEANED TUBES</b>			
TUBO 1	10-12	No peak and skin	Interleaved
TUBO 2	13-17	No peak and skin	Interleaved
TUBO 3	18-20	No peak and skin	Interleaved

**Nutritional value:** Lean cephalopod, rich in protein (16–18 g/100 g), low in fat (1–2 g/100 g) and calories (80–95 kcal/100 g). Rich in vitamins B12, B6, and E. It is good source of essential minerals (selenium, phosphorus, iron, and zinc). It has a relatively high cholesterol content (200–250 mg/100 g).

**Gastronomy:** This cephalopod is highly prized for its white flesh, tender texture, and high nutritional value. It is consumed grilled, fried, or breaded (as rings or small pieces), in stews and rice dishes, with garlic, stuffed, or in processed products.



# Longtail southern cod

*Patagonotothen ramsayi*

**Description:** Robust body, slightly compressed laterally. Two adjacent dorsal fins: the first short and triangular, and the second long and uniform; rounded caudal fin; long pectoral fins extending beyond the beginning of the anal fin, which is long and parallel to the second dorsal fin. It measures between 25–30 cm in length, although it can reach up to 44 cm. It is the most common species of nototheniid on the Argentine shelf. Brownish-gold on the back and flanks, darker on the head and lighter on the ventral area, with four brown bands on the back starting from the second dorsal fin.

**Habitat:** Benthopelagic species associated with cold waters, common at depths between 50–500 m.

**Biology:** Predator species that feeds on algae, worms, crustaceans, and gelatinous plankton. It is a slow-growing species with late maturity, low fecundity, and approximate lifespan of 10 years, making it highly vulnerable to overfishing.

**Family:** Nototheniidae  
**Order:** Perciformes  
**FAO Code:** PAT  
**Type of fish:** White fish



**International names:**  
 Spanish: Nototenia coluda, marujito  
 French: Notothénia queue longue  
 German: Patagonischer Eisfisch  
 Portuguese: Nototénia  
 Italian: Moro oceanico



## Geographic distribution and fishing areas



**Distribution:** Southwest Atlantic, with distribution restricted to the Argentine Patagonian Platform and the Falkland Islands.

**Fishing season:**



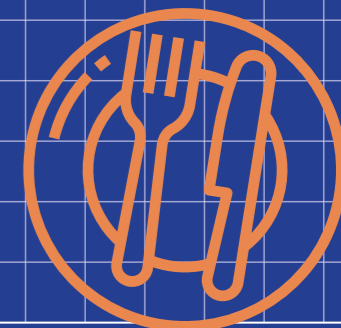
**Fishing area:**

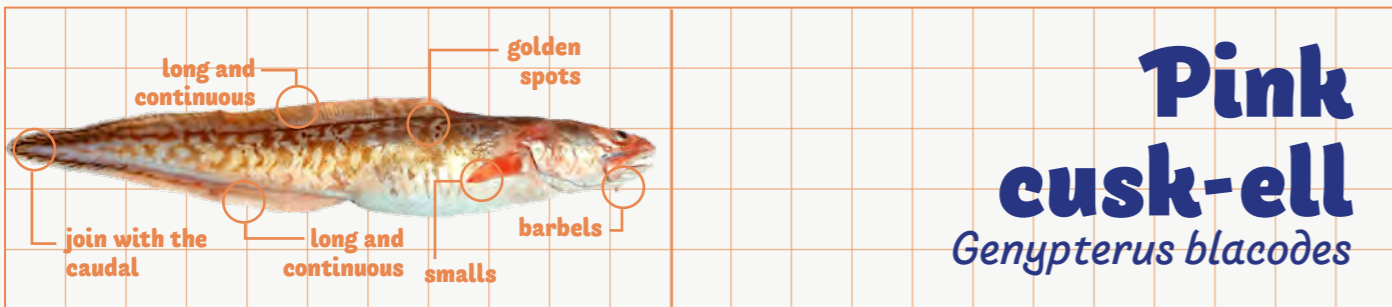
Caught by trawling fleets on the Argentine Patagonian Shelf and the Falkland Islands. ANACEF freezer trawlers catch it in international waters in the Southwest Atlantic and the Falkland Islands, where it represents 0.7% and 0.9% of annual landings, respectively.

**Comercialization:** Although it was once considered waste, it has become an important resource in both the export and domestic frozen food markets. ANACEF markets it entire, gutted, without head or tail, and in a single category (Mixed).

**Nutritional value:** White fish with high protein content (17-23 g/100 g) and low fat content (1-3 g/100 g), rich in polyunsaturated fatty acids, especially omega-3, as well as vitamins B12, B6, and D, and minerals such as phosphorus, sodium, and potassium. Its cholesterol content is moderate.

**Gastronomy:** White flesh, steady and tender, with a delicate, mild flavor. It is consumed grilled, baked, breaded or fried, in stews and fish soups, pickled and preserved, and for industrial processing.





# Pink cusk-ell

*Genypterus blacodes*

**Description:** Body very elongated and laterally compressed, eel-like in shape. It has a large, robust head with a wide mouth, small teeth, two sensory barbells in the lower jaw and relatively large eyes. The long, continuous dorsal fin runs almost the entire length of the body; anal fin also long; both join with the caudal fin, forming a continuous edge. The pectoral fins are relatively small, and there are no visible ventral fins. Specimens size is around 100 cm, but can reach up to 2 meters in length and 25 kg in weight. Pinkish with a lighter ventral area, and irregular brown to golden spots distributed throughout the body. More intense tones in adult.

**Habitat:** Demersal species found on sandy or muddy bottoms, common at depths between 22-1000 m, although it is more abundant between 200-500 m. Juveniles are usually found in shallower waters of the continental shelf.

**Biology:** Benthic predator, primarily nocturnal, feeding on small fish, crustaceans, and cephalopods. It is oviparous, producing pelagic eggs. It is slow-growing, reaches maturity relatively late, and has a lifespan of 46 years.

**Family:** Ophidiidae  
**Order:** Ophidiiformes  
**FAO Code:** CUS  
**Type of fish:** White fish



**International names:**  
 Spanish: Rosada, congribadejo rosado, congrio dorado  
 French: Abadèche rosé  
 German: Kingklip o Schlangenfisch  
 Portuguese: Maruca-rosa o Maruca-argentina  
 Italian: Abadeco  
 Japanese: Anago-ruì (genérico)



## Geographic distribution and fishing areas



**Distribution:** Southwest Atlantic, from southern Brazil to Argentine Patagonia. Southwest Pacific, in New Zealand, Australia and Tasmania.

**Fishing season:**



**Fishing area:**

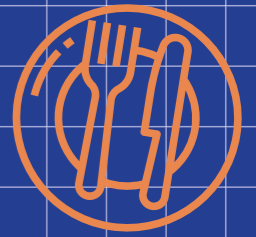
Catches are concentrated on the Argentine continental shelf, New Zealand, and Australia. ANACEF freezer trawlers catch it in international waters in the Southwest Atlantic and the Falkland Islands, where it represents 0.3% and 0.6% of annual landings, respectively.

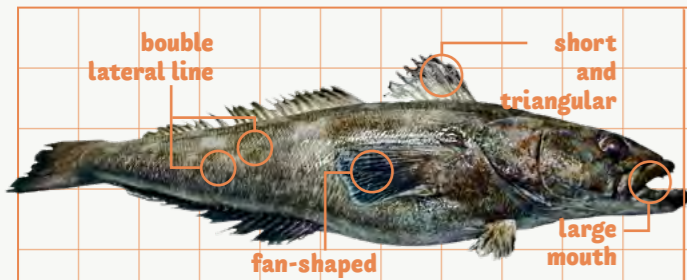
**Commercialization:** Species of high commercial value, key to the export market, with Spain being one of the largest consumers. It is sold fresh in the Chilean and Argentinian markets, frozen in pieces or fillets, and smoked. ANACEF sells it frozen, gutted, headless, and tailless in six categories, and other for the fins.

Category	Size (gr)	Processed	Packaging
ROS 0	< 500	No/head, tail and viscera	Interleaved
ROS 1	500-800	No/head, tail and viscera	Wrapped
ROS 2	800-1200	No/head, tail and viscera	Wrapped
ROS 3	1200-1800	No/head, tail and viscera	Wrapped
ROS 4	1800-2500	No/head, tail and viscera	Wrapped
ROS 5	>2500	No/head, tail and viscera	Wrapped
Fins	Mixed		Interleaved

**Nutritional value:** Semi-lean fish with a higher fat content than other white fish (2-5 g/100 g). Rich in high biological value protein (17-20 g/100 g), B vitamins (B3, B6 and B12), and minerals such as phosphorus, potassium, and magnesium.

**Gastronomy:** Highly prized and popular species in the cuisines of Chile, Argentina, and Spain, particularly in Málaga. It has white, smooth, and firm flesh, similar to hake, but firmer and with a higher collagen content, which helps sauces bind more effectively. It is prepared baked, grilled, fried, in stews or casseroles, rice dishes, and fish soups.





# Patagonian toothfish

*Dissostichus eleginoides*

**Description:** Fusiform, elongated body with a large, depressed head and a large mouth; the maxilla extending to the middle of the eye or beyond. Small eyes. Double lateral line. Two dorsal fins, the first with 8–11 spines, the second with 20–30 rays; anal fin with 26–30 rays; pectoral fin much larger than the pelvic fin, fan-shaped with 24–26 rays; caudal fin truncate or slightly emarginated. Normal size about 70 cm, but can reach up to 2,5 m. Greyish brown on the dorsal side and flanks, lighter on the ventral side.

**Habitat:** Inhabits deep sub-Antarctic waters, in rocky areas with strong currents. Its depth range extends from 50 to 3,850 m, although it is most common between 70 and 1,500 m.

**Biology:** Species highly vulnerable to overfishing due to its slow reproductive cycle and longevity. It reaches sexual maturity at 8–10 years of age and has a lifespan of 50 years. Carnivorous, it feeds on squid, crustaceans, and fish, and exhibits cannibalistic behaviour.

**Family:** Nototheniidae  
**Order:** Perciformes  
**FAO Code:** TOP  
**Type of fish:** White fish



**International names:**  
 Spanish: Róbalo de fondo, austromerluza negra, róbalo, róbalo de profundidad, bacalao de profundidad, bacalao austral, mero chileno  
 French: Légine australe, légine merluze  
 German: Wolfsbarsch



# Geographic distribution and fishing areas



**Distribution:** Endemic to the Southern Hemisphere. It is distributed along the coasts of Chile and Argentina, as well as the islands and seamounts of the sub-Antarctic region of the Atlantic, Indian, and Pacific Oceans.

## Fishing season:



## Fishing area:

It is caught mainly by bottom longlining, and to a lesser extent by trawling, in the Southwest Atlantic, Southwest Pacific, and Antarctic waters. ANACEF trawlers catch it in the Southwest Atlantic, although in very small proportion (0.3%).

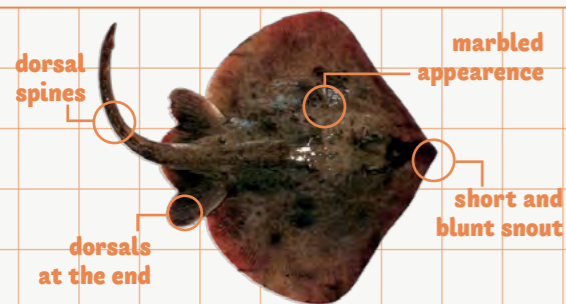
## Commercialization:

It is subject to strict international regulations to ensure the sustainability of the species, which is in high demand in major international markets (United States, Japan, and the European Union). It is sold frozen, entire, gutted, without head and tail, and in fillets. ANACEF sells it frozen, separated into 10 categories.

Category	Size (gr)	Processed	Packaging
ROB 0	<500	No head, tail and viscera	Wrapped
ROB 1	500-1000	No head, tail and viscera	Wrapped
ROB 2	1000-2000	No head, tail and viscera	Wrapped
ROB 3	2000-3000	No head, tail and viscera	Wrapped
ROB 4	3000-4000	No head, tail and viscera	Wrapped
ROB 5	4000-5000	No head, tail and viscera	Wrapped
ROB 6	5000-6000	No head, tail and viscera	Wrapped
ROB 7	6000-7000	No head, tail and viscera	Wrapped
PARTS	>7000	No head, tail and viscera	Wrapped
Collar	Mixed		Interleaved

**Nutritional value:** White, oily fish with an exceptional nutritional profile. It is an excellent source of high-quality protein (16–18 g/100 g) and fat (19–22 g/100 g), and also one of the best natural sources of healthy fatty acids, minerals (phosphorus, potassium, iron, magnesium, and iodine), fat-soluble vitamins (A, D, and E) and B vitamins (B6 and B12).

**Gastronomy:** One of the most exclusive and prized fish in international haute cuisine, this gourmet delicacy is served in Michelin-starred restaurants. It has a pearly white flesh with a delicate flavor and firm texture that flakes into large, succulent pieces when cooked. It can be prepared baked, grilled, or raw in gourmet dishes such as ceviches and tartares.



# Marmolated skate

*Sympterygia bonapartii*

**Description:** Body rhomboidal in shape, wider than long. Short, blunt snout with a small, ventral mouth. Robust tail with two dorsal fins at the end and a small caudal fin. A row of dorsal spines (dermal denticles), more prominent in juveniles, runs along the entire midline. Species with sexual dimorphism: mature males have developed copulatory organs at the base of the pelvic fins. Males reach 63–64 cm in total length; while females are larger. Back light brown or grayish, with a characteristic pattern of dark spots, lines, and irregular dots giving a marbled or mottled appearance. The underside is white or cream-colored, with darker edges.

**Habitat:** Demersal elasmobranch that lives in temperate waters, on sandy or muddy bottoms, at depths up to 150 m. Common in coastal areas.

**Biology:** Oviparous species, lays eggs encased in oblong capsules with rigid, pointed “horns” at the corners, which are deposited in sandy or muddy plains. It feeds on small benthic prey such as crustaceans and fish.

**Family:** Arhynchobatidae  
**Orden:** Rajiformes  
**FAO Code:** YBQ  
**Type of fish:** Rays, sharks



**International names:**  
 Spanish: Raya marmorada, raya picuda, raya chica  
 French: Raie  
 German: Marmorierter rochen, rochen  
 Portuguese: Raia  
 Italian: Razza atlantica



## Geographic distribution and fishing areas



**Distribution:** Southwest Atlantic, from Rio Grande do Sul in Brazil to Rawson in Argentina. Also in southeast Pacific (Chile).

**Fishing season:**



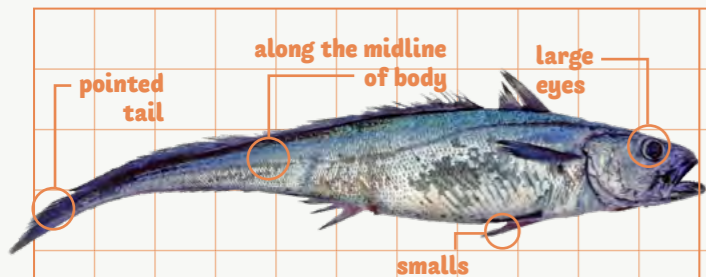
**Fishing area:** Common bycatch in bottom trawl and longline fisheries within the Argentine-Uruguayan Common Fishing Zone. ANACEF trawlers catch it in the Southwest Atlantic, although in very low proportions (0.2%).

**Commercialization:** The ray trade focuses on the use of their fins (“wings”), a high-value product on the international market, which are exported frozen, with or without skin. ANACEF markets frozen, skinless ray wings, separated into 3 categories.

Category	Size (gr)	Processed	Packaging
RAY1	100-400	Without skin	Interleaved
RAY2	400-800	Without skin	Interleaved
RAY3	> 800	Without skin	Interleaved

**Nutritional value:** There is no specific information on the nutritional value of the marbled ray; however, as an elasmobranch of the Rajidae family, these values should be very similar to those of other rays: an excellent source of protein (18–20%), low fat content (0.5–1.5 g/100 g) and a source of minerals (phosphorus, potassium, and magnesium) as well as B-complex vitamins (B3, B6, and B12).

**Gastronomy:** One of the most prized ray species in Argentine and Uruguayan cuisine. The fins, with their white, cartilaginous flesh, and boneless texture, have a mild flavour that readily absorbs seasonings. They are prepared breaded or fried, and used in stews and casseroles.



# Patagonian grenadier

*Macruronus magellanicus*

**Description:** Body elongated and highly laterally compressed, with a pointed tail; robust head, with relatively large eyes. Large, oblique mouth with a slight prognathism of the lower jaw. The first dorsal fin begins slightly behind the vertical line passing through the base of the pectoral fins; the second dorsal fin is continuous with the anal fin; pectoral fins relatively short; ventral fins small and positioned on the thorax. The lateral line runs almost straight along the midline of the body. It measures between 110–117 cm, reaching a maximum size of 138 cm and a weight of up to 5 kg. Intense metallic blue on the back, lighter flanks and belly, with a slight bluish tint.

**Habitat:** Inhabits the outer continental shelf at depths between 30–500 m.

**Biology:** Gregarious species that congregates along the outer margin of the continental shelf. It feeds mainly on fish (herring, anchovies, lanternfish), as well as small crustaceans and cephalopods. It migrates south in spring and summer, and north in winter.

**Family:** Merlucciidae  
**Order:** Gadiformes  
**FAO Code:** GRM  
**Type of fish:** White fish



**International names:**  
 Spanish: Merluza de cola patagónica, merluza de cola, rabo largo  
 French: Hoki d'Argentine  
 German: Patagonischer Grenadier  
 Portuguese: Granadeiro da Patagónia  
 Italian: Merluzzo granatiere



## Geographic distribution and fishing areas



**Distribution:** Southeast Pacific and Southwest Atlantic: off the coasts of southern Chile and Argentina.

**Fishing season:**



**Fishing area:**

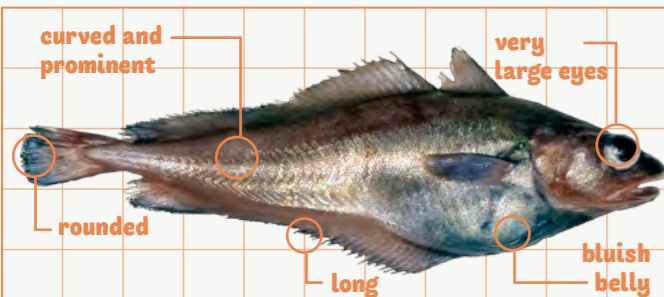
Important trawl fishery in FAO areas 41 (Southwest Atlantic) and 87 (Southwest Pacific). It is caught by ANACEF trawlers operating in the Southwest Atlantic, although in very small proportions.

**Comercialization:** Key species in the Argentine and Chilean fishing markets. It is sold frozen, entire, in fillets, or slices, and is also used for the production of surimi and fishmeal. ANACEF sells it frozen, entire without head, tail, and viscera, or in fillets, separated into 3 and 4 categories, respectively.

Category	Size (gr)	Processed	Packaging
COLA 1	100-300	Without head, tail and viscera	Interleaved
COLA 2	300-500	Without head, tail and viscera	Interleaved
COLA 3	> 500	Without head, tail and viscera	Interleaved
FLT COL 1	100	With or without skin	Interleaved
FLT COL 2	100-150	With or without skin	Interleaved
FLT COL 3	150-200	With or without skin	Interleaved
FLT COL 4	> 200	With or without skin	Interleaved

**Nutritional value:** White fish, lean (<2% fat) and highly nutritious. It is an excellent source of high biological value protein (18–20 g/100 g), essential minerals (phosphorus, potassium, iodine, magnesium, selenium), B vitamins (B1, B2, B3, B9, B12), and omega-3 fatty acids, including EPA and DHA. Low in calories, providing 70–90 kcal/100 g.

**Gastronomy:** Highly prized seafood, distinguished for its versatility and texture. With a mild, delicate flavour, and a firm texture, it is much appreciated in international cuisine, particularly in the European and Chilean markets. It can be prepared grilled, steamed, baked, or en papillote, and as breaded sticks or fillets, making it ideal for children's menus.



# Gadpole codling

*Salilota australis*

**Description:** Body elongated and laterally compressed; robust head, large terminal mouth with sharp, conical teeth and a small barbel on the lower jaw. The maxilla extends to the posterior margin of the pupil when the mouth is closed. Very large eyes. Two dorsal fins: the first smaller (9–12 rays) than the second (>50 rays). Narrow caudal peduncle, and rounded caudal fin. Lateral line curved and very prominent. A bioluminescent organ is located ventrally, between the bases of the pelvic fins. The specimens measure between 20 and 90 cm length. Uniform reddish-brown to dark grey, anterior abdominal region bluish, with dark edges on the fins.

**Habitat:** Benthopelagic species living at depths between 30–900 m, with the greatest abundance around 200 m. It prefers soft, muddy, or sandy bottoms. Juveniles have also been recorded on coastal reefs (at depths up to 5 m) in central and southern Patagonia.

**Biology:** It typically forms aggregations in upwelling zones with high biological productivity, undertaking vertical trophic migrations that allow it to feed on zooplankton, pelagic fish, and benthic invertebrates. Females are larger than males, reaching up to 80 cm in length. Spawning occurs southwest of the Falkland Islands during spring and at depths greater than 200 m.

**Family:** Moridae  
**Order:** Gadiformes  
**FAO Code:** SAO  
**Type of fish:** White fish



**International names:**  
 Spanish: Bacalao criollo, brótola criolla, brótola austral  
 French: Moride têtard  
 German: Patagonischer Tiefseedorsch  
 Portuguese: Abrótea  
 Italian: Musdea australe



## Geographic distribution and fishing areas



**Distribution:** In cold and temperate waters of the Southeastern Pacific and Southwestern Atlantic, south of 40°S: Chile, Argentine Patagonia, and the Falkland Islands.

### Fishing season:



### Fishing area:

It is mainly caught as bycatch in Atlantic and Pacific bottom trawl fisheries and is rarely targeted. ANACEF trawlers catch it in the Southwestern Atlantic, but in very small quantities.

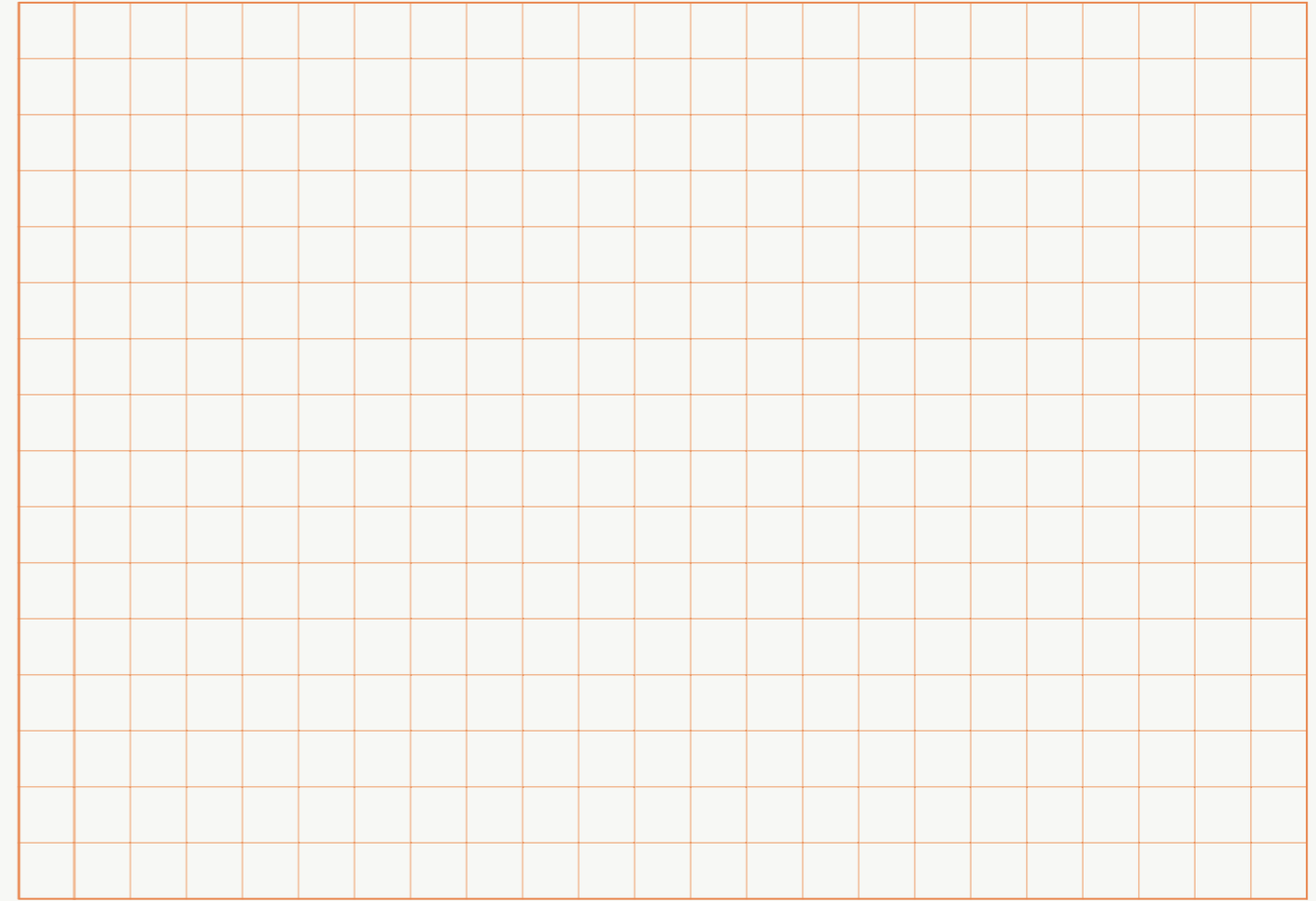
**Comercialization:** Species of minor commercial importance, it is sold frozen, in fillets, portions, or entire, in the markets of Spain, Argentina, and Chile, as an economical alternative to cod. ANACEF sells it frozen, entire, gutted, without head and tail, separated into 5 categories.

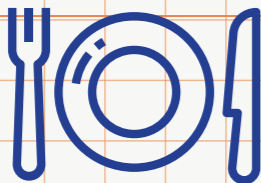
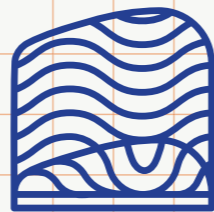
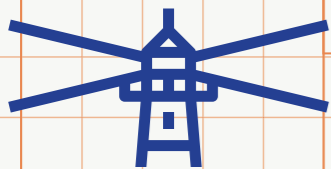
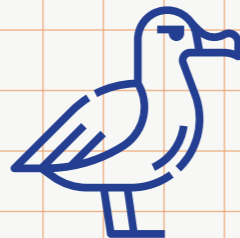
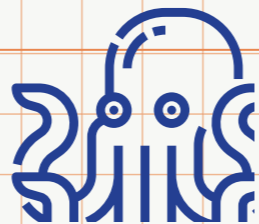
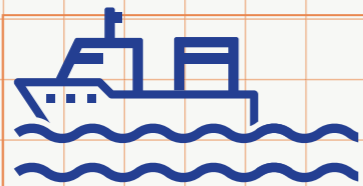
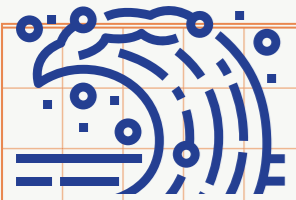
Category	Size (gr)	Processed	Packaging
BRO00	< 200	Without head, tail and viscera	Interleaved
BRO0	200-500	Without head, tail and viscera	Interleaved
BRO1	500-1000	Without head, tail and viscera	Wrapped
BRO2	1000-1500	Without head, tail and viscera	Wrapped
BRO3	> 1500	Without head, tail and viscera	Wrapped

**Nutritional value:** Nutritional profile similar to other white fish, being low in fat (<1–2%) and highly nutritious. It is an excellent source of high biological value protein (15–19 g/100 g), essential minerals (potassium, phosphorus, magnesium, and selenium), and B vitamins (B3, B6, and especially B12). Suitable for all ages due to its easy digestibility.

**Gastronomy:** A highly prized species in Argentine and Chilean cuisine. It's a fish with a mild and delicate flavour, similar to cod or hake. Ideal for baking, steaming, frying, brooding, stews, casseroles, or ceviche.







# ANACEF

OPP43

The logo features a stylized orange wave graphic to the right of the text.

The sea is a place of life, movement, and diversity. It is home to species with unique forms, behaviors, and adaptations, which have been studied and documented by fishermen, scientists, and industry professionals for generations.

Through these pages, this catalog offers an introduction to some of the species that are part of this marine wealth and the daily activities of the O.P. ANACEF fleet.

Learning about them is also a way to better understand the sea from which they come.



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