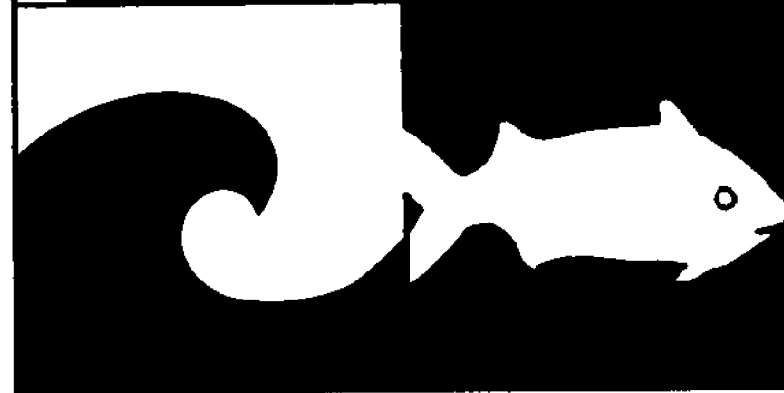
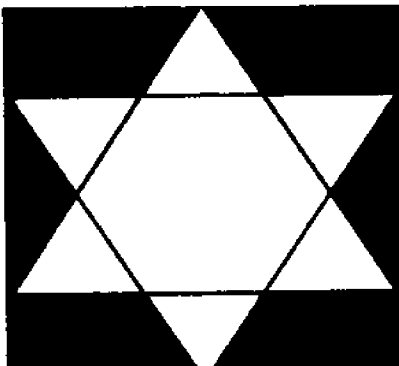


Old Laws in a New Market

the kosher dietary laws for seafood processors

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by
**Joe and
Carrie
Regenstein**



OLD LAWS IN A NEW MARKET

The Kosher Dietary Laws for Seafood Processors

by

JOE AND CARRIE REGENSTEIN

New York Sea Grant Institute
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TRANSLATOR

Conservative Judaism. See "Orthodox."

Hechsher. A mark placed on a food product to indicate that it has been prepared according to the Jewish dietary laws under the supervision of a meshgiach or a rabbi.

Kashruth. The Jewish dietary laws.

Kosher. Prepared according to the Jewish dietary laws. The "kosher," or "kasher," is to salt and soak meat or poultry to remove the blood.

Orthodox, Conservative, Reform. the three major divisions of Judaism. The Orthodox are the most traditional, the Conservatives are in the middle, and the Reform are the most liberal.

Pareve. A neutral product that may be used with either meat or dairy foods.

Reform Judaism. See "Orthodox."

THE OLD LAWS IN A NEW MARKET

The kosher dietary laws, "kashruth," are observed to varying degrees by members of the Jewish faith. There are three broad branches of Judaism: the Orthodox are the most traditional, the Conservatives are in the middle, and the Reform are the most liberal. It is estimated that some 500,000 families of the almost 6 million Jews in the United States, whether Orthodox, Conservative, or Reform, observe some form of these rules which affect their purchase of food products.

Fish often plays an important role in the Jewish diet, and thus the Jewish market is important to the fish marketer. In fact, New York's Department of Agriculture and Markets maintains a special section responsible for insuring to its 2 million Jews the legitimacy of items sold as kosher. Since many are interested in serving this market, we would like to give fish handlers and fish processors an introduction to the general laws of kashruth and to discuss in more detail those laws that specifically deal with fish.

Interpretation and guidance regarding procedures for producing kosher products are available from rabbis and other religious officials specializing in food processing.

THE LAWS AND THEIR ORIGIN

The system of kosher laws is part of the larger religious and historical context of Judaism. Kosher laws are not "health laws" as such. Many of them may make sense from a health point of

view, especially historically, but that has not been their justification.

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Grunfeld (1972) explains the dietary laws in their ethical context:

'And ye shall be men of a holy calling unto Me, and ye shall not eat any meat that is torn in the field' (Exodus XXII:30). Holiness or self-sanctification is a moral term; it is identical with...moral freedom or moral autonomy. Its aim is the complete self-mastery of man.

To the superficial observer it seems that men who do not obey the law are freer than the law-abiding men, because they can follow their own inclinations. In reality, however, such men are subject to the most cruel bondage; they are slaves of their own instincts, impulses and desires. The first step towards emancipation from the tyranny of animal inclinations in man is, therefore, a voluntary submission to

the moral law. The constraint of law is the beginning of human freedom... Thus the fundamental idea of Jewish ethics, holiness, is inseparably connected with the idea of Law; and the dietary laws occupy a central position in that system of moral discipline which is the basis of all Jewish laws.

The three strongest natural instincts in man are the impulses of food, sex, and acquisition. Judaism does not aim at the destruction of these impulses, but at their control and their sanctification. The law spiritualizes these instincts and transfigures them into legitimate joys of the life.

The Jewish dietary laws control and sanctify man's food impulse. There are four major concepts in the kosher laws:

*Plants--Man was initially a vegetarian in the Garden of Eden. All plants grown in the United States are kosher. Numerous fine points of law, however, relate to agricultural practices involving plants (for example, prohibiting grafting certain types of plants); these are discussed by Grunfeld (1972).

*Flesh and Blood--Leviticus XVII:12-14 states:

Therefore I said unto the children of Israel: No soul of you shall eat blood, neither shall any stranger that sojourneth among you eat blood. And whatsoever man there be of the children of Israel, or of the stranger that sojourn among them,

that taketh in hunting any beast or fowl that may be eaten, he shall pour out the blood thereof and cover it with dust.

For as to the life of all flesh, the blood thereof is all one with the life thereof; therefore I said unto the children of Israel: Ye shall eat the blood of no manner of flesh; for the life of all flesh is the blood there; whatsoever eateth it shall be cut off.

These passages present the concept of blood as life, and thus prohibit it as a food. Laws concerning the slaughtering process insure that this precept is properly fulfilled. Notice that only the beast and fowl are cited; this restriction does not apply to fish. This, too, makes fish easier and more flexible for a kosher market.

Blood is life, thus prohibited as a food. Laws concerning the slaughtering process insure that this precept is properly fulfilled.

Leviticus XI:39-40 states:

And if any beast of which ye may eat, die, he that toucheth the carcass thereof shall be unclean until the even.

And he that eateth of the carcass of it shall wash his clothes, and be unclean until the even; he also that beareth the carcass of it shall wash his clothes, and be unclean until the even.

Thus, an animal that dies naturally or that was hunted wild cannot be used for food; apparently this law and the one that follows do not include fish. In Deuteronomy XIV:21:

Ye shall not eat of any thing that dieth of itself; thou mayest give it unto the stranger that is within thy gates, that he may eat it; or thou mayest sell it unto a foreigner; for thou art a holy people unto the Lord thy God.

In this passage, as in others, it is clear that kosher laws are restricted to Jews. Nonkosher meat may be offered to others.

*Milk and Meat--The third major concept of the kosher laws concerns the separation of milk and meat. It appears first in Exodus XXIII:19: "Thou shalt not seethe a kid in its mother's milk." The Five Books of Moses repeats this concept three times. At a humanitarian level, this avoids cruelty--a mother and her offspring should not be killed at the same time. This has been read as a directive toward maintaining a separation of meat and milk, necessitating two sets of dishes, cookware, eating utensils, and processing equipment--one for "dairy," one for "meat." The dairy and meat foods must be eaten separately, ruling out foods such as cheeseburgers and the use of dairy (coffee) creamers at meat meals. Though customs vary,

most kosher Jews wait at least four hours, usually six, after a meat meal to eat dairy foods; they generally wait about a half hour after a dairy meal to eat meat.

*Acceptable Animal Species--the fourth major concept includes the designation of which species of animals are fit to eat, and which of these must be made kosher ("koshered"). The relevant laws appear twice, in Leviticus and Deuteronomy; the section in Leviticus includes much more detail.

Meat: The mammals accepted as kosher both chew their cud and are cloven- or split-hoofed. We note that these animals are all herbivores.

Fowl: Essentially, domestic fowl are permitted. They are considered meat and must be slaughtered and treated accordingly (see below).

Fish: All these laws make fish important to the Jewish home. Since fish is not considered meat, it can be served with meat and dairy meals, including direct combinations with dairy products. The dietary laws do not prescribe particular slaughter practices for fish like those defined for meat. Leviticus XI:9-12 states that some fish are kosher, others nonkosher:

These may ye eat of all that are in the water: Whatsoever hath fins and scales in the waters, in the seas, and in the rivers, them may ye eat.

And all that have not fins and scales in the seas, and in the rivers, of all that swarm in the waters, and of all the living creatures that are in the waters, they are a detestable thing unto you.

And they shall be detestable things unto you; ye shall not eat of their

flesh, and their carcasses ye shall have in detestation.

Whatsoever hath no fins or scales in the waters, that is a detestable thing unto you.

All these laws make fish important to the Jewish home. Fish is not considered a meat product and thus can be served with meat or dairy meals. Unlike meats, the dietary laws do not prescribe particular slaughter practices.

Therefore, fish with fins and removable scales are acceptable. On the other hand, all shellfish (molluscan and crustacean) are prohibited.

The Union of Orthodox Jewish Congregations of America (UOJCA) lists kosher and nonkosher fish (see Appendix). This list includes as kosher those fish with ctenoid scales (those with minute spiny projections at their exposed edge: for example, black bass) and those with cycloid scales (lacking the minute spines and having rounded edges: for example, carp and herring). The kosher status of fish with ganoid scales is more controversial (those with heavier and thicker scales, for example, sturgeon). Finally, fish with placoid scales (firmly attached to the skin and with tiny spinous projections, for example, shark) are nonkosher fish. Thus, within the category of

finfish (Pisces), some fish are clearly acceptable, some are clearly unacceptable, and others are a matter interpretation.

Within the same species, some fish may be covered with scales, while others may have as few as two scales. The carp, a standard kosher fish used to make the Jewish delicacy gefilte fish, is usually covered with scales; however, on occasion it has been found without scales (Ginsburg 1961).

The Orthodox and Conservative rabbinate disagree on the acceptability of some fish. Juvenile swordfish have scales that are specialized and therefore unique. The Conservatives argue that swordfish are acceptable because they had juvenile scales while still in the water (Freedman 1970). According to Freedman, the Orthodox rabbis contend that the juvenile scales of the swordfish are not real scales, but mere "bony tubercles or expanded compressed platelike bodies."

These scales are rough, having spinous projections at the surface, and they do not overlap one another as scales in most other fishes do. With growth the scales disappear and the larger fish, including those sold in the market, have no scales (Ginsburg 1961).

Furthermore, the Orthodox contend that even if the juvenile scales were real scales, no religious rulings allow for eating a species that has scales only as a juvenile. Similar arguments apply to sturgeon and some other fish. For example, the UOJCA also considers North Atlantic turbot (Pasetta maximus) to be nonkosher.

According to Isaac Ginsburg, a systematic zoologist with the former Bureau of Commercial Fisheries (Fish and Wildlife Service, US Department of the Interior), sturgeon has some large ganoid scales and some small tuberculoid scales. The fresh water eel also has scales, apparent only when its skin dries.

Surprisingly, tuna, now a staple of the kosher home, was once considered nonkosher because it does not generally have scales by the time it is sold. (Tuna scales drop off when the fish thrashes in the catch process.)

Research sponsored by the New York Sea Grant Institute has led to the development of many different products from minced (mechanically deboned) fish of kosher species. (See references under "Using Minced or Ground Fish.") This "fish hamburger" can be used as a meat substitute in many recipes and products; its texture is similar to that of meat. But using fish instead of meat products offers flexibility to kosher consumers: cheeseburgers, tacos with cheese, spaghetti sauce with meat and cheese, Swedish meatballs, and so forth. (Further information about minced fish products is available from the authors or from the New York Sea Grant Institute.)

Fish represents an important protein food in the kosher home. Because it does not require all the special handling associated with kosher slaughter, it can be sold at its normal market price.

THE IMPLICATIONS FOR PROCESSORS AND MARKETS

With the advent of modern food technology, the problems of following a kosher diet have multiplied. Food additives, increased food processing, and the use of sophisticated machinery have all made keeping kosher more complex than ever. In this section, we would like to list a few of the foods and ingredients that cannot be taken at "face value." These are some of the items that force kosher homemakers to think like food technologists. Food producers must consider these points if they want to produce kosher products. Indeed, these products must be processed and handled carefully with knowledge of the origin and prior handling of all ingredients. Furthermore, the equipment used for processing must be properly koshered. Among other things, this requires no intermingling with prohibited items. To ensure proper handling, rabbinical supervision and a system of certification is required. In many cases, the fish industry may not need as much rabbinical supervision as the meat industry.

CONSIDERATION OF FOOD INGREDIENTS

The following ingredients are the greatest concerns in producing fish products:

* Rennin is an extract from animal stomachs. While it is derived from an animal or "meat" source, it can be used in making cheese--a dairy product--if it is obtained from a

kosher-slaughtered animal. Some rabbis require the stomach to be fully dried before extraction. There is disagreement among rabbis concerning the acceptability of rennin from nonkosher-killed animals. This affects the status of cheese and is thus important, for example, for some of the minced fish products discussed that includes cheese or depend on cheese as a condiment.

* Gelatin cooked collagen is usually made from bones and skins, which are considered "pareve" or neutral; therefore, gelatin can be used with meat or dairy products. Some rabbis do not feel it is possible to make pareve gelatin from mammals or fowl. Other authorities feel that the gelatin must be derived from kosher-killed animals. And still others argue that since gelatin processing includes a stage in which it is unfit to eat, it therefore becomes a chemical without any source identity. Clearly, gelatin and rennin are controversial and require special thought by both kosher consumers and manufacturers. Kosher fish gelatin (isinglass) must be prepared exclusively from kosher fish.

* Lactose and sodium caseinate are dairy products. Confusingly, secular rulings demand that certain products with these ingredients be marked "nondairy" and also "KM" ("kosher milchig," that is, kosher/dairy). Regardless of the nondairy designation, these foods can only be eaten as dairy foods in kosher homes.

Another product, whey (or whey solids), is obtained as a by-product of cheese manufacture and therefore is a dairy product. However, if it is obtained from a nonkosher cheese (note rennin problem), then clearly the whey cannot be kosher.

* Emulsifiers and other functional ingredients, such as sodium or magnesium stearate, mono- and diglycerides, glycerine, polysorbates, and monostearates, can be derived from plant or animal sources, a significant distinction for the kosher homemaker. Furthermore, these compounds must be manufactured on kosher equipment. Unfortunately, they may be added to products such as "pure vegetable oil," regardless of their source, without a separate label. Many fish products are packed in oil. In addition, many foods can be baked in pans in which the "pan grease" used is unacceptable, although pan grease need not be listed on the product ingredient label. The food grease used for cooking or for machinery must be kosher.

* Vitamins can be prepared from unapproved sources such as nonkosher fish oils (for example, shark) and nonkosher bone meal. The US Food and Drug Administration does not require ingredient labels for these products, but they must be from kosher sources to sell the product as kosher.

* Eggs must be from kosher birds. According to US Department of Agriculture regulations for egg-breaking plants, blood spots must be removed but the rest of the egg may be used. Orthodox kosher law, however, requires that in the case of blood spots, the entire egg must be discarded. USDA inspectors are willing to certify for kosher marketing, upon request, that eggs with blood spots have been completely removed from a breaking plant's liquid egg supply. Kosher homemakers generally break eggs into individual containers to ensure that no blood spots are present. Small blood spots are often missed in commercial handling. There is no problem, however, in eating a hard-boiled egg

that may have had a blood spot. Eggs are generally considered pareve. Note, however, that USDA permits use of eggs and egg yolks from slaughtered animals; whereas only eggs with fully formed shells from kosher-killed animals would be permitted by Jewish law and are then considered meat.

* Grape products, such as wine, grape juice, wine vinegar, and related products which may be used for products such as herring in wine sauce, must be produced completely by Jews to be kosher. Once these are heated (for example, pasteurized), however, they may be handled by nonJews. Thus, any blend of juices for preserves, for example, that includes these ingredients must be kosher. Cordials and liqueurs may also have a grape base and therefore require certification.

* Fruit and vegetable products generally do not need rabbinical supervision. However, since tomato products and bean products are often further processed into nonkosher products (for example, pork and beans) in the same plant and with the same equipment, an indication that tomato products and bean products are kosher is required.

* Passover foods--The week of Passover presents special problems, not only for the kosher homemaker, but also for the food processor.

Exodus XIII:7 states:

Unleavened bread shall be eaten throughout the seven days; and there shall no leavened bread be seen with thee, neither shall there be leaven seen with thee, in all thy borders.

Regular wheat for leavened bread is prohibited, as are all grains and legumes, such as peas and beans. Special products, such as unleavened bread, "matzo," must be made for this week; and generally, matzo meal (a coarse cooked and baked "flour") is the only flour that can be used for processing baked goods for Passover.

Therefore, even the gefilte fish made for Passover would require a special matzo meal that has been specially prepared in accordance with the laws of Passover.

KOSHER CERTIFICATION ORGANIZATIONS

Clearly, some system of labeling is needed to help the consumer: is a product "kosher," is it meat, dairy, or pareve? And is it acceptable for Passover? Such a label marking is called a "hechsher."

The different symbols insure that a food fulfills the kosher laws as interpreted by specified rabbis or organizations. Meat and poultry often are marked kosher by carvings and stamps in the carcass, along with an affixed metal tag called a "plumba." Other consumer groups, that follow dietary laws, such as Seventh Day Adventists, often use these kosher markings as guides, as well. The conscientious consumer must be familiar with a variety of markings. Some, such as one rabbi's trademark "S," are such esoteric hechshers that few kosher consumers recognize them. In the United States and particularly in New York State, the marking of a package as "kosher" has a legal definition. Some other states also have laws dealing with kosher foods. New York specifically recognizes the Orthodox dietary laws of kashruth for

enforcement purposes, and foods improperly marked may be seized as misbranded; stores must mark whether they sell kosher foods*exclusively or both kosher and nonkosher foods. If they sell both kosher and nonkosher meat and poultry, they must be separated within the store. New York kosher food inspectors recently have been enforcing these laws more strictly.

A new New York State law requires that the manufacturers of kosher products must file the name of the certifying rabbi with the Department of Agriculture and Markets. (The Department is preparing a list of such products that should be available soon.) Orthodox laws have been upheld legally, specifically with a case involving seafood (Freedman 1970). A Conservative fish seller, supervised by a Conservative rabbi, sold swordfish as kosher; after legal hearings he was ordered to stop selling them as kosher.

HOW TO OBTAIN CERTIFICATION

Obviously, processing plants must make special efforts to comply with all these regulations and inspections. "Mixed" plants must scrupulously keep kosher and nonkosher (or in some cases, meat and dairy) products completely separate. So, for example, all fish handling equipment for nonkosher fish must be kept separate from kosher fish, or the equipment must be koshered before each kosher use. Generally, the procedure for koshering equipment is to let it sit for 24 hours and then run boiling water through it until it overflows. The procedures for koshering equipment in a

plant, food service institution, or home are numerous. Some of the suggested readings offer more details on this subject, and a rabbi involved in kosher certification can be consulted for further details.

Many companies make the commitment to produce kosher products despite extra handling and efforts.

Many rabbis and rabbinical organizations provide certification services, and many major cities have some form of kosher certification system. Rabbinical councils in those cities, as well as rabbis at individual synagogues, can assist the interested processor or consumer.

There are too many certifying rabbis and organizations to provide a complete list here. Probably the most comprehensive list has been prepared by Kosher Home (Anonymous 1978), which has since been renamed Jewish Living. The six organizations listed in Table 1 are a few listed by Kosher Home as having special trademarked symbols such as the "U." Listed organizations are not necessarily better than those not listed; they are presented here solely as contacts so that food scientists and food processors can find further information concerning kosher certification.

Many companies make the commitment to produce kosher products despite extra handling

and efforts because: (1) kosher raw materials often exist at no extra cost; (2) companies are reassured by the support the Jewish community offers in the form of rabbis, meshgiachs, etc.; and (3) entrepreneurs are willing to invest in a new market that may help cut unit costs.

The Jewish community has demonstrated its interest in fulfilling the kosher laws in an atmosphere of community harmony. It is the authors' hope that communicating this type of information to fish specialists will help encourage mutually beneficial undertakings by food processors and American Jews.

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APPENDIX

USING MINCED OR GROUND FISH

Note: Currently, many of these products and recipes are not written for kosher use. For marketing purposes in the nonkosher market, seafood has a valuable connotation; consequently, we put in some shellfish to allow us to use the more glamorous name. However, the authors also have prepared and served many kosher adaptations of both seafood and hamburger recipes with great success. In the near future we would like to publish a kosher fish recipe booklet. In the meantime, the authors recommend that ground fish be used for many recipes that call for ground beef.

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TABLE 1

Some Kosher Certification Organizations

Some kosher certification organizations that have trademarked symbols to indicate that a product is kosher.

Vaad Harabonim, 177 Tremont St., Boston, MA 02111

Ko Kosher Service, 5871 Drexel Rd., Philadelphia, PA 19131

Kosher Overseers Association of America, Inc., P.O. Box 1321, Beverly Hills, CA 90213

Kosher Supervision Service of New Jersey, 733 Winthrop Rd., Teaneck, NJ 07666

Organized Kashruth Laboratories, P.O. Box 218, Brooklyn, NY 11204

Union of Orthodox Jewish Congregations of America, 116 E. 27th St., New York, NY 10016

There are many other certification organizations; for a more complete listing, see Anonymous (1978).

FISH LIST INDEX

These lists were prepared by James W. Atz, Ph.D., Curator and Dean Bibliographer in the Department of Ichthyology of The American Museum of Natural History, New York, New York 10024, and Adjunct Professor of Biology, Graduate School of Arts and Science of New York University.

The Union of Orthodox Jewish Congregations of America wishes to express its gratitude to Dr. Atz for this invaluable service to the Jewish community.

The two lists cover most of the fishes sold for food or angled for sport in the United States of America. It would be almost impossible to prepare a list that includes all such fishes, because new ones may appear on the market at any time.

In order to make these lists useful to the layman, they had to be based on the popular names of the fishes, scientific names being included only to help the expert check identifications. But the popular names of fishes have always been a source of error and confusion. The white perch is not a perch, for example, and very different species are sometimes given the same vernacular name. Nevertheless, with reasonable care, serious mistakes should not occur, and a non-kosher species should never be taken for a kosher one. The numerous cross-references will insure that none of the different kinds of fishes bearing a particular name will be missed, and in all but two instances (the jacks and the flounders) in which the Family is listed as kosher, it may be safely assumed that all its members are properly finned and scaled.

J.W.A.

KOSHER FISHES

- Albacore. See: Mackerels
- Alewife. See: Herrings
- Amberjack. See: Jacks
- Anchovies (Family Engraulidae)
Including:
European anchovy (*Engraulis encrasicolus*). Northern or California anchovy (*Engraulis mordax*)
- Angelfishes and butterfly fishes (Family Chaetodontidae)
Including:
Angelfishes (*Holacanthus* species, *Pomacanthus* species)
- Angler. See: Goosefishes (non-Kosher)
- Atlantic Pomfret or Ray's bream (*Brama brama*)
- Ballyhoo. See: Flyingfishes
- Barracudas (Family Sphyraenidae)
Including:
Barracudas and kakus (*Sphyraena* species)
- Bass. See: Sea basses. Temperate basses. Sunfishes. Drums.
- Beluga. See: Sturgeons (non-Kosher)
- Bigeyes (Family Priacanthidae)
Including:
Bigeyes or aweoweos (*Priacanthus* species)
- Blackfish. See: Carps. Wrasses
- Blacksmith. See: Damselfishes
- Blueback. See: Flounders. Herrings. Trouts
- Bluefish or snapper blue (*Pomatomus saltatrix*)
- Bluegill. See: Sunfishes
- Blowfish. See: Puffers (non-Kosher)
- Bocaccio. See: Scorpionfishes
- Bombay duck (*Harpadon nehereus*)
- Bonfish (*Albula vulpes*)
- Bonito. See: Cobia. Mackerels
- Bowfin, freshwater dogfish, or grindle (*Amia calva*)
- Bream. See: Carps. Atlantic pomfret. Porgies
- Brill. See: Flounders
- Buffalo fishes. See: Suckers
- Bullhead. See: Catfishes (non-Kosher)
- Burbot. See: Codfishes
- Butterfishes (Family Stromateidae)
Including:
Butterfish (*Peprilus triacanthus*)
Pacific pompano (*Peprilus similimus*)
Harvestfishes (*Peprilus* species)
- Butterfly fish. See: Angelfish
- Cabazon. See: Sculpins (non-Kosher)
- Cabrilla. See: Sea basses
- Calico bass. See: Sunfishes
- Capelin. See: Smelts
- Carps and minnows (Family Cyprinidae)
Including:
The carp, leather carp, mirror carp (*Cyprinus carpio*)
Crucian carp (*Carassius carassius*)
Goldfish (*Carassius auratus*)

- Tench (*Tinca tinca*)
 Splittail (*Pogonichthys macrolepidotus*)
 Squawfishes (*Ptychocheilus* species)
 Sacramento blackfish or hardhead (*Orthodon microlepidotus*)
 Freshwater breams (*Abramis* species, *Blicca* species)
 Roach (*Rutilus rutilus*)
- Carp sucker. See: Suckers
- Caviar. See: Trouts and whitefishes (salmon). Lump suckers (non-Kosher). Sturgeons (non-Kosher).
- Cero. See: Mackerels
- Channel bass. See: Drums
- Char. See: Trouts
- Chilipepper. See: Scorpionfishes
- Chinook salmon. See: Trouts
- Chub. See: Trouts. Sea chubs
- Cichlids (Family Cichlidae)
 Including:
 Tilapias (*Tilapia* species)
 Mozambique mouthbrooder (*Tilapia mossambica*)
 Cichlids (*Cichlasoma* species)
 Rio Grande perch (*Cichlasoma cyanoguttatum*)
- Cigarfish. See: Jacks
- Cisco. See: Trouts
- Coalfish. See: Codfishes
- Cobia, cabio, or black bonito (*Rachycentron canadum*)
- Cod, cultus, black, blue, or ling. See: Greenlings. Sablefish
- Codfishes (Family Gadidae)
 Including:
 Cod (*Gadus morhua*)
 Haddock (*Melanogrammus aeglefinus*)
 Pacific cod (*Gadus macrocephalus*)
 Pollock, saithe, or coalfish (*Pol-lachius virens*)
 Walleye pollock (*Theragra chalcogramma*)
 Hakes (*Urophycis* species)
 Whiting (*Merlangius merlangus*)
 Blue whiting or poutassou (*Micro-mesistius poutassou*)
 Burbot, lawyer, or freshwater ling (*Lota lota*)
 Tomcods or frostfishes (*Microgradus* species)
- Coho salmon. See: Trouts
- Corbina or corvina. See: Drums
- Cottonwick. See: Grunts
- Crappie. See: Sunfishes
- Crevalle. See: Jacks
- Croaker. See: Drums
- Crucian carp. See: Carps
- Cubbyu. See: Drums
- Cunner. See: Wrasses
- Dab. See: Flounders
- Damselfishes (Family Pomacentridae)
 Including:
 Blacksmith (*Chromis punctipinnis*)
 Garibaldi (*Hypsypops rubicunda*)
- Doctorfish. See: Surgeonfishes
- Dogfish. See: Bowfin. Sharks (non-Kosher)
- Dolly Varden. See: Trouts
- *Dolphin fishes or mahimahis (*Coryphaena* species)
- Drums and croakers (Family Sciaenidae)
 Including:

*Not to be confused with the Mammal called Dolphin or Porpoise which is non-kosher.

Seatrouts and corvinas (*Cynoscion* species)
 Weakfish (*Cynoscion nebulosus*)
 White seabass (*Cynoscion nobilis*)
 Croakers (*Micropogon* species, *Bairdiella* species, *Odontoscion* species)
 Silver perch (*Bairdiella chrysur*)
 White or king croaker (*Genyonemus lineatus*)
 Black croaker (*Cheilotrema saturnum*)
 Spotfin croaker (*Roncador stearnsi*)
 Yellowfin croaker (*Umbrina roncador*)
 Drums (*Pogonias* species, *Stellifer* species, *Umbrina* species)
 Red drum or channel bass (*Sciaenops ocellata*)
 Freshwater drum (*Aplodinotus grunniens*)
 Kingfishes or king whittings (*Menticirrhus* species)
 California corbina (*Menticirrhus undulatus*)
 Spot or lafayette (*Leiostomus xanthurus*)
 Queenfish (*Seriphus politus*)
 Cubbyu or ribbon fish (*Equetus umbrosus*)

Eulachon. See: Smelts

Flounders (Families Bothidae and Pleuronectidae)

Including:

Flounders (*Paralichthys* species, *Liopsetta* species, *Platichthys* species, etc.)
 Starry flounder (*Platichthys stellatus*)
 Summer flounder or fluke (*Paralichthys dentatus*)
 Yellowtail flounder (*Limanda ferrugina*)
 Winter flounder, lemon sole, or black back (*Pseudopleuronectes americanus*)
 Halibuts (*Hippoglossus* species)
 California halibut (*Paralichthys californicus*)

Bigmouth sole (*Hippoglossina stomata*)
 Butter or scalyfin sole (*Isopsetta isolepis*)
 "Dover" sole (*Microstomus pacificus*)
 "English" sole (*Parophrys vetulus*)
 Fantail sole (*Xystreureys liolepis*)
 Petrale sole (*Eopsetta jordani*)
 Rex sole (*Glyptocephalus zachirus*)
 Rock sole (*Lepidopsetta bilineata*)
 Sand sole (*Psettichthys melanostictus*)
 Slender sole (*Lyopsetta exilis*)
 Yellowfin sole (*Limanda aspera*)
 Pacific turbot (*Pleuronichthys* species)
 Curlfin turbot or sole (*Pleuronichthys decurrens*)
 Diamond turbot (*Hypsopsetta guttulata*)
 Greenland turbot or halibut (*Reinhardtius hippoglossoides*)
 Sanddabs (*Citharichthys* species)
 Dabs (*Limanda* species)
 American plaice (*Hippoglossoides platessoides*)
 European plaice (*Pleuronectes platessa*)
 Brill (*Scophthalmus rhombus*)

But not including:

European turbot (*Scophthalmus maximus* or *Psetta maximus*)

Fluke. See: Flounders

Flyingfishes and halfbeaks (Family Exocoetidae)

Flyingfishes (*Cypselurus* species, and others)

Ballyhoo or balao (*Hemiramphus* species)

Frostfish. See: Codfishes

Gag. See: Sea basses

Gar. See: Needlefishes. Gars (non-Kosher)

- Garibaldi. See: Damselfishes
- Giant kelpfish (*Heterostichus rostratus*)
- Gizzard shad. See: Herrings
- Goatfishes or surmullets (Family Mullidae)
Including:
Goatfishes (*Mullus* species, *Pseudupeneus* species); Wekes or goatfishes (*Mulloidichthys* species, *Upeneus* species)
Kumu (*Parupeneus* species)
Red mullet (*Mullus surmuletus*)
- Gobies (Family Gobiidae)
Including:
Bigmouth sleeper or guavina (*Gobiomorus dormitor*)
Sirajo goby (*Sicydium plumieri*)
- Goldeye and mooneye (*Hiodon alosoides* and *Hiodon tergisus*)
- Goldfish. See: Carps
- Grayfish. See: Sharks (non-Kosher)
- Grayling. See: Trouts
- Graysby. See: Sea basses
- Greenlings (Family Hexagrammidae)
Including:
Greenlings (*Hexagrammos* species)
Kelp greenling or seatrout (*Hexagrammos decagrammus*)
Lingcod, cultus or blue cod (*Ophiodon elongatus*)
Atka mackerel (*Pleurogrammus monoptyerygius*)
- Grindle. See: Bowfin
- Grouper. See: Sea basses
- Grunion. See: Silversides
- Grunts (Family Pomadasyidae)
Including:
Grunts (*Haemulon* species, *Pomadasys* species)
Margate (*Haemulon album*)
Tomtate (*Haemulon aurolineatum*)
Cottonwick (*Haemulon melanurum*)
Sailors choice (*Haemulon parrai*)
Porkfish (*Anisotremus virginicus*)
Black margate (*Anisotremus surinamensis*)
Sargo (*Anisotremus davidsoni*)
Pigfish (*Orthopristis chrysoptera*)
- Guavina. See: Gobies
- Haddock. See: Codfishes
- Hake. See also: Codfishes
- Hakes (Family Merlucciidae)
Including:
Hakes (*Merluccius* species)
Silver hake or whiting (*Merluccius bilinearis*)
Pacific hake or merluccio (*Merluccius productus*)
- Halfbeak. See: Flyingfishes
- Halfmoon. See: Sea chubs
- Halibut. See: Flounders
- Hamlet. See: Sea basses
- Hardhead. See: Carps
- Harvestfish. See: Butterfishes
- Hawkfishes (Family Cirrhitidae)
Including:
Hawkfishes (*Cirrhitus* species)
- Herrings (Family Clupeidae)
Including:
Atlantic and Pacific herring (*Clupea harengus* subspecies)
Thread herrings (*Opisthonema* species)
Shads (*Alosa* species)
Shad or glut herring, or blueback

(*Alosa aestivalis*)
 Hickory shad (*Alosa mediocris*)
 Alewife or river herring (*Alosa pseudoharengus*)
 Gizzard shads (*Dorosoma* species)
 Menhadens or mossbunkers (*Brevoortia* species)
 Spanish sardine (*Sardinella anchovia*)
 European sardine or pilchard (*Sardina pilchardus*)
 Pacific sardine or pilchard (*Sardinops sagax*)
 Sprat (*Sprattus sprattus*)

Hind. See: Sea basses

Hogchoker. See: Soles

Hogfish. See: Wrasses

Horse mackerel. See: Jacks

Jack mackerel. See: Jacks

Jacks and pompanos (Family Carangidae)

Including:

Pompanos, palometas, and permits (*Trachinotus* species)
 Amberjacks and yellowtails (*Seriola* species)
 California yellowtail (*Seriola dorsalis*)
 Scads and cigarfish (*Decapterus* species, *Selar* species, *Trachurus* species)
 Jack mackerel or horse mackerel (*Trachurus symmetricus*)
 Jacks and uluas (*Caranx* species, *Carangoides* species)
 Crevalles (*Caranx* species)
 Blue runner (*Caranx crysos*)
 Rainbow runner (*Elagatis bipinnulata*)
 Moonfishes (*Vomer* species)
 Lookdown (*Selene vomer*)
 Leatherback or lae (*Scomberoides sanctipetri*)

But not including:

Leatherjacket (*Oligoplites saurus*)

Jacksmelt. See: Silversides

Jewfish. See: Sea basses

John Dory (*Zeus faber*)

Kelpfish. See: Giant kelpfish

Kingfish. See: Drums. Mackerels

Ladyfish, or tenpounder (*Elops saurus*)

Lafayette. See: Drums

Lake herring. See: Trouts

Lance or launce. See: Sand lances

Largemouth bass. See: Sunfishes

Lawyer. See: Codfishes

Leatherback. See: Jacks

Leatherjacket. See: Jacks (non-Kosher)

Lingcod. See: Greenlings

Lizardfishes (Family Synodontidae)

Lookdown. See: Jacks

Mackerel. See also: Jacks

Mackerel, Atka. See: Greenlings

Mackerels and tunas (Family Scombridae)

Including:

Mackerels (*Scomber* species, *Scomberomorus* species, *Auxis* species)
 Spanish mackerels, cero, and sierra (*Scomberomorus* species)
 King mackerel or kingfish (*Scomberomorus cavalla*)
 Bonitos (*Sarda* species)
 Wahoo (*Acanthocybium solanderi*)
 Tunas

- (*Thunnus* species, *Euthynnus* species)
 Skipjack tunas (*Euthynnus* or *Katsuwonus* species)
 Albacore (*Thunnus alalunga*)
 But not including:
 Snake mackerels
- Mahimahi. See: Dolphin fishes
- Margate. See: Grunts
- Marlin. See: Billfishes (non-Kosher)
- Menhaden. See: Herrings
- Menpachii. See: Squirrelfishes
- Merluccio. See: Hakes
- Midshipman. See: Toadfishes (non-Kosher)
- Milkfish or awa (*Chanos chanos*)
- Mojarras (Family Gerreidae)
 Including:
 Mojarras (*Eucinostomus* species,
Gerres species, *Diapterus* species)
- Monkeyface prickleback or eel (*Cebidichthys violaceus*)
- Mooneye. See: Goldeye
- Moonfish. See: Jacks
- Mossbunker. See: Herrings
- Mouthbrooder. See: Cichlids
- Mullet. See: Goatfishes
- Mullets (Family Mugilidae)
 Including:
 Mullets and amaamas (*Mugil* species)
 Uouoa (*Neomyxus chaptalii*)
 Mountain mullets or dajaos (*Agonostomus* species)
- Muskellunge. See: Pikes
- Mutton hamlet. See: Sea basses
- Muttonfish. See: Snappers
- Needlefishes (Family Belonidae)
 Needlefishes or marine gars (*Strongylura* species, *Tylosurus* species)
- Opaleye. See: Sea chubs
- Paddlefish. See: Sturgeons (non-Kosher)
- Palometa. See: Jacks
- Parrotfishes (Family Scaridae)
 Including:
 Parrotfishes and uhus (*Scarus* species, *Sparisoma* species)
- Perch. See also: Temperate basses. Drums. Cichlids. Surfperches. Scorpionfishes
- Perches (Family Percidae)
 Including:
 Yellow perch (*Perca flavescens*)
 Walleye, pike-perch, or yellow or blue pike (*Stizostedion vitreum*)
 Sauger (*Stizostedion canadense*)
- Permit. See: Jacks
- Pickerel. See: Pike
- Pigfish. See: Grunts
- Pike. See also: Perches
- Pikes (Family Esocidae)
 Including:
 Pike (*Esox lucius*)
 Pickerels (*Esox* species)
 Muskellunge (*Esox masquinongy*)
- Pike-perch. See: Perches
- Pilchard. See: Herrings

- Pinfish.** See: Porgies
- Plaice.** See: Flounders
- Pollock.** See: Codfishes
- Pomfret.** See: Atlantic pomfret
- Pompano.** See: Jacks. Butterfishes
- Porgies and sea breams (Family Sparidae)**
 Including:
 Porgies (Calamus species, Diplodus species, Pagrus species)
 Scup (Stenotomus chrysops)
 Pinfish (Lagodon rhomboides)
 Sheepshead (Archosargus probatocephalus)
- Porkfish.** See: Grunts
- Pout.** See: Ocean pout (non-Kosher)
- Poutassou.** See: Codfishes
- Prickleback.** See: Monkeyface prickleback
 Rockprickleback (non-Kosher)
- Queenfish.** See: Drums
- Quillback.** See: Suckers
- Rabalo.** See: Snooks
- Ratfish.** See: Sharks (non-Kosher)
- Ray.** See: Sharks (non-Kosher)
- Ray's bream.** See: Atlantic pomfret
- Red snapper.** See: Snappers
- Redfish.** See: Scorpionfishes. Wrasses
- Roach.** See: Carps
- Rock bass.** See: Sunfishes
- Rock hind.** See: Sea basses
- Rockfish.** See: Scorpionfishes. Temperate basses
- Rosefish.** See: Scorpionfishes
- Rudderfish.** See: Sea chubs
- Runner.** See: Jacks
- Sablefish or black cod (Anoplopoma fimbria)**
- Sailfish.** See: Billfishes (non-Kosher)
- Sailors choice.** See: Grunts
- Saithe.** See: Codfishes
- Salmon.** See: Trouts
- Sand lances, launces, or eels (Ammodytes species)**
- Sardine.** See: Herrings
- Sargo.** See: Grunts
- Sauger.** See: Perches
- Scad.** See: Jacks
- Scamp.** See: Sea basses
- Schoolmaster.** See: Snappers
- Scorpionfishes (Family Scorpaenidae)**
 Including:
 Scorpionfishes (Scorpaena species)
 California scorpionfish or sculpin (Scorpaena guttata)
 Nohus (Scorpaenopsis species)
 Redfish, rosefish, or ocean perch (Sebastes marinus)
 Rockfishes (Sebastes species, Sebastodes species)
 Pacific ocean perch (Sebastes alutus)
 Chilipepper (Sebastes goodei)
 Bocaccio (Sebastes paucispinus)
 Shortspine thornyhead or channel

- rockfish (*Sebastes* *alascanus*)
- Scup. See: Porgies
- Sea bass. See also: Temperate basses. Drums
- Sea basses (Family Serranidae)
Including:
Black sea basses (*Centropristis* species)
Groupers (*Epinephelus* species and *Mycteroperca* species)
Rock hind (*Epinephelus adscensionis*)
Speckled hind (*Epinephelus drummondhayi*)
Red hind (*Epinephelus guttatus*)
Jewfish (*Epinephelus itajara*)
Spotted cabrilla (*Epinephelus analogus*)
Gag (*Mycteroperca microlepis*)
Scamp (*Mycteroperca phenax*)
Graysby (*Petrometopon cruentatum*)
Mutton hamlet (*Alphistes afer*)
Sand bass, kelp bass, and spotted bass (*Paralabrax* species)
- Sea bream. See: Porgies
- Sea chubs (Family Kyphosidae)
Including:
Bermuda chub or rudderfish (*Kyphosus sectatrix*)
Opaleye (*Girella nigricans*)
Halfmoon (*Medialuna californiensis*)
- Seaperch. See: Surfperches
- Searaven. See: Sculpins (non-Kosher)
- Searobins (Family Triglidae)
Searobins (*Prionotus* species)
- Sea-squab. See: Puffers (non-Kosher)
- Seatrout. See: Drums. Greenlings. Steelhead.
- Shad. See: Herrings
- Sheepshead. See: Porgies. Wrasses
- Sierra. See: Mackerels
- Silversides (Family Atherinidae)
Including:
Whitebait, spearing, or silversides (*Menidia* species)
California grunion (*Leuresthes tenuis*)
Jacksmelt (*Atherinopsis californiensis*)
Topsmelt (*Atherinops affinis*)
- Sirajo goby. See: Gobies
- Skates. See: Sharks (non-Kosher)
- Skipjack. See: Mackerels
- Sleeper. See: Gobies
- Smallmouth bass. See: Sunfishes
- Smelts (Family Osmeridae)
Including:
Smelts (*Osmerus* species)
Capelin (*Mallotus villosus*)
Eulachon (*Thaleichthys pacificus*)
- Snapper blue. See: Bluefish
- Snappers (Family Lutjanidae)
Including:
Snappers (*Lutjanus* species)
Schoolmaster (*Lutjanus apodus*)
Muttonfish or mutton snapper (*Lutjanus analis*)
Red snapper (*Lutjanus campechanus*)
Yellowtail snapper (*Ocyurus chrysurus*)
Kalikali (*Pristipomoides sieboldi*)
Opa kapaka (*Pristipomoides microlepis*)
Onaga (*Etelis carbunculus*)
- Snooks (Family Centropomidae)
Including:

Snooks or rabalos (*Centropomus* species)

Sockeye salmon. See: Trouts

Sole. See also: Flounders

Soles (Family Soleidae)

Including:

Sole or true sole (*Solea solea*)

Lined sole (*Achirus lineatus*)

Hogchoker (*Trinectes maculatus*)

Spadefishes (Family Ehippidae)

Including:

Spadefishes (*Chaetodipterus* species)

Spanish mackerel. See: Mackerels

Spearing. See: Silversides

Splittail. See: Carps

Spoonbill cat. See: Sturgeons (non-Kosher)

Spot. See: Drums

Sprat. See: Herrings

Squawfish. See: Carps

Squirrelfishes (Family Holocentridae)

Including:

Squirrelfishes (*Holocentrus* species)

Menpachii (*Myripristis* species)

Steelhead. See: Trouts

Striped bass. See: Temperate basses

Suckers (Family Catostomidae)

Including:

Buffalo fishes (*Ictiobus* species)

Suckers (*Catostomus* species, *Moxostoma* species)

Quillbacks or carsuckers (*Cariodes* species)

Sunfishes (Family Centrarchidae)

Including:

Freshwater basses (*Micropterus* species)

Largemouth bass (*Micropterus salmoides*)

Smallmouth bass (*Micropterus dolomieu*)

Sunfishes (*Lepomis* species)

Bluegill (*Lepomis macrochirus*)

Warmouth (*Lepomis gulosus*)

Rock bass or red eye (*Ambloplites rupestris*)

Crappies or calico basses (*Pomoxis* species)

Surfperches (Family Embiotocidae)

Including:

Surfperches (*Amphistichus* species, *Hyperprosopon* species)

Seaperches (*Embiotoca* species, *Hypsurus* species, *Phanerodon* species, *Rhacochilus* species)

Black perch (*Embiotoca jacksoni*)

Pile perch (*Rhacochilus vacca*)

Shiner perch (*Cymatogaster aggregata*)

Surgeonfishes (Family Acanthuridae)

Including:

Surgeonfishes and tangs (*Acanthurus* species, *Zebrasoma* species)

Doctorfish (*Acanthurus chirurgus*)

Unicornfishes or kalas (*Naso* species)

Tang. See: Surgeonfishes

Tarpon (*Megalops atlantica*)

Tautog. See: Wrasses

Temperate basses (Family Percichthyidae)

Including:

Striped bass or rockfish (*Morone saxatilis*)

Yellow bass (*Morone*

- mississippiensis)
 White bass (*Morone chrysops*)
 White perch (*Morone americana*)
 Giant California sea bass
 (*Stereolepis gigas*)
- Tench. See: Carps
- Tenpounder. See: Ladyfish
- Threadfins (Family Polynemidae)
 Including:
 Blue bobo (*Polydactylus*
approximans)
 Barbu (*Polydactylus virginicus*); Moi
 (*Polydactylus sexfilis*)
- Tilapia. See: Cichlids
- Tilefishes (Family Branchiostegidae)
 Including:
 Tilefish (*Lopholatilus*
chamaeleonticeps)
 Ocean whitefish (*Caulolatilus*
princeps)
- Tomcod. See: Codfishes
- Tomtate. See: Grunts
- Topsmelt. See: Silversides
- Tripletail (*Lobotes surinamensis*)
- Trouts and whitefishes (Family
 Salmonidae)
 Including:
 Atlantic salmon (*Salmo salar*)
 Pacific salmon (*Oncorhynchus*
 species) Coho or silver salmon;
 sockeye, blueback or red
 salmon; chinook, king or
 spring salmon; pink or
 humpback salmon; chum, dog,
 or fall salmon
- Trouts (*Salmo* species)
 Brown trout, rainbow trout or
 steelhead, cutthroat trout,
 golden trout
- Chars (*Salvelinus* species)
 Lake trout, brook trout,
 Arctic char, Dolly Varden
- Whitefishes and ciscos (*Coregonus*
 species and *Prosopium* species)
 Cisco or lake herring (*Coregonus*
artedii)
 Chubs (*Coregonus* species)
 Graylings (*Thymallus* species)
- Tuna. See: Mackerels
- Turbot. See: Flounders (some
 non-Kosher)
- Unicornfish. See: Surgeonfishes
- Wahoo. See: Mackerels
- Walleye. See: Perches
- Walleye pollock. See: Codfishes
- Warmouth. See: Sunfishes
- Weakfish. See: Drums
- Whitebait. See: Silversides
- Whitefish. See: Trouts, Tilefishes
- Whiting. See: Codfishes. Hakes. Drums
- Wrasses (Family Labridae)
 Including:
 Hogfishes and aawas (*Bodianus*
 species)
 Hogfish or capitaine
 (*Lachnolaimus maximus*)
 Tautog or blackfish (*Tautoga*
onitis)
 California sheephead or redfish
 (*Pimelometopon pulchrum*)
 Cunner, chogset, or bergall
 (*Tautogolabrus adspersus*)
- Yellowtail. See: Jacks
- Yellowtail snapper. See: Snappers

NON-KOSHER FISHES

Billfishes (Family Istiophoridae)

Including:

- Sailfishes (Istiophorus species)
- Marlins and spearfishes (Tetrapterus species, Makaira species)

Catfishes (Order Siluriformes)

Including:

- Channel catfish (Ictalurus punctatus)
- Bullheads (Ictalurus species)
- Sea catfish (Arius felis)

Cutlassfishes (Family Trichiuridae)

Including:

- Cutlassfishes (Trichiurus species)
- Scabbardfishes (Lepidopus species)

Eels (Order Anguilliformes)

Including:

- American and European eel (Anguilla rostrata and Anguilla anguilla)
- Conger eel (Conger oceanicus)

Gars (Order Semionotiformes)

Freshwater gars (Lepisosteus species)

Goosefishes or anglers (Lophius species)

Lampreys (Family Petromyzontidae)

Leatherjacket (Oligoplites saurus)

Lumpsuckers (Family Cyclopteridae)

Including:

- Lumpfish (Cyclopterus lumpus)
- Snailfishes (Liparis species)

Ocean pout or eelpout (Macrozoarces americanus)

Oilfish (Ruvettus pretiosus)

Puffers (Family Tetraodontidae)

Puffers, blowfishes, swellfishes, sea-squab (Sphoeroides species)

Rock prickleback or rockeel (Xiphister mucosus)

Sculpins (Family Cottidae)

Including:

- Sculpins (Myoxocephalus species, Cottus species, Leptocottus species, etc.)
- Cabezon (Scorpaenichthys marmoratus)
- Searaven (Hemitripterus americanus)

Sharks, rays, and their relatives (Class Chondrichthyes)

Including:

- Grayfishes or dogfishes (Mustelus species, Squalus species)
- Soupin shark (Galeorhinus zyopterus)
- Sawfishes (Pristis species)
- Skates (Raja species)
- Chimaeras or ratfishes (Order Chimaeriformes)

Snake mackerels (Gempylus species)

Sturgeons (Order Acipenseriformes)

Including:

- Sturgeons (Acipenser species, Scaphirhynchus species)
- Beluga (huso huso)
- Paddlefish or spoonbill cat (Polyodon spathula)

Swordfish (Xiphias gladius)

Toadfishes (Family Batrachoididae)

Including:

- Toadfishes (Opsanus species)
- Midshipmen (Porichthys species)

Triggerfishes and filefishes (Family Balistidae)

Triggerfishes (Balistes species, Canthidermis species)

Trunkfishes (Family Ostraciidae)

Trunkfishes and cowfishes (Lactophrys species)

Wolffishes (Family Anarhichadidae)

Including:

- Wolffishes or ocean catfishes (Anarhichas species)