

## Local Seafood Sources in Greater New Bedford



### **Amarals Market**

**Website:**  
amaralsmarket.net

**Address:**  
488 Belleville Ave, New Bedford

**Phone:**  
508-996-1222

### **Blue Harvest**

**Website:**  
blueharvestfisheries.com

**Facebook:**  
Blue Harvest Fisheries

### **Cape Quality**

**Website:**  
Capequalityseafood.com

**Address:**  
657 Dartmouth St., South Dartmouth

**Phone:**  
508-996-6724

### **DeMellos Market**

**Website:**  
demellos.com

**Address:**  
1275 Cove Rd., New Bedford

**Phone:**  
508-992-8879

### **Fisherman's Market**

**Website:**  
fishmanmkt.com

**Address:**  
20 Blackmer Street, New Bedford

**Phone:**  
508-717-6901

### **Foley Fish**

**Website:**  
foleyfish.com

### **Kyler's Catch**

**Website:**  
Kylerseafood.com

**Address:**  
2 Washburn St., New Bedford

**Phone:**  
508-984-5150

### **Southcoast Direct Source Seafood**

**Website:**  
seafood-direct.com

**Facebook:**  
Southcoast Direct Source Seafood

### **Tempest Fisheries, Ltd.**

**Facebook:**  
Tempest Fisheries LTD.

**Phone:**  
508-997-0720

### **Turk's Seafood**

**Website:**  
turkseseafood.com

**Address:**  
83 Marion Road, Route 6, Mattapoisett

**Phone:** Restaurant  
508-758-3117  
Sushi Bar & Market  
508-758-3113

### **Westport Lobster Co.**

**Website:**  
westportlobstercompany.com

**Address:**  
915 Main Road, Westport

**Phone:**  
508-636-8500

## Try these simple seafood recipes from local fishing families:

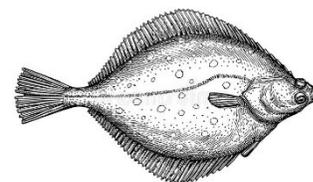
### Easy Oven-Fried Flounder –

Recipe provided by Captain Bill and Ruth Blount F/V Ruthie B

#### Ingredients:

Flounder (1/2 lb. per person)  
1 egg  
2 tsp. Dijon mustard

Italian Breadcrumbs  
Parmesan Cheese  
(grated)  
Olive Oil



#### Directions:

Dip flounder in mixture of beaten egg and mustard  
Dip in mix of Italian breadcrumbs/ parmesan cheese (3/4 crumbs to 1/4 cheese)  
Drizzle with olive oil  
Bake in 425 degree oven for 10 minutes or until desired crispiness depending on thickness.

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### Lemon Butter Scallops –

Recipe provided by Captain Alan Cass (from DamnDelicious.com)

#### Ingredients:

1 Tbsp unsalted butter  
1 lb scallops  
Salt and pepper to taste

#### For sauce:

2 Tbsp unsalted butter  
2 cloves garlic, minced  
Juice of 1 lemon  
Salt and pepper to taste  
2 Tbsp chopped parsley



#### Directions:

Melt 1 Tbsp butter in a large skillet over medium high heat.  
Rinse scallops with cold water and pat dry.  
Season scallops with salt and pepper to taste. Working in batches, add scallops to skillet in a single layer and cook, flipping once, until golden brown and translucent in the center (about 1-2 minutes per side)  
Set aside and keep warm.

#### To make sauce:

Melt 2 Tbsp butter in the skillet. Add garlic and cook stirring until fragrant about 1 minute. Stir in lemon juice. Season with salt and pepper. Serve immediately with sauce and garnish with parsley.

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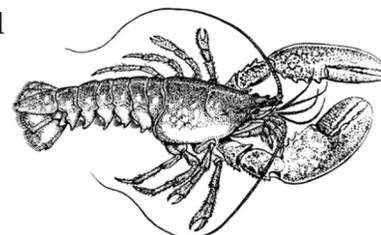
### Sautéed Lobster over Pasta or Bread -

Recipe provided by Captain Steve Holler & Deb Kelsey F/V November Gale

#### Ingredients:

2 Tbsp of butter  
2 Tbsp extra-virgin olive oil  
4 garlic cloves, minced  
1/2 cup of dry white wine OR broth  
3/4 teaspoon of salt, or to taste

1/8 teaspoon crushed red  
pepper flakes, or to taste  
(this is a must!)  
Freshly ground pepper  
1 3/4 lbs. cooked lobster  
1/3 cup chopped parsley



#### Directions:

In a large skillet melt butter, with olive oil. Add garlic and sauté about a minute or until fragrant. Add wine OR broth, salt, red pepper and bring to a simmer. Let the wine reduce by half, about 2 minutes  
Add lobster. Stir in parsley prior to serving over pasta or crusty bread.

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