

Gindai



LIFE HISTORY INFORMATION AND HAWAII STATE RECORD

Brigham's Snapper • 'ūkīkiki *Pristipomoides zonatus*

The oldest known was 39 yrs and 17 in. • Adults inhabit waters 40-220 fathoms and are often associated with hard, rocky seafloor habitats. Well loved by fishermen, but not usually targeted, so are uncommon in the market.

HAWAII STATE RECORD: 4 lbs 5 oz by Roger Takabayashi

FISHERY INFORMATION

Caught primarily with the vertical hook-and-line method, where weighted and baited lines are lowered and raised with electric, hydraulic or hand-powered reels.

LOCAL KNOWLEDGE

Gindai does not have a good shelf life. It is best served as sashimi on the day it's caught. Gindai is known as the best tasting bottomfish and is often kept by fishermen.

CURRENT REGULATIONS

FEDERAL: Annual catch limit | **HAWAII STATE:** Min size - 1 lb
Non-commercial bag limit - 5 total of Deep 7 species

COUNCIL MANAGEMENT

Managing the bottomfish fishery has been difficult due to insufficient fishery data. However, with cooperation between state and federal management agencies and fishermen, the Deep 7 bottomfish annual catch limit increased from 178,000 pounds for the 2007-2008 fishing year to 492,000 pounds for the 2020-2021 fishing year.

STOCK STATUS

Not overfished;
not experiencing
overfishing



Grilled, Lettuce-Wrapped Gindai with Tokyo Negi

MAKES 4 SERVINGS (2 TBSP VINAIGRETTE PER SERVING)

INGREDIENTS

1 cup thin-sliced Tokyo negi (*green onion*), white parts only
2 tsp butter, unsalted
1/4 tsp sea salt
8 each romaine lettuce, large leaves
1 lb gindai fillet, cut into 4, 1/2-inch thick pieces
1/2 tsp sea salt
1/2 tsp pepper
1 tsp thyme leaves, fresh, minced
1 tsp oil for brushing

ROASTED PEPPER VINAIGRETTE

1 sweet red bell pepper, roasted, peeled and seeded
(8 oz if using prepared)
1 clove garlic
2 tbsp sliced almonds, toasted
1 tbsp red wine vinegar
1/2 tsp sea salt
1/2 tsp pepper
3 tbsp olive oil, extra virgin

DIRECTIONS

1. Sauté Tokyo negi in butter on medium heat until very soft (about 10 minutes).
2. Meanwhile, bring a pot of water to boil. Add lettuce leaves and cook for 10 seconds. Remove leaves, drain and cool. Pat leaves dry, trim tough ends (about bottom 2 inches).
3. Lay 2 leaves side by side, overlapping by one-third. Spread one quarter of onion mixture in the middle. Lay one gindai fillet over leeks, and sprinkle with 1/4 tsp salt, pepper and thyme to taste.
4. Roll up leaves to cover fish tightly (like a burrito). Brush with oil.
5. Grill for 7 to 8 minutes on each side, until lettuce has a nice brown color. Serve with roasted pepper vinaigrette (recipe follows).

ROASTED PEPPER VINAIGRETTE MAKES 8 SERVINGS

1. Combine pepper, garlic, almonds, vinegar, salt and pepper in a blender.
2. Blend until smooth. With blender running, drizzle in olive oil.



Recipe and Photo Courtesy
Kapi'olani Community College
Culinary Arts Department

Front Top Photo:
PIFG BFISH Project



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