

KOSHER AND NON-KOSHER FISH

These lists of kosher and non kosher fish 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 on New York University. They were published by Orthodox Union in Kosher Guide (1991) and in the Orthodox Union Kosher Consumer Directory (1991-1993).

This is a list of Kosher fish - i.e. fish that have fins and scales. THIS IS NOT A LIST OF OU KOSHER CERTIFIED FISH. Customers should be advised only to purchase fish from a reliable kosher fish store, or only fish with skin on that they can personally identify. The FDA warns that species substitution is a serious problem even from their perspective. List updated March 11, 2003

Information on the processing of fish to be kosher can be found at [The Fortunes of a Fish](#) by Rabbi Blech.

KOSHER FISH

Albacore See: [Mackerels](#)

Alewife See: [Herrings](#)

Amberjack See: [Jacks](#)

Anchovies (Family Engraulidae). Including: European anchovy (*Engraulis encrasiolus*), North of California anchovy (*Engraulis mordax*).

Angelfishes and butterfly fishes (Family Chaetodontidae). Including: Angelfishes (*Holocanthus* species, *Pomacanthus* species).

ama or reineta which go by the Latin name *lepidotus austrais* or *lepidotus raii*)

Ballyhoo See: [Flyingfishes](#)

Barracudas (Family Sphyraenidae) Including: Ba

Atlantic Pomfret or Ray's Bream(*Brama rracudas* and *kakus* (*Sphyraena* species)).

Bass See [Sea Basses](#), [Temperate basses](#), [Sunfishes](#), [Drums](#)

Bigeyes (Family Priacanthidae). Including: Bigeyes or aweoweos (*Priacanthus* species).

Blackfish See: [Carps](#), [Wrasses](#)

Blacksmith See: [Damsel-fishes](#)

Blueback See: [Flounders](#), [Herrings](#), [Trouts](#)

Bluefish or snapper blue (*Pomatomus saltarix*)

Bluegill See: [Sunfishes](#)

Bocaccio See: [Scorpionfishes](#)

Bombay duck (*Harpadeon nehereus*)

Bonefish (*Albula vulpes*)

Bonito See: [Cobia](#), [Mackerels](#)

Bowfin Freshwater dogfish, or grindle (*Amia calva*)

Bream See: [Carps](#), [Atlantic Pomfret](#), [Porgies](#)

Brill See: [Flounder](#)

Buffalo Fishes See: [Suckers](#)

Butterfishes (Family Stromateidae), Including: Butterfish (*Peprilus tracanthus*); Pacific pompano (*Peprilus similimus*); harvestfishes (*Peprilus* species)

Butterfly fish See: [Angelfish](#)

Cabrilla See: [Sea Basses](#)

Calicobass 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 backfish or hardhead (*Orthodon microlepidotus*); Freshwater breams (*Abramis* species, *Blicca* species); Roach (*Rutilus rutilus*).

Carosucker See: [Suckers](#)

Caviar (Must be from a kosher fish) See: [Trouts and whitefishes](#) (salmon), Lumpsuckers (non kosher), [Sturgeons](#) (non kosher).

Cero See: [Mackerels](#)

Channel bass See: [Drums](#)

Char See: [Trouts](#)



Chilean Sea Bass (*Dissostichus eleginoides*)

Chilipepper See: [Scorpionfishes](#)

Chinook salmon See: [Trouts](#)

Chup See: [Trouts](#), [Sea chubs](#)

Cichlids (Family Cichlidae), Including: Tilapias (*Tilapia* species); Mozambique mouthbrooder (*Tilapia mossambica*); Cichlios (*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 aegiefinus*); [Pacific cod](#) (*Gadus macrocephalus*); [Pollock](#), saithe, or coalfish (*Pollachius virens*); Walleye pollock (*Theragra chalcogramma*); Hakes (*Urophycis* species); Whiting (*Merlangius merlangus*); Blue whiting or poutassou (*Micromesistius poutassou*); Tomcods or frostfishes (*Microgadus* species); note. some cods are not-kosher; See: [Freshwater Cod](#).

Coho salmon See: [Trouts](#)

Corbina or Corvina, See: [Drums](#)

Cottonwick See: [Grunts](#)

Crapplie See: [Sunfishes](#)

Creville See [Jacks](#)

Croacker 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](#)

Dolly Varden See: [Trouts](#)

Dolphin fishes or mahimahis (*Coryphaena* species) Not to be confused with the Mammal called Dolphin or Porpoise, which is non kosher.

Drums and croakers (Family Sciaenidae), Including: Seatrouts and carvinas (*Cynoscion* species); Weakfish (*Cynoscion nebulosus*); White seabass (*Cynoscion nobillis*); Croakers (*micropogon* species, *Bairdiella* species, *Odontoscion* species); Silver perch (*Bairdiella chrysura*); White or King croaker (*Genyonemus lineatus*); Black croaker (*cheilottena saturnum*); Spotfin croaker (*Roncadorstearnsi*); Yellowfin croaker(*Umbrinaroncador*); 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 denatus);
- * Yellowtail flounder (Limanda ferrugina);
- * Winter flounder, lemon sole or blackback (Pseudopleuronectes americanus);
- * Halibuts (Hippoglossus species);
- * California halibut (Paralichthys Californicus);
- * Bigmouth sole (Hippoglossina stomata);
- * Butter of scalyfin sole (Isopsetta isolepis);
- * "Dover" sole (Microstomus pacificus);
- * "English" sole (Parophrys vetulus);
- * Fantail sole (Xystreurus liolepis);
- * Petrale sole (Eopsetta jordan);
- * Rex sole (Glyptocephalus zichirus);
- * 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](#)

Garibaldi See: [Damsel fishes](#)

Giant kelpfish (Heterostichus rostratus)

Gizzard shad See: [Herrings](#)

Goatfishes or surmulletts (Family Mullidae). Including: Goatfishes (Mullus species, Pseudupeneus species); Wekes or goatfishes (Mulloidichthys species, Upeneus species); Kumu (Parupeneus species); Red mullet (Mullus surmuletus).

Gobies (Family Gobidae), Including: Bigmouth sleeper or guavina (Gobiomorus dormitor); Sirajo goby (Sicydium plumieri)

Goldeye and mooneye (Hiodon alosoides and Hiodon tergisus).

Goldfish See: [Carps](#)

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); Atkamackerel (Pleurogrammus monopterygius).

Grindle See: [Bowfin](#)

Grouper See: [Sea Basses](#)

Grunion See: [Silversides](#)

Grunts (Family Pomadasysidae), Including: Grunts (Haemulon species, Pomadasys species); Margate (Haemulon album); Tomtate (Haemulon aurolineatum); Cottonwick (Haemulon melanurum); Sailors choice

(Haemulon parral); Porkfish (Anisotremus virginicus); Black margate (Anisotremus surinamensis); Sargo (Anisotremus davidsoni); Pigfish (Orthopristis chrysoptera).

Guavina See: [Gobies](#)

Haddock See: [Codfishes](#)

Hake See: [Codfishes](#)

Hakes(Family Meriucchiidae), Including: Hakes (Merluccius species); Silver hake or whiting (Meriucius bilinearis); Pacific hake or meriuccio (Meriucius 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 (Clupae 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 sardines (Sardineila anchovia); European sardine or pilchard (Sardina pilchardus); Pacific sardine or pilchard (Sardinops sagax); Spart (Sprattus sprattus)

Hind See: [Sea Bass](#)

Hogchocker See: [Soles](#)

Hogfish See: [Wrasses](#)

Horse mackerel See: [Jacks](#)

Jack Mackerel See: [Jacks](#)

Jacks and Pompanos (Family Charangidae) Including: Pompanos, palometas, and permits (Trachionotus species); Amberjacks and yellowtails (Seriola species); California yellowtail (Seriola dorsalls); 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](#)

Largemouth bass See: [Sunfishes](#)

Leatherback See: [Jacks](#)

Lingcod See: [Greenlings](#)

Lizardfishes(Family Synodontidae)

Lookdown See: [Jacks](#)

Mackerel See also: [Jacks](#)

Mackerels, 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 (Acanthocybius solanderi); tunas (Thunnus species, Euthynnus species); Skipjack tunas (Euthynnus or Katsuwonus species); Albacore (thunnus alalunga) But not including: Snake mackerels.

MahimahiSee: [Dolphin fishes](#)

MargateSee: [Grunts](#)

Menhaden See: [Herrings](#)

Menpachii See: [Squirrelfishes](#)
Merluccio See: [Hakes](#)
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](#)
Mulletts (Family Mugilidae) including: Mulletts and amaamas (Mugil species); Uouoa (Neomyxus chaptallii);
Mountain mullets or dajaos (agonostomus species)
Muskellunge See: [Pikes](#)
Mutton hamlet See: [Sea Basses](#)
Muttonfish See: [Snappers](#)

Needlefishes (Family Beslonidae) Needlefishes or marine gars (strongylura species, Tylosuru species)

Opaleye See: [Sea chubs](#)

Palometa See: [Jacks](#)
Parrotfishes (Family Scaridae) including: Parrotfishes and uhus (Scarus species, Sparisoma species)
Patagonian Toothfish (Dissostichus eleginoides)
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); Saugel (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)
Pikeperch See: [Perches](#)
Pilchard See [Herrings](#)
Pinfish See: [Porgies](#)
Plaice See: [Flounders](#)
Pollock See: [Codfishes](#)
Pomfret See: [Atlantic pomfret](#)
Pompano See: Jack, [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](#)
Poutassou See: [Codfishes](#)
Prickleback See: [Monkeyface prickleback](#), [Rockprickleback](#) (non kosher).

Queenfish See: [Drums](#)

Quillback See: [Suckers](#)

Rabalo See: [Snooks](#)

Ray's bream See: [Atlantic Pomfret](#)

Red snapper See: [Snappers](#)

Redfish See: [Scorpionfishes](#), [Wrasses](#)

Roach See: [Carps](#)

Rock bass See: [Sunfishes](#)

Rockhind See: [Sea Basses](#)

Rockfish See: [Scorpionfishes](#), [Temperate basses](#)

Rosefish See: [Scorpionfishes](#)

Rudderfish See: [Sea chubs](#)

Runner See: [Jack](#)

Sablefish or black cod (*Anoplopoma fimbria*)
Sailors choice See: [Grunts](#)
Saithe See: [Codfishes](#)
Salmon See: [Trouts](#)
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, *Sebastes* species); Pacific ocean perch (*Sebastes alutus*); Chilipepper (*Sebastes goodel*); Bocaccio (*Sebastes paucipinus*); 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); Rockhind (*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 (*Alphestes afer*) Sand bass, kelp bass, and spotted bass (*Paralabrax* species)
Sea bream See: [Porgies](#)
Sea chubs (Family Kyphosidae) including: Bermuda chug or rudderfish (*Kyphosus sectatrix*); Opaleye (*Girella nigrican*); Halfmoon (*Medialuna californiensis*)
Seaperch See: [Surfperches](#)
Searobins(Family Triglidae); Searobins (*Prionotus* species)
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 (*Leurustes tenuis*); Jacksmelt (*Atherinopsis californiensis*); Topsmelt (*Atherinops affinis*)
Sirajo goby See: [Gobies](#)
Skipjack See [Mackerels](#)
Sleeper See [Gobies](#)
Smallmouth bass See [Sunfishes](#)
Smelts (Family Osmeridae) including: Smelts (*Osmerus* species); Capelin (*Malotus villosus*); Eullachon (*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*); Opakapaka (*Pristipomoides microlepis*); Onaga (*Etelis carbunculus*)
Snooks (Family Centropomidae) including: Snooks orrabalos (*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 Ephippidae). Including: Spadefishes (*Chaetodipterus* species)
Spanish mackerel See: [Mackerels](#)
Spearing See: [Silversides](#)
Splitttail See: [Carps](#)
Spot See: [Drums](#)
Sprat See: [Herrings](#)
Squawfish See: [Carp](#)
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 carpsuckers (Carpiodes 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 macrochirus); 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); Blackperch (Embiotoca jacksoni); Pile perch (Rhacochilus vacca); Shiner perch (Cymatogaster aggregata).

Surgeonfishes (Family Acanthuridae). Including: Surgeonfishes and tangs (Acanthurus species, Zebrasoma species); Doctorfish (Acanthurus chirugus); Unicornfishes or kalas (Naso species).

Tang See: [Surgeonfishes](#)

Tarpon (Megalops atlantica)

Tautog See [Wrasses](#)

Temperate basses (Family Percichthyidae). Including: Striped bass or rockfish (morone saxatillis); 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](#)

Tomsmelt 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 (salvelinus alpinus), 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 [Flounder](#) (some nonkosher)

Unicornfish See: [Surgeonfishes](#)

Wahoo See: [Mackerels](#)

Walleye See: [Perches](#)

Walleye pollock See: [Codfishes](#)

Warmouth See: [Sunfishes](#)

Weakfishes See: [Drums](#)

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 FISH

Angler See: [Goosefishes](#)

Basa (Pangasius bocourti)

Beluga See: [Sturgeons](#)

Billfishes (Family Istiophoridae). Including fishes (Istiophorus species); **Marlins** and speishes (Tetrapterus species, Makaira species).

Blowfish See: [Puffers](#)

Bullhead See: [Catfishes](#)

Burbot See: [Freshwater Cod](#)

Cabezon See: [Sculpins](#)

Catfishes (Order Siluriformes). Including: Channel catfish (Ictalurus punctatus); Basa (Pangasius bocourti, Tra (Pangasius hypophthalmus)

Cutlassfishes (Family Trichiuridae) including: Cutlassfishes (Trichiurus species) Scabbardfishes (Lepidopus species)

Dogfish See: [Bowfin](#), [Sharks](#)

Eels (Order Anguilliforms). Including American and European eel (Anguilla rostrata and Anguilla anguilla) ; Conger eel (Conger oceanicus) . Gars (Order Semionotiformes). Freshwater gars (Lepisosteus species). Freshwater Cod (Family Gadidae), **Burbot**, lawyer, or freshwater ling (lota lota).

Goosefishes or anglers (Lophius species)

Grayfish See: [Sharks](#)

Hoki (macrurus novaezelandiae) also known as Blue Hake

Lampreys (Family Petromyzontidae)

Lanceor Lance See: [Sand lances](#)

Lawyer See: [Freshwater Cods](#)

Leatherjacket See: [Jacks](#) (Oligoplites saurus)

Lomosuckers (Family Cyclopteridae). Including: Lumpfish (Cyclopterus lumpus); Snailfishes (Liparis species).

Marlin See: [Billfishes](#)

Monk fish (added by Rabbi Donneal Epstein in consultation with Dr. Atz)

Midshipman See: [Toadfishes](#)

Ocean pout or eelpout (Macrozoarces americanus)

Oilfish (Ruvettus pretiosus) Puffers (Family Tetraodontidae).

Paddlefish See: [Sturgeons](#)

Pout See: [Ocean pout](#)

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

Ratfish See: [Sharks](#)

Ray See: [Sharks](#)

Rock prickleback or rockeel (Xiphister mucosus)

Sailfish See: [Billfishes](#)

Sand lances, launces, or eels (Ammodytes species)

Sculpins (Family Cottidae). Including: Sculpins (Myoxocephalus species, Cottus species, Leptocottus species, etc.). Cabezon (Scorpaenichthys marmoratus); Searaven (Hemitripterus americanus)

Searaven See: [Sculpins](#)

Sea squab See: [Puffers](#)

Sharks, rays and their relatives (Class Chondrichthyes). Including Grayfishes or dogfishes (Mustelus species, Squalus species); Soupfin shark (Galeorhinus zyopterus); Sawfishes (Pristis species); Skates (Raja species); Chimaeras or ratfishes (Order Chimaeriformes).

Skates See: [Sharks](#)

Snake mackerels (Gempylus species)

Spoonbill cat See: [Sturgeons](#)

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); Midshipment (Porichthys species).

Tiggerfishes and firefishes (Family Balistidae). Triggerfishes (Balistes species, Canthidermis species)
Tra (Pangasius hypophthalmus)

Trunkfishes (Family Ostraciidae). Trunkfishes and cowfishes (Lactophrys species). Wolfshes (Family Anarhichadidae). Including: Wolffishes or ocean. catfishes (Anarhichas species)

KOSHER FOODS

Milk and honey: milk is referring to goats, cows or even mothers milk (chalav). Honey is referring to date or fig honey not bee honey (dvash).

These are the only two kosher substances which are derived from a non-kosher source (bees and people are not kosher). The implication is that the Land of Israel has the spiritual energy to purify even the impure. The classic teaching found in the rabbinical literature is that bees do not produce honey, but simply transport the nectar of flowers and store it as honey in their hives. Modern science, however, recognizes that bees actually do produce it, processing nectar in their bodies with enzymes. To argue for honey's acceptance, one early rabbi cites God's own use of it in His praise of Canaan.

DASYD MINISTRY "DO AS YESHUA DID" dasydministry.org Jerry Hennig (Jan/25)
Excerpt from the JH Teachings.