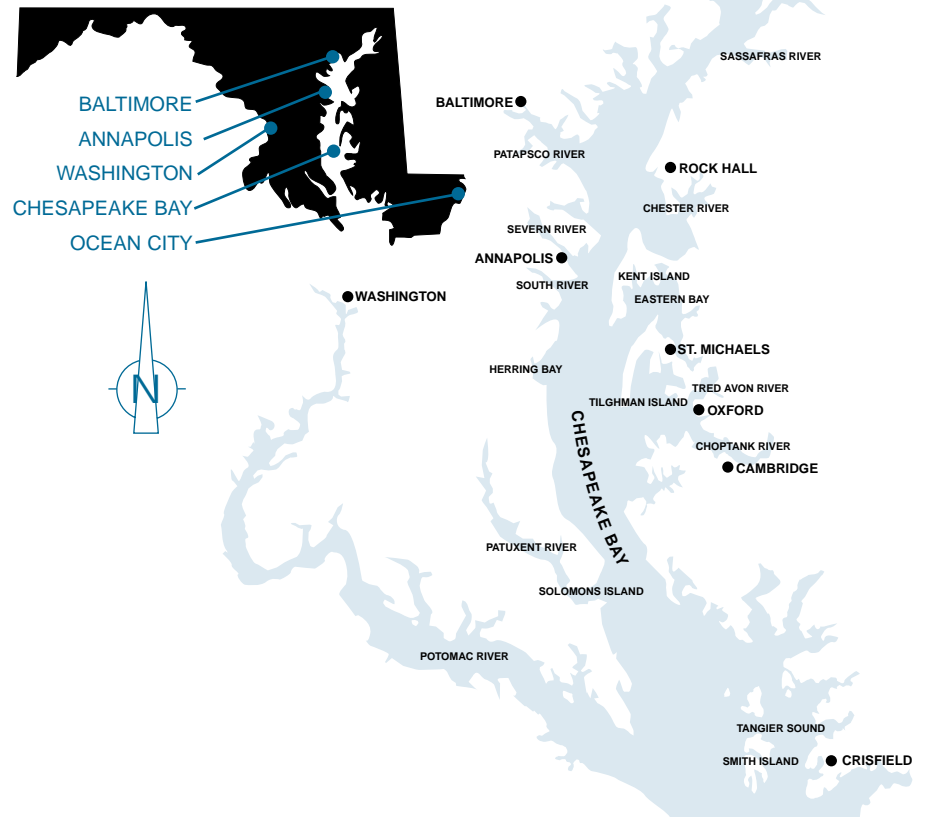


## PROFILE OF THE CHESAPEAKE BAY

Age: 11,000 years  
Area: 4,400 square miles  
Length: 190 miles  
Average Width: 15 miles  
Average Depth: 28 feet  
Tributary Rivers: 47  
Gallons of Water: 18 trillion  
Watershed Area: 64,000 square miles  
Shoreline: 4,500 miles  
Origin of Name: Indian term, for "great shellfish growing water"

Most Famous Mythological Inhabitant: "Chessie" (lady cousin to the Loch Ness Monster)  
Plants/Animals: 2,700 species  
People Living Along Its Banks: 13 million



## CHESAPEAKE FACTS

- Chesapeake Bay is the largest estuary in the United States, with a 64,000 square mile drainage basin covering parts of six states (DE, MD, NY, PA, VA, WVA) and the District of Columbia.
- Everyone in the watershed lives just a few minutes from one of the 100,000 streams and rivers that drain into the Bay.
- The Bay is one of the country's most valuable natural resources. It provides millions of pounds of seafood, functions as a major hub for shipping and commerce, supplies a huge natural habitat for wildlife, and offers a variety of recreational opportunities.

*Chesapeake Bay is more polluted today than it was ten years ago.*

**FALSE** In fact, Chesapeake Bay is less polluted today than it was ten years ago. For instance:

- Industry reduced its releases of toxic chemicals to the Bay basin by 55% between 1987 and 1992.
- Phosphorus released from sewage treatment plants has declined 50% since last year.
- Bay grasses, key indicators of good water quality, increased in acreage by 92% between 1984 and 1993. Bay grasses provide food and shelter for Bay creatures.

*The number one cause of pollution in the bay is from toxic chemicals.*

**FALSE** The nutrients nitrogen and phosphorus are the number one cause of pollution in the Bay. Excess nutrients cause an overabundance of algae to grow. This reduces light needed by underwater plants, and when the algae die, their decomposition depletes oxygen needed by underwater animals.

*Industrial pollution is the most serious problem for the Bay.*

**FALSE** The everyday activities of ordinary people -- including their use of automobiles, fertilizer, pesticides, toilets, water and electricity - are the major contributors of pollution to the Bay.

*There is nothing I can do to help the Bay, because what I do has little impact!*

**FALSE** Individuals can make a big difference:

- Reduce your nutrient input by limiting fertilizer use. Plant native vegetation. If you have a septic system, make sure it is serviced regularly.
- Reduce your toxic input by using safer alternatives for cleaning and controlling pests and weeds. Properly dispose of household hazardous wastes, oil and antifreeze.
- Drive less, conserve water and electricity. This will help reduce nutrient and toxic inputs to the Bay.
- Reduce erosion by planting vegetation along streams and shorelines. This will help reduce sediment, nutrient and toxic inputs to the Bay.

The Chesapeake Bay Program is the cooperative partnership among the states of Maryland, Virginia and Pennsylvania; the District of Columbia; the Chesapeake Bay Commission, a tri-state legislative body; the U.S. Environmental Protection Agency, representing the federal government; and participating citizen advisory groups. The Chesapeake Bay Program has been directing and managing the Bay restoration effort since 1983.

Alliance for the Chesapeake Bay  
CRIS Hotline: 1-800-662-CRIS  
U.S.E.P.A. Chesapeake Bay Program Office  
1-800 YOUR BAY  
410-377-6270  
[www.acb-online.org](http://www.acb-online.org)

# A CONSUMER'S GUIDE To Maryland SEAFOOD

## Seafood...It's The Heart Of A Healthy Diet

The leading cause of death in America today is coronary heart disease. A number of risk factors have been identified as strongly associated with coronary heart disease, one of which is, high blood cholesterol.

A prominent National Institutes of Health panel has stated beyond a doubt that lowering blood cholesterol levels, preferably through diet, will reduce the risk of heart attacks.

The American Heart Association has established the following diet guidelines for reducing the risk of coronary heart disease:

- Achieve and maintain weight by controlling calorie intake and increasing physical activity.
- Eat less total fat.
- Limit amounts of food containing saturated fat, trans fat and cholesterol.
- Limit salt intake.
- Vary food choices to meet the daily need for protein, vitamins, minerals and other nutrients.

Seafood fits perfectly into this scheme of guidelines. It is naturally low in calories, low in sodium and is a good source of the water soluble vitamins B6, B12, niacin, riboflavin, biotin, thiamine and folic acid.

Seafood is also a valuable source for vitamins A and D, important minerals and high quality protein. High quality protein means that the protein is complete with all the essential amino acids needed by our bodies.

Seafood is also low in fat and generally low in cholesterol. It is an important source of the highly unsaturated omega-3 fatty acid. Recent findings report in the New England Journal of Medicine indicate that as "little as one or two fish dishes a week may be of preventive value in heart disease."

Three different studies strongly indicate that an increase in finfish consumption which contains unsaturated omega-3 oil can lead to

lower blood cholesterol levels and may significantly reduce coronary heart disease.

Some of the benefits of eating fish rich in omega-3 fatty acids are:

- lowering cholesterol levels
- lowering triglycerides levels more powerfully than other polyunsaturated fatty acids
- inhibiting the clotting of blood
- helping slow the process of atherosclerosis
- helping to prevent certain cancers (in conjunction with a low-fat, high fiber diet)
- helping to counteract immune disorders and may improve symptoms of arthritis and psoriasis

Good sources of omega-3 fatty acids are in fish with higher fat content.

High-fat fish (more than 5 per cent) include salmon, mackerel, herring, anchovies, sardines, albacore tuna and trout.

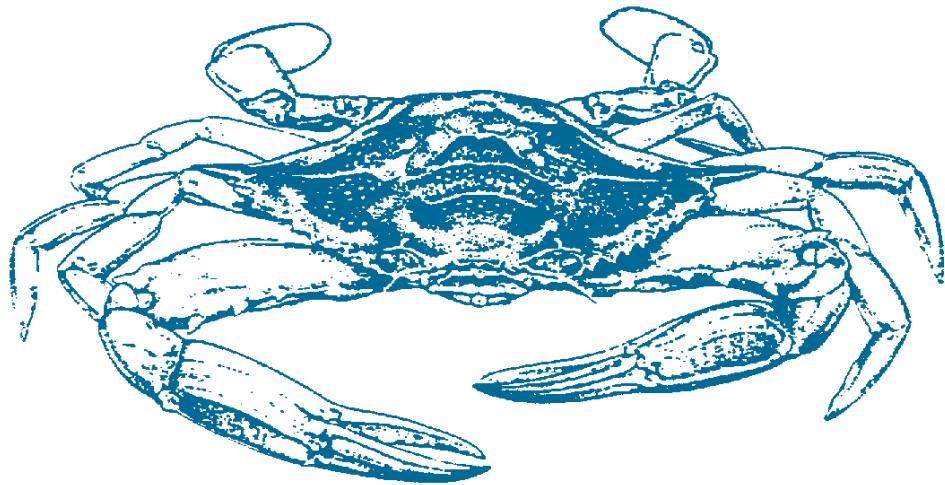
Medium-fat fish (2.5 to 5 per cent) include blue fin tuna, bluefish, halibut, mullet, red snapper and swordfish.

Low-fat fish (less than 2.5 per cent) include cod, croaker, flounder, haddock, monkfish, sea bass, pike and whiting.

Shellfish are low in fat but contain relatively more omega-3 fatty acids than other low-fat fish. Cholesterol levels in shellfish such as oysters, crabs, lobsters and clams have been shown to be comparable in cholesterol levels to lean beef and poultry.

In addition, recent studies suggest that omega-3 fatty acids in crab, shrimp and lobster may well neutralize any tendency to raise blood cholesterol even in people with high cholesterol levels.

So enjoy Maryland seafood. It's delicious and good for you.



## MARYLAND BLUE CRAB

This Chesapeake crustacean is probably the most enduring symbol of Maryland. Mature blue crabs average five to seven inches across, and are most plentiful from late spring through the fall, although crabmeat is available in many forms year-round.

### Handling and Storage of Live Maryland Crabs

Live crabs may be purchased by the dozen with crabs graded by size--or by the bushel. The shelf-life of fresh steamed crabs and cooked crab meat is several days under constant refrigeration. Cook live crabs the same day as purchased and discard any dead crabs before cooking.

Live and cooked crabs should never come in contact with each other or stored in the same container. This is to protect cooked crabs from bacterial cross-contamination from bacteria normally found on raw food products. Proper cooking kills the bacteria.

If you're interested in a fresh catch, the crabbing season in Maryland runs from April 1 to late fall. Non-commercial crabbers are permitted to catch up to one bushel of crabs per person, but no more than two bushes per

boat with two or more occupants. For more crabbing information call the Maryland Department of Natural Resources, (410) 974-3365, or [www.dnr.state.md.us](http://www.dnr.state.md.us).

### The Maryland Advantage

Maryland crab meat, unlike the crab meat of some other states, is steamed rather than boiled. So, its tastes fresher and has a longer shelf life. Also, steamed crab meat yields more meat to the pound because it retains less water than boiled crab meat. Look for Maryland crab meat in specially designed cans (for pasteurized) and plastic cups (for fresh) where you shop to be assured you're purchasing Maryland crab meat. Only approved crab meat packers that meet certain criteria and are members of the voluntary quality assurance program are permitted to use these cans and cups.



Nutrition:	3-ounces cooked
Fat content:	1.1 grams
Calories:	93
Cholesterol:	83 milligrams
Protein content:	19 grams

### Handling and Storage of Maryland Crabmeat

Fresh crab meat should be stored on ice or in the coldest part of your refrigerator and used within a few days.

Pasteurized crab meat has been hermetically sealed in a can. It can be stored for several months in the coldest part of your refrigerator, but don't freeze it. When opened, use within several days. Pasteurized crab meat is a high quality product available all year and it is preferred to freezing as a storage method for crab meat. The delicate flavor of crab meat is lost easily when frozen. Crab meat may be frozen in a mixed form, such as crab cakes.

### Maryland Soft Shell Crabs

Soft shell blue crabs are not a separate species of crab. They are blue crabs that have shed their hard outer shell in preparation for growth. Before a blue crab's new shell is hard, the crab can be harvested, yielding the renown Maryland soft shell crab. Maryland soft shell crabs are considered a true delicacy enjoyed throughout the world. Initial shedding occurs in May and usually continues through September.

### Handling and Storage of Maryland Soft Shell Crabs

Live or cleaned soft shell crabs should be refrigerated in a moist environment and can be kept this way for up to two days. Soft shell crabs must be cleaned before cooking. Unlike hard crabs, soft shell crabs keep their flavor even after freezing. Wrapped tightly or in an airtight container, they can be kept frozen for several months. To thaw soft shell crabs, place in a pan of cool water in your refrigerator.

Soft crabs may be purchased in various grades or sizes depending on your needs.

The blue crab is the most important commercial crab species in the United States. Its meat is available in the following forms:

- Lump:** The largest pieces of meat from the body portion adjacent to the back-fin. Preferable for recipes where appearance is important, such as crab imperial and crab salad although it can be used for any crab recipe. Lump is the most expensive form of crab meat.
- Backfin:** White body meat consisting of lump and flakes. Pieces are smaller than lump but can substitute for lump meat. Makes tasty crab cakes and crab imperial.
- Special:** Flakes of white body meat other than the lump meat. Good for crab cakes, soups, casseroles or dips.
- Claw:** Brownish meat from the claws. Quite flavorful for soups, crab balls and claw-burgers. Claw meat can be either hand or machine-picked. Machine-picked pieces are smaller and have a salty taste due to the machine processing. Best for soups and dips, it is the least expensive crab meat.
- Cocktail**
- Claw:** Claw meat attached to a section of pincher. Ideal as an appetizer.



## MARYLAND OYSTERS

Oyster is the name for more than one hundred species of bi-valved mollusks. Found in estuaries around the world, oysters have dissimilar upper and lower shells (valves). These are hinged together by an elastic ligament controlled by a muscle which opens and closes the shell.

### Purchasing Maryland Oysters

Oysters are available several ways; live in the shell, fresh shucked, frozen or canned. Shucked oysters can be quick-frozen, a process that makes for high-quality oysters year-round. Shell oysters should be tightly closed or close quickly when touched. Due to spawning, oyster texture may be inconsistent in the summer months.

Shucked oysters are available in three grades or sizes: counts, selects and standards. Counts are the largest and are suitable for stews and entree recipes. Select are smaller than counts and ideal for frying and hor d'oeuvres. Standards are the smallest and are best for frying in dishes like oyster fritters.

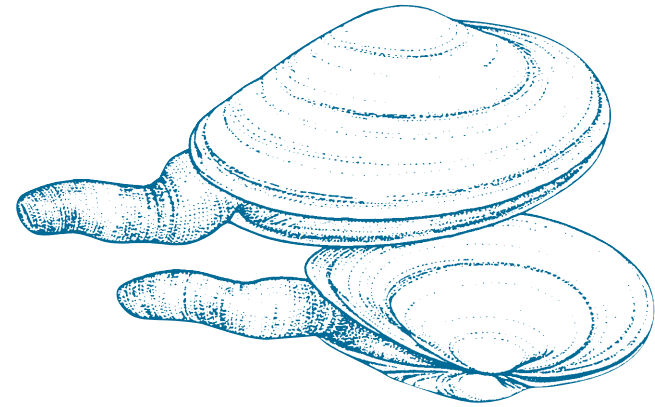
### Handling and Storage of Maryland Oysters

For optimum quality use shucked oysters and oysters in the shell within two to three days of purchase. Since maximum storage times will vary, ask your retailer for more specific storage information.

Keep shell oysters cool, damp and well ventilated in your refrigerator. Do not store them in airtight containers or plastic bags, since they need air to prevent spoiling.

Shucked oysters should be stored in the coldest part of your refrigerator. Shucked oysters keep better if packed in "oyster liquor," the natural fluids that surround the oyster in its shell. They may be frozen in a freezer-safe container by allowing one inch of air space above the oysters in the container.

Nutrition:	3-ounces cooked
Fat content:	4.2 grams
Calories:	117
Cholesterol:	93 milligrams
Protein content:	12 grams



## Maryland Soft Shell Clams

Soft shell clams are also known as steamers, squirt clams or longneck clams. They are distinguishable by their brittle shells and long neck or siphons.

### Quality Controls for Maryland Soft Shell Clams

Because Maryland seafood harvesters and processors take pride in their products, they have developed stringent standards for clam harvesting.

The standards, require refrigeration or ice packing of clams in warm months on all transport vehicles, including harvest boats. Monitoring of certified seafood dealers by regulatory agencies has also been increased.

### Purchasing Maryland Soft Shell Clams

Soft shell clams are available year-round and may be purchased several ways: live in the shell, fresh shucked, frozen, canned or breaded.

When purchasing soft clams in the shell make sure they are alive; the siphon should retract when touched.

### How to Store Maryland Soft Shell Clams

Keep clams well ventilated and in the refrigerator. Do not store them in airtight containers or plastic bags. They need air to prevent spoiling.

Shucked clams should be stored as any other fish or meat product; in an airtight container in the refrigerator or freezer.

### Preparation

Because soft clams ingest sand, they should be "purged" by placing them in a container of clean water with a little corn-meal. The clams will expel sand within a few hours.

Nutrition:	3-ounces cooked
Fat content:	1.7 grams
Calories:	126
Cholesterol:	57 milligrams
Protein content:	22 grams

## SELECTION, HANDLING AND PREPARATION OF MARYLAND FINFISH AND SHELLFISH

### Safety Comes First

Seafood has always been one of the safest foods to eat. Now there's even greater assurance thanks to a tough, inspection program by the Food and Drug Administration. The program, based on the principles of the Hazards Analysis Critical Control Point (HACCP, pronounced HASSIP) and developed for astronauts, takes a proactive approach with mandatory measures rather than trying to find and correct problems after the fact.

While the industry does everything possible to deliver a safe product, the consumer must also be safety and quality conscious.

### When selecting fresh fish

- Make sure you only buy from reputable seafood sellers.
- Never buy swollen, dented cans or containers.
- Fish should have a mild, sea breeze odor. A strong, fishy odor is not acceptable.
- Whole fish should have bright, clear, shiny eyes. Scales should be shiny and cling tightly to the skin. Look for bright pink or red gills.
- Steaks and fillets should be moist with no drying or browning around the edges.
- At the market, make sure cooked seafood is not in contact with raw products in display case.

### When selecting frozen fish:

- Package should be undamaged. Fillets or steaks must be solidly frozen.
- Fish should be free of freezer burn and any discoloring.
- Avoid packages above the frost line in display freezers.

### When Handling Fish Before Cooking:

- Store fish in coldest part of refrigerator.
- Leave fish in store wrapper if it is to be used within one day. For longer storage, fish should be wrapped airtight.
- Frozen fish should be allowed to defrost in refrigerator for at least one day.
- Don't leave raw or uncooked seafood out of refrigerator for more than two hours.
- Keep raw and cooked seafood separate to prevent cross-contamination.
- Before cooking, rinse seafood in cold water to remove any surface bacteria.
- Marinate fresh fish or shellfish in refrigerator. Always discard marinade after use.
- Wash hands thoroughly after handling uncooked seafood. Also wash counters, utensils, cutting boards and plates with hot soapy water.
- Serve cooked seafood on clean platter.

### When Preparing Fish:

Follow the 10 minute rule: Cook fish 10 minutes for every 1 inch of thickness, turning over every five minutes. Pieces less than ½ inch do not need turning. Double cooking time for frozen fish that has not been defrosted. The 10 minute rule also applies to baking at 450°F degrees, oven broiling (2-4 inches from heat for each inch of thickness) pan-frying, sautéing, steaming, poaching or grilling. For deep frying, heat oil to 350°F and cook until golden brown. Fish is always done when it is opaque and flakes when tested with a fork.

### Microwave Cooking

Microwave cooking maintains moisture and vitamins.

Thaw frozen fish before cooking. Defrost on medium power for 15 to 30 seconds at a time with 15 seconds between defrosting.

To microwave, place in a shallow dish with the thickest parts of the fish to the outside. Cover dish tightly with plastic wrap making two slits in the wrap for steam to escape.

Microwave on high power for about three minutes per pound. Thicker pieces may need turning half way through cooking.

These general guidelines also may be used to cook shellfish in a microwave oven.

## AQUACULTURE IN MARYLAND

You may already know that aquaculture is the controlled production of finfish and shellfish in marine and fresh water environments. This multi-million dollar industry will be expanding in Maryland.

Early efforts at producing fish centered around pond culture, but with improved technology, the use of controlled environment, indoor tank systems has become increasingly popular.

Maryland producers raise a variety of fish, shellfish, and aquatic plants including tilapia, hybrid striped bass, trout, ornamental fish, baitfish, oysters and clams.

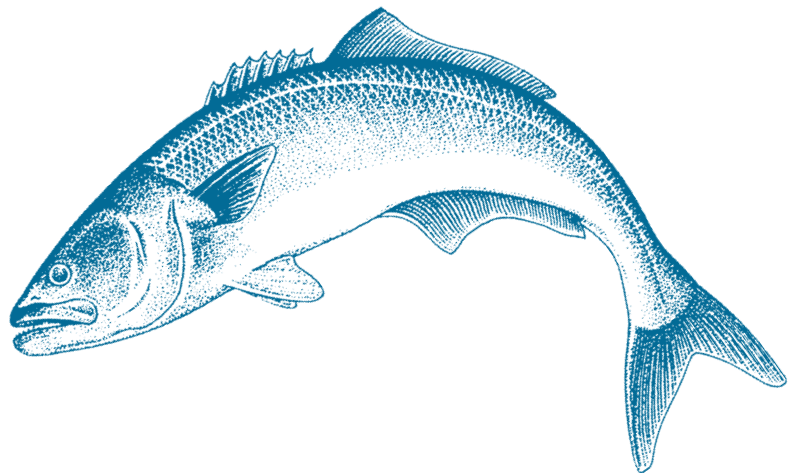
Maryland aquaculture production is expected to increase significantly and more Maryland farm-raised products will become available to the consumer. Chances are one out of every 4 fish consumed in the United States was raised on a farm. For some species like rainbow trout and catfish, nearly 100% of these fish found in the marketplace are from aquaculture.

Generally, even when wild harvested fish are readily found, aquaculture products are in demand because of their high quality and year-round availability. Some of the newer species being examined for aquaculture production include: black sea bass, red drum, flounder, snapper and grouper.

### TILAPIA

The only Maryland fish grown exclusively in aquaculture is Tilapia. Originally from Africa, this fish is an ideal candidate for aquaculture because of its fast growth from fingerling to market size of one and half pounds in only 30 weeks.

When filleted, tilapia yields firm white fish that is extremely mild. It has no characteristic fish taste which is why it is highly sought after by those who enjoy orange roughly and flounder. Tilapia are found in a wide variety of colors from white to gray to pink. Regardless of color, they provide the same high quality, mild tasting product.



## MARYLAND BLUEFISH

No other species along the Atlantic coast lives during such a long season, over such great distance in such a variety of locations, or in such numbers as bluefish.

Maryland bluefish are feisty critters that give sport fishermen a real challenge. They are one of the dominant sport fish landed in the Chesapeake Bay. But, bluefish have in recent years, become an important commercial fish as well. They are known for their light to moderate flavor.

Bluefish are an excellent source of omega-3 fatty acids, believed to be effective in lowering blood cholesterol and triglycerides, which help reduce the risk of heart disease.

### Selecting and Preparing Maryland Bluefish

Like any Maryland finfish, bluefish should have a mild ocean odor when purchased. The eyes should be clear, not sunken, and the skin should be iridescent.

Barbecuing and smoking are excellent methods for preparing bluefish because the mild flavor of the fish is enhanced.

Pan-frying is recommended for smaller bluefish.

## MARYLAND SPOT

Maryland spot are plentiful summer fish found in the Chesapeake Bay and its tributary rivers.

A mark behind the head and above the pectoral fin give the spot its name.

Maryland spot make up for their small size (10 to 12 inches when commercially harvested) in taste. Spot are a very popular pan-fried fish.

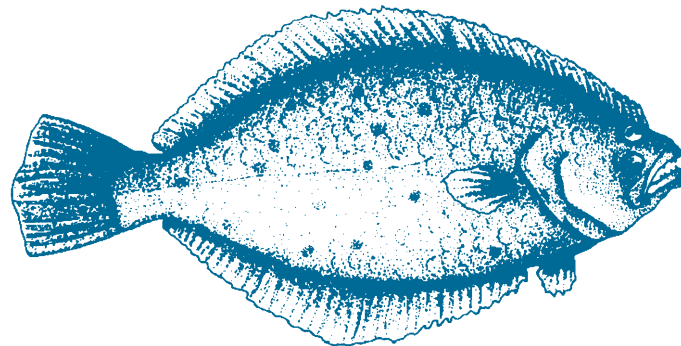
Nutrition: 3-ounces cooked

### MARYLAND BLUEFISH

Fat content: 4.5 grams  
 Calories: 131  
 Cholesterol: 63 milligrams  
 Protein content: 21 grams

### MARYLAND SPOT

Fat content: 5.3 grams  
 Calories: 132  
 Cholesterol: n/a  
 Protein content: 20 grams



## MARYLAND STRIPED BASS/ROCKFISH

Striped Bass, or by its more familiar name, Rockfish, is Maryland's official state fish. It is recognized as one of the tastiest fish found in the Chesapeake Bay and its tributaries.

Loved for its mild, juicy, sweet flavor, and firm texture, rockfish have enjoyed a successful rebound in population and are now considered recovered by the Atlantic States Marine Fisheries Commission. Thanks to careful management, the "rock" return to our waters yearly to spawn.

The Maryland Department of Natural Resources continues the management of striped bass/rockfish by allocating the catch equally between recreational fisherman, charter boats and the commercial harvest.

Hybrid striped bass, a cross between a striped bass and a white bass, is being farmed raised in Maryland. The hybrid striped bass is available throughout the year.

### Preparing Maryland Striped Bass/Rockfish

Rockfish are excellent baked, broiled or grilled. They are also fantastic stuffed with crab imperial or cornbread and oysters.

## MARYLAND FLOUNDER

Fresh Maryland flounder, with its flaky, white meat and delicate flavor, can be had year-round.

The flat flounder has both of its eyes on its left side, which is spotted brown with a cream colored right side. These characteristics allow flounder to adapt well to their bottom dwelling habits.

Nutrition: 3-ounces cooked

### MARYLAND FLOUNDER

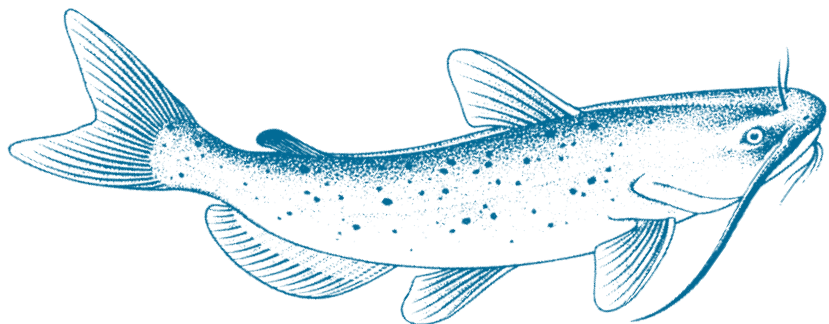
Fat content: 1.3 grams  
 Calories: 97  
 Cholesterol: 51 milligrams  
 Protein content: 20 grams

### MARYLAND STRIPED BASS

Fat content: 2.5 grams  
 Calories: 103  
 Cholesterol: 85 milligrams  
 Protein content: 4 grams

# MARYLAND SEAFOOD RECIPES

The following recipes are proven Maryland favorites offering a variety of cooking methods. Enjoy the “catch of the Bay” with these delicious dishes.



## MARYLAND CATFISH

Catfish are whiskered Bay dwellers like the Mississippi type that kept Tom Sawyer and Huckleberry Finn entertained on their river adventures.

Catfish are known for their firm, sweet, white meat and like other Maryland finfish, they may be prepared in a variety of ways. In Maryland, catfish are available farm-raised (cultured), as well as harvested from the Bay and its tributaries.

## MARYLAND SEA TROUT

An important commercial fish, the Maryland sea trout is a tender and tasty fish. It has long been a favorite of fishermen and chefs because it is so easy to fillet.

Sea trout is sometimes referred to as weak-fish because the flesh around its mouth is easily torn.

## MARYLAND CROAKER

Croaker, a member of the drum family, has delicate, lean white meat with a sweet flavor that ranges from mild to moderately pronounced. It is usually sold at weight ranging from 1/2 to 3 pounds and prepared by pan-frying.

## MARYLAND PERCH

Like the Maryland spot, both white and yellow Maryland perch make up for their small size with plenty of taste. Because they are small, pan-frying is the easiest method of preparation for Maryland perch.

**Nutrition:** 3-ounces cooked

### MARYLAND CATFISH

Fat content: 4.5 grams  
Calories: 124  
Cholesterol: 62 milligrams  
Protein content: 19 grams

### MARYLAND SEA TROUT

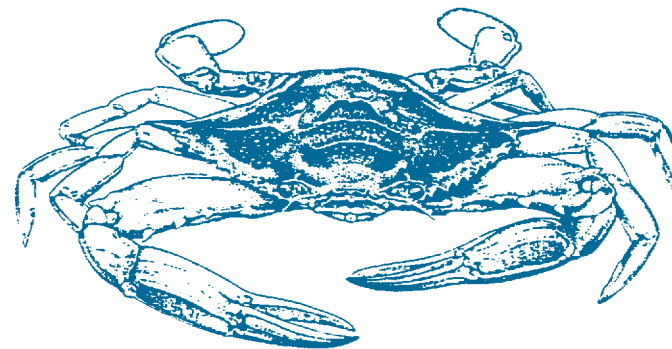
Fat content: 3.8 grams  
Calories: 110  
Cholesterol: 88 milligrams  
Protein content: 18 grams

### MARYLAND PERCH

Fat content: 1 grams  
Calories: 97  
Cholesterol: 96 milligrams  
Protein content: 21 grams

### MARYLAND CROAKER

Fat content: 3.4 grams  
Calories: 111  
Cholesterol: 65 milligrams  
Protein content: 19 grams



## Spicy Crab Soup

- 1 quart water
- 3 chicken parts (neck or wing)
- 3 pounds canned tomatoes, quartered
- 8 ounces frozen corn, thawed
- 1 cup frozen peas, thawed
- 1 cup potatoes, diced
- 3/4 cup celery, chopped
- 3/4 cup onion, diced
- 2 teaspoons seafood seasoning
- 1 teaspoon salt
- 3/4 teaspoon lemon pepper
- 1 pound Maryland crab meat, fresh or pasteurized, cartilage removed (regular or claw)

Place water and chicken in a quart soup pot. Cover and simmer over low heat for at least one hour. Remove chicken, add vegetables and seasonings and simmer, covered, over medium low heat for about 45 minutes or until vegetables are almost done. Add crab meat, cover and simmer for 15 more minutes or until hot. (If a milder soup is desired, decrease amount of seafood seasoning to 1-1/2 teaspoons). Makes 8 servings.

## Maryland Crab Cakes

- 1 pound Maryland crab meat (fresh or pasteurized)
- 1 egg
- 2 teaspoons Worcestershire sauce
- 1 teaspoon seafood seasoning
- 1 teaspoon dry mustard
- 1/2 cup cracker or bread crumbs
- 1/4 cup mayonnaise
- 1/4 teaspoon white pepper

Remove all cartilage from crab meat. In a bowl, mix together egg, mayonnaise, seafood seasoning, white pepper, Worcestershire sauce and dry mustard. Add crab meat: mix evenly. Add cracker or bread crumbs evenly. Shape into 6 cakes. Deep fry in oil at 350°F for 2 to 3 minutes or sauté in a frying pan with a little oil for 5 minutes on each side. Cook until golden brown. Makes 6 servings.

## Skipjack Oyster Dressing

- 2 large stalks celery
- 1 medium onion
- 1 stick butter or margarine
- 1 teaspoon salt
- ½ teaspoon lemon pepper seasoning
- ⅛ teaspoon mace
- ⅛ teaspoon tarragon
- ⅛ teaspoon poultry seasoning
- ½ teaspoon lemon juice
- 1 pint shucked Maryland oysters w/liquor
- 8 slices day-old bread, cubed

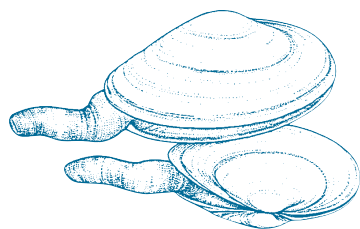
Finely chop celery and onions. Sauté in margarine or butter until tender. Mix in seasonings. Add oysters with liquor and simmer until edges of oysters begin to curl. Remove from heat and gently mix in bread cubes. Adjust moistness with water, as desired. Makes about 4 cups dressing.



## Traditional Maryland Oyster Stew

- 1 pint shucked Maryland oysters, with liquor
- 1 quart milk
- ¼ cup (½ stick) margarine or butter
- salt and pepper to taste
- seafood seasoning, if desired

In 4-quart pan, cook oysters with liquor over low heat until edges of oysters just begin to curl. Add milk, margarine or butter, salt and pepper. Heat slowly until hot; do not boil. For an extra "zip," sprinkle seafood seasoning on each serving. Makes about 6 servings.



## Fried Chesapeake Clams

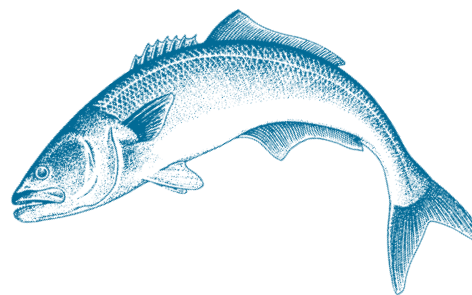
- 1 quart fresh-shucked Maryland soft shell clams, drained or shuck 4 pounds of purged clams
- about 4 cups dry pancake mix (any type) fat or oil for frying
- salt
- lemons
- cocktail sauce or melted butter

Place pancake mix into large shallow bowl. Add clams, a few at a time tossing lightly until well coated. Shake off excess breading in wire basket. Fry in 1 to 2 inches of fat or oil for 1½ to 2 minutes at 375°F or until golden brown. Drain excess oil on paper towel. Repeat process until all clams are cooked. Salt lightly and serve with lemons, cocktail sauce or by dipping in melted butter. Makes 6 servings of about 12 clams each.

## Free State Baked Stuffed Rockfish

- 1 4-5 pound Maryland rockfish, dressed salt and pepper
- 1 tablespoon lemon juice melted fat or oil for basting
- Skipjack Oyster Dressing

Wash and dry fish thoroughly. Sprinkle inside cavity with salt, pepper and lemon juice. Put in shallow, foil-lined baking pan. Stuff cavity of fish loosely with dressing and secure edges. Baste liberally with fat or oil. Bake at 350°F, basting frequently, until fish flakes easily when tested with a fork, 45 to 60 minutes. Makes 6 servings.



## Grilled Maryland Bluefish

- 2 pounds Maryland bluefish fillets without skin
- 2 cups Italian dressing
- 2 lemons, cut in wedges

Place bluefish fillets in a baking dish. Pour dressing over fillets, cover and refrigerate for 2 hours. Place fillets on a hot, oiled grill. Baste fillets frequently with dressing and cook for about 10 minutes. Turn and baste again. Fillets are done when they just begin to flake when tested with a fork. Serve with lemon wedges. For convenient cooking on charcoal grill, cover grill with foil and poke holes in foil to circulate heat. Makes 6 servings.

## Baked Striped Bass/Rockfish

(May be baked in oven or microwave)

- 1 pound Maryland striped bass fillets
- 2 tablespoons mayonnaise
- 1 teaspoon white wine
- Worcestershire sauce
- ½ teaspoon lemon juice
- 1 teaspoon seafood seasoning

Heat oven to 450°F. Place fillets on a baking dish or in a foil-lined baking pan. Mix together mayonnaise, white wine Worcestershire, lemon juice and seafood

seasoning. Spread mayonnaise mixture thinly and evenly over the fillets. Bake at 450°F for 6 to 8 minutes. Fish is done when it flakes easily with a fork.

### To microwave:

Place fish in microwave safe dish. Spread mayonnaise mixture thinly and evenly. Cover with plastic wrap and turn back one corner to vent. Microwave on high for two minutes, rotate dish one quarter turn and continue on high for another two minutes. Fish is done when it flakes easily with a fork. Makes 4 servings.

## Spicy Pan-Fried Maryland Catfish

- 1 pound Maryland catfish fillets
- ½ cup yellow cornmeal
- 1 teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon celery salt
- ½ teaspoon pepper
- ¼ teaspoon dry mustard
- ¼ teaspoon onion powder
- 1 cup milk
- 2 tablespoons peanut oil (or vegetable oil), enough to coat the bottom of the skillet.

Combine cornmeal and seasonings. Dip fish fillets in milk and then roll in seasoned cornmeal. Place fillets in a single layer in hot oil in a skillet. Fry on moderate heat for 3 to 5 minutes, or until golden brown. Turn carefully and continue cooking another 3 to 5 minutes or until fish are brown and just begin to flake when tested with a fork. Drain oil. Makes 4 servings.



### **Southern Maryland Perch**

- 3 pounds Maryland perch, dressed
- 1½ teaspoons salt
- ¼ teaspoons pepper
- 3 medium sliced mushrooms
- ½ cup sliced onion
- ¼ cup chopped green pepper
- 1 cup orange juice
- 3 tablespoons cream sherry
- 1 teaspoon grated lemon rind
- 1 tablespoon flour

Preheat oven to 450°F. Season fish with salt and pepper. Place fish in a baking dish. In a bowl, combine mushrooms, onions, and green pepper. Spread vegetable mixture over fish. Combine remaining ingredients in a saucepan. Cook over moderate heat, stirring frequently until mixture thickens. Pour sauce over fish and vegetables. Bake at 450°F for 6 to 8 minutes or until fish flakes easily with a fork.

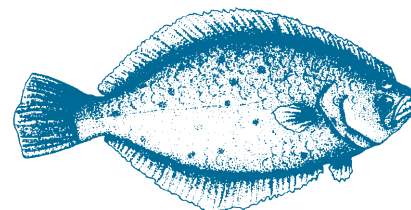
Makes 4 servings.

### **Baked Tilapia Fillets With Lime Sauce**

- 1 pound Maryland tilapia fillets
- salt and pepper to taste
- ¼ cup margarine
- 1 tablespoon flour
- 3 green onions, chopped
- 1 large clove garlic, minced
- ½ cup dry white wine
- 1¼ cup lime juice, divided

Preheat oven to 450°F. Place tilapia fillets in a baking dish. Salt and pepper to taste. In a saucepan, melt margarine and stir in flour. Add onions, garlic, wine and lime juice. Reduce by half. Pour sauce over fish and bake in 450°F oven for ten minutes per inch of thickness of fish. Fish is done when it flakes easily with a fork.

Makes 4 servings.



### **Elegant Low Calorie Maryland Flounder**

- 4 4 ounce Maryland flounder fillets
- 8 cherry tomatoes
- 4 cups chicken broth
- 4 cups dry white wine
- finely chopped shallots
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon lemon pepper seasoning
- paprika
- lemon wedges

Wrap fillets around cherry tomatoes, secure with toothpicks. Poach flounder fillets in chicken broth and wine for about 10 minutes or until they just begin to flake when tested with a fork. Sprinkle remaining ingredients on fillets. Serve with lemon wedges and sprinkle with paprika.

Makes 4 servings.

### **For more Maryland seafood recipes...**

***Be sure to mail in the attached  
postcards***

**CREBITS:** This guide is a service of the Maryland Seafood Marketing Program. It was produced in consultation with and from materials provided by the Maryland Departments of Agriculture, Natural Resources, Environment, and Health and Mental Hygiene, the Office of the Governor and the National Fisheries Education and Research Foundation, Inc.