

A Guide to



# MARYLAND

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## S E A F O O D



The History, Tradition and  
Cuisine of the Chesapeake Bay

# Introduction

The Chesapeake Bay has provided a bounty of fresh and delicious seafood for centuries. Seafood is a vital part of our economy and an important part of Maryland's coastal history and heritage.

Since 2010, the Maryland Department of Natural Resources Fisheries Service has prioritized working with watermen and the 'Food' service industry to strengthen marketing opportunities for the industry that can help maximize the economic benefits of commercial harvests in the state. The Maryland Seafood Marketing Program is responsible for promoting the sale and consumption of Maryland seafood and aquaculture products domestically and internationally.

Maryland's seafood harvesters, processors, distributors and retailers take pride in their products and have confidence that they are delivering a safe, fresh product to market. Our seafood industry is highly regulated and inspected to make sure only the best products make it to your plate.

In 2012 there were approximately 5500 watermen working in Maryland's waters harvesting 66.8 million pounds of seafood with a dockside value of \$71.3 million. By purchasing seafood harvested in Maryland you are supporting these watermen and the processing plants where the seafood was handled after harvest.

Every day, scientists and managers at the Department of Natural Resources work hard to create well-managed fisheries. Today, many of the state's fisheries have achieved sustainable recognition by third party audits.

This guide to Maryland Seafood includes information about the types of seafood available from Maryland's wild fisheries and from aquaculture fish and shellfish seasons, the gear used to harvest fish and shellfish. The Guide also highlights the nutritional value of seafood, tips on how to handle and store fresh seafood, and of course how to pick a steamed crab!

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# Maryland's Fishing Communities







# Seafood in your Diet

Seafood fits perfectly into a healthy diet. Eating seafood two to three times a week has many unique health benefits. Seafood is naturally low in calories and sodium, low in fat, and generally low in cholesterol. Fish and shellfish are a good source of protein, omega-3 fatty acids and rich in essential vitamins and minerals. It is widely known that the consumption of foods with high contents of unsaturated omega-3 fatty acids can lead to lower blood cholesterol levels and may significantly reduce coronary heart disease.

## Health Concerns

Maryland has one of the most extensive seafood safety systems in the country. This safety system is a coordinated effort by the Departments of Health and Mental Hygiene, Natural Resources and Environment. These agencies monitor and test water in the Chesapeake Bay and the Atlantic Ocean. Fish, shellfish and seafood processing plants are inspected to ensure the product is safe. Current recommendations & guidelines from the federal government and different health organizations advises eating two seafood meals a week. The medical community asserts that the benefits of eating seafood outweigh any potential hazards. Nonetheless, it is important to know what kinds of risks you could potentially be facing when consuming seafood. For specific information on consumption please see the Maryland Department of the Environment's Fish Consumption Advisory Guidelines online.

- **Mercury:** is a natural element found in trace amounts in all fish. The highest levels of mercury are found in large, carnivorous fish like sharks, swordfish, and large tuna, all of which should be consumed with caution. Most of the fish, crabs, clams, and oysters caught in Maryland are very low in mercury and can be eaten without the risk of the negative health consequences associated with high amounts of mercury consumption.

- **Myco:** *Mycobacterium marinum* is a slow-growing bacterium that may cause disease in fish and people. These bacteria have been found in the Chesapeake Bay and other Maryland waterways. While Myco can sometimes cause disease in fish, they



rarely do in people. Myco cannot be acquired from the consumption of cooked fish, however it is best to avoid eating any fish with lesions or sores.

- **PCBs:** Polychlorinated biphenyls (PCBs) and dioxins are organic pollutants that can accumulate in the fatty tissue of animals. Studies suggest that these pollutants are cancer-causing agents, which can affect the immune and nervous systems. Maryland has issued a state-wide freshwater advisory for PCBs, but barring a specific advisory, Maryland seafood can be consumed safely.

- **Vibrio** Vibrio is a naturally occurring saltwater bacterium associated with eating undercooked seafood and exposure to Vibrio-infected waters. Nutrient levels and temperature play a large part in the presence of Vibrio in the water. The risk of contracting a Vibrio disease from consuming seafood is very low, but it is important to be cautious when consuming raw seafood. Those with weakened immune systems should never eat any raw seafood.

## • Additional Guidelines:

Contaminants tend to build up in predators and bottom feeding fish. For this reason, it is important to vary the kinds of seafood you choose, as well as the size and age of the same species.

Many contaminants and chemicals build up in the fat of fish. Avoiding the belly flap, skin, and dark meat of the fish (areas where fat is concentrated) can help reduce your risk of exposure. Boiling, grilling, and baking fish on a rack allows fat to drip away and reduce the risk. When eating crabs, you can minimize your exposure to contaminants by discarding the “mustard” of the crab.



## Maryland's Fisheries

Maryland is renowned for its robust seafood industry. Today, watermen and fisheries managers are collaborating to preserve the commercial fisheries of the Chesapeake Bay and Atlantic Ocean. Innovative management and marketing techniques are being brought together to energize the commercial fishing industry. Commercial landings include Atlantic Croaker, Black Sea Bass, Bluefish, Blue Catfish Blue Crab, Eastern Oyster, Hard Clam, Norfolk Spot, Northern Snakehead, Sea Scallops, Spanish Mackerel, Spiny Dogfish, Spotted Sea Trout, Striped Bass (Rockfish), Summer Flounder, White Perch, and Yellow Perch. These species are prominently featured in the best restaurants and retail markets throughout the region.

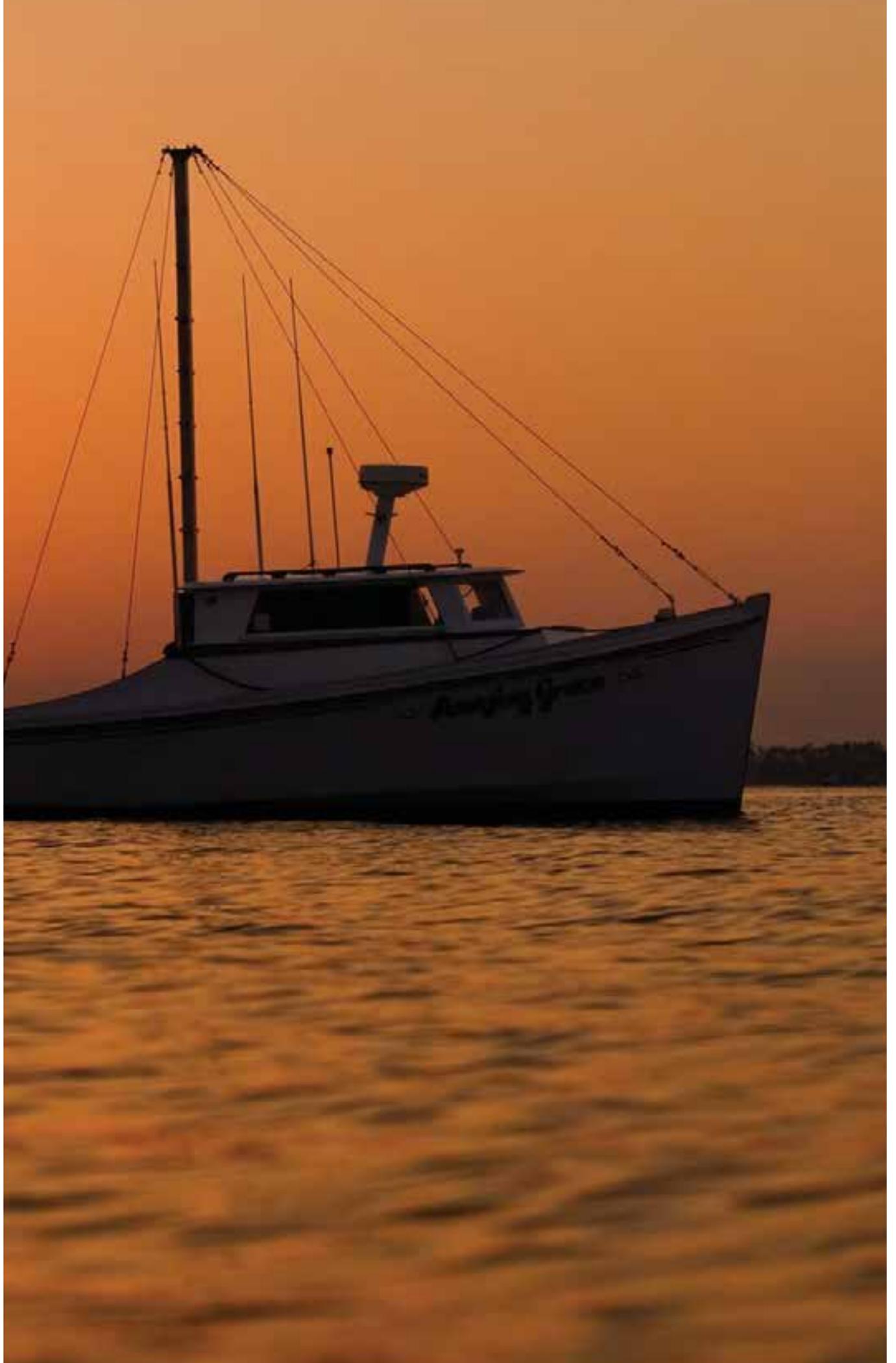
Civilizations and communities dating back thousands of years have relied on the harvests of fish and shellfish for survival and their livelihood. Commercial fishing has occurred in Maryland for more than 300 years. Early records show millions of pounds of Atlantic Menhaden, shad, and Oysters being harvested every year. Commercial fishing rapidly expanded in the 19th century with annual landings of as much as 48 million pounds of Shad and millions of bushels of oysters.

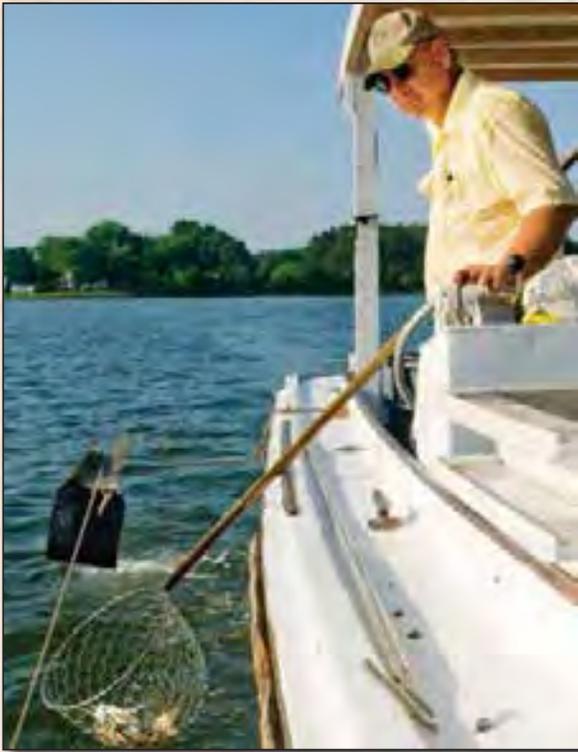
Maryland's fisheries and seafood industry continue to improve and adapt through innovation and technology. With the dedication of some of the country's best scientists, Maryland is proud to promote sustainably managed fisheries and a resilient commercial fishing industry.

# CRABBING

## GEAR TYPES







Trotline



Crab Scrape

## Crab Potting

The crab pot is the most commonly used gear type for harvesting crabs in the main stem of the Chesapeake Bay. The crab pot is a galvanized wire mesh trap made with two internal chambers. The lower chamber may consist of two points of entry, which allow the crab to enter but not exit. The bait box, which is a mesh wire box, is located in the center of the bottom chamber and is enclosed so the crabs can't get to it. The top chamber is the parlor. The crabs reach this upper holding area by swimming through funnel shaped holes cut in the floor, making it difficult for the crabs to swim back down. Crab pots are required to have cull rings to allow undersize crabs to climb out.

Many watermen make their own pots. The bottoms of the pots are framed with rebar, adding weight that helps the pot sink. Watermen also install zinc bars on their pots to slow the corrosion of the galvanized wire. The zinc acts as a sacrificial metal by attracting the corrosion to it. Some watermen will attach their pots to a long line; with typically about 25-50 pots on a line, while others will 'set' or drop their pots individually in lines of about 30, with each pot having an identifying buoy attached to the top. The baits most commonly used in crab pots are Menhaden, Razor Clams, shrimp heads and White Perch.

## Trotline

Trotlining is a method of crabbing utilizing a heavy line up to a mile



Crab Pot

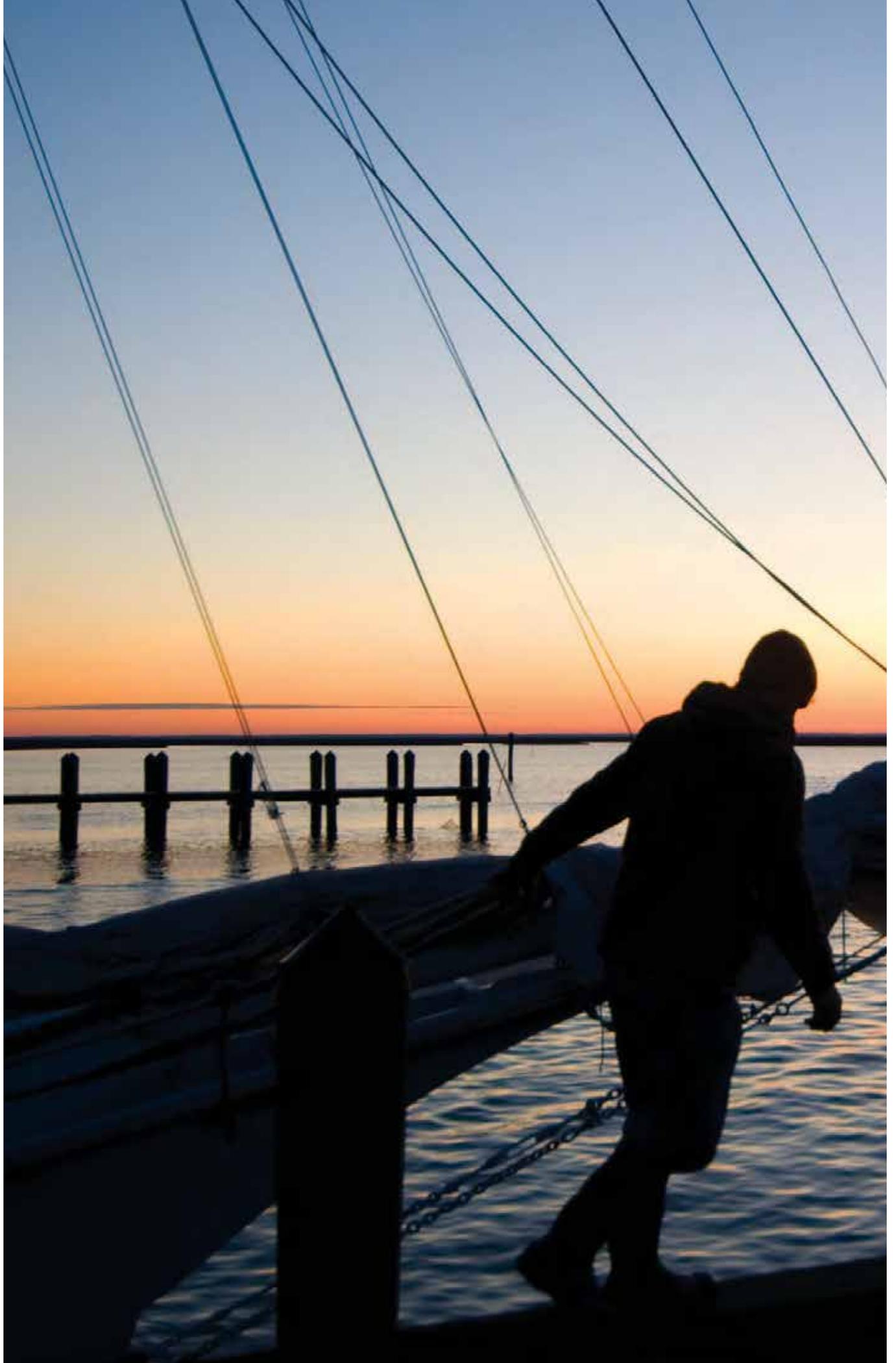
long. The trotline is anchored at both ends, allowing it to rest on the bottom. Bait is typically attached at intervals of two to six feet using snoods or slipknots. Snoods are smaller drop lines that hang down from the main line with the bait attached. Traditionally bull lips, salted eel, chicken necks and Razor Clams are used for bait.

With the line draped over pipe or roller, the waterman will slowly run parallel to the line while watching for crabs that are attached to the bait. When a crab is spotted on the line, a waterman scoops the crab up with a dipnet. Trotlining requires patience, dexterity and rhythm, as there is little time between baits to empty the dip net and repeat. Once the waterman has reached the end of his line, he goes back to the beginning and repeats the process.

## Crab Scrape

A crab scrape is similar to an oyster dredge, except that it does not have teeth. It is a long round bar, with a bag attached that's pulled along the bottom in shallow water. Scraping is mostly used for catching peeler crabs and soft crabs in areas with high densities of submerged aquatic vegetation such as Tangier Sound.





# OYSTERING AND CLAMMING GEAR TYPES





Patent Tonging



Dredging

## Hand Tonging

Hand tonging is considered the most arduous method of harvesting oysters. Hand tongs are made of two wooden shafts 16 to 30 feet long with rakes attached to the ends. The shafts are joined together with a pin, like a pair of scissors. The waterman stands on the side of the boat, lowering the tongs to the bottom, feeling around until shell is found. The waterman will then make several ‘licks’, opening and closing his tongs, catching the oysters in his rakes. Lifting the long shafts out of the water, the oysters are unloaded into the boat for culling. The depth of the water being worked will dictate the length of the shafts used. The typical set of tongs you will find in the Chesapeake Bay are 20 feet long. Oysters thrive in relatively shallow water, and are generally caught in 20 feet or less.

Particular oyster bars are set-aside exclusively for hand tonging. Hand tongers are generally permitted to

work on bottom designated for any gear type/method of harvesting.

## Patent Tonging

Patent Tongs employ the same basic technique as hand tongs; however they are controlled using hydraulics and have a much larger and heavier head. The tongs are lowered into the water and the head is controlled using hydraulics, making about three licks per minute. Patent tonging is more efficient and not as physically demanding as hand tonging. Like hand-tong bottom, there are oyster bars exclusive to the use of patent tongs. Patent tongers are allowed to work on bars designated for other gear types/methods of harvesting except for hand tong bottom.

## Dredging

Power Dredging for oysters is the most efficient gear type to harvest oysters. The dredge is attached to a mast and boom rig on the boat. Foot pedals



Diving



Hand TONGING

control the hydraulics that raise and lower the dredge. The dredge is pulled over the oysters and collects oysters and shell in the chain/mesh bag. The dredge is then lifted back over the boat and the shell is emptied onto the boat's culling board. Sail Dredging is the same as power dredging except that it is done while under sail on a skipjack. Use of a motor is not allowed while sail dredging.

## Diving

Diving for oysters is just what the name implies. Divers go down on the oyster bars and pick up the oysters off of the bottom. Diving requires multiple watermen; one diver, and one or two people topside controlling the boat and culling oysters.

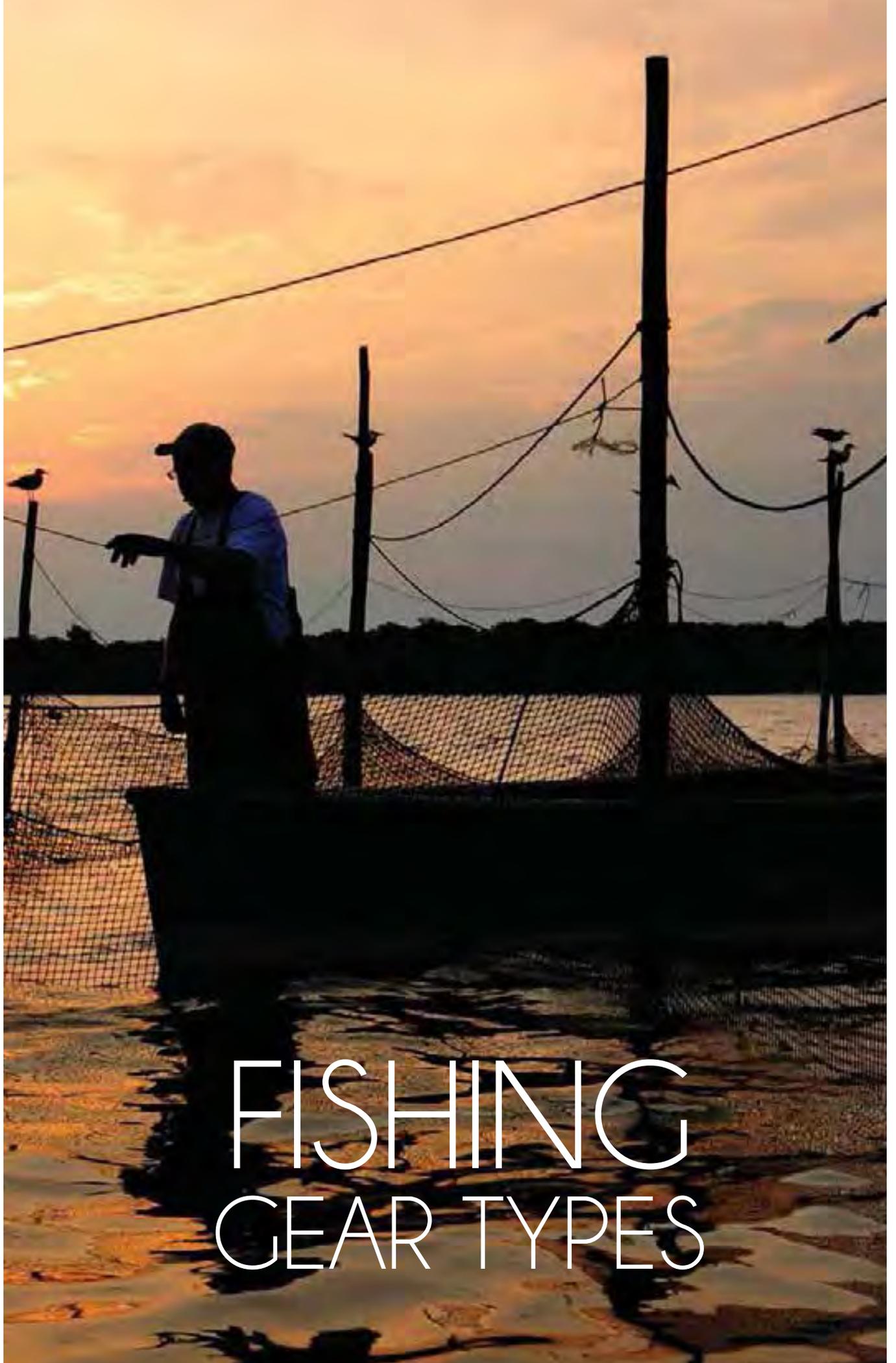
## Clamming

Clamming is done with a hydraulic escalator dredge, which hangs on the side of a boat. The front end

(head) of the conveyor is lowered to the bottom. A hose blows water into the sediment, pushing the clams onto the conveyer. As the catch rises up the conveyer, the clams are culled out and everything undesired is re-deposited into the water. Razor Clams, Soft Clams and Hard Clams are caught in the bay. The head of the conveyor is shaped a little differently based upon which species is being targeted.







# FISHING GEAR TYPES



Pound Net

## Pound Net

Pound Nets are large, intricate nets typically used in targeting Striped Bass. The nets are fixed to wooden poles, which are driven into the bottom. Fishing and maintaining a pound net is a labor intensive and costly operation. Fish generally follow the contour of the bottom and swim parallel to shore. Pound Net leaders are strategically placed, usually perpendicular to the shoreline. Their purpose is to lead the fish into the crib also called a pound. Once in the series of funnels, the fish are unable to get out and they make their way into the crib where they are held until the net is emptied. The average size of the crib is 16' x 16' but can be larger. In order to fish the net, it is loosened from the four poles and brought up from the bottom. The waterman will move a skiff into the net and roll it, creating a corner pocket that concentrates the fish. They then dip the fish out of



Fyke Net

this pocket into the boat to be culled and sorted. The mesh size of the net is small and the majority of fish don't get stuck in the net, allowing any un-targeted species to be released with a low level of mortality.

## Gill Net

Watermen use gill nets to target a variety of fish in the bay and its tributaries. Gill nets drift throughout the water column. Floats and weights are attached to the net and allow the waterman to control the depth of the net. The waterman can choose to suspend the net in the water column or keep it on the bottom, depending on where the fish are. The net is set from the boat and moves with the tide, when fish run into the net they are gilled and become stuck. Properly tending the net increases the chance that any unwanted by-catch will survive. Another way of preventing unnecessary by-catch and mortality is by using the



Gill Net

appropriate mesh size net for the species of fish being targeted.

## Fyke Net

A fyke net is similar to a pound net in that it has a leader from shore leading fish into a series of funnels. Once the fish enter the heart, they are trapped and have to go into the hoop. A waterman collects his catch by pulling up the hoop end, and emptying the fish into the boat. Fyke nets are primarily used in the bay's tributaries to target White and Yellow Perch during the late winter and early spring when the fish are spawning.

## Trawling

Trawling in Maryland's Atlantic waters is done out of Ocean City between one and three miles offshore. Watermen working out of Ocean City will also trawl in federal waters, more than

three miles offshore. Trawlers drag nets along the bottom targeting Summer Flounder, Spiny Dogfish, Squid and Horseshoe Crabs.

## Hook and Line

Hook and Line fishing for Striped Bass is done with a rod and reel. Live bait, typically Spot, is used to trigger a bite from the fish. Hook and line fishing minimizes the by-catch as all undesired and undersized fish are released.





## Nutrition Facts

Serving Size 3 oz (85g)  
Blue Crab, cooked, moist heat

Amount Per Serving

**Calories 70**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 0.5g**      **1%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 80mg**      **27%**

**Sodium 340mg**      **14%**

**Total Carbohydrate 0g**      **0%**

Dietary Fiber 0g      **0%**

Sugars 0g

**Protein 15g**

Vitamin A 0%      • Vitamin C 4%

Calcium 8%      • Iron 2%

Vitamin D 0%      • Selenium 50%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



# MARYLAND BLUE CRAB

This Chesapeake crustacean is the most enduring symbol of Maryland seafood. Mature Blue Crabs average five to seven inches across the carapace. Crabs are most plentiful from late spring through the fall, although crabmeat is available year round.

## Handling and Storage of Live Crabs

Live crabs may be purchased by the dozen or by the bushel. The shelf life of fresh steamed crabs 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, proper cooking kills bacteria.

## The Maryland Advantage

Maryland Blue Crabs are biologically unique compared to Blue Crabs from other states or countries. Blue Crabs are a warm water species and our winters force the crabs to build up fat reserves and hibernate. These fat reserves add flavor and sweetness to the meat. Crabs in states further south and in South America do not go through hibernation and lack the flavorful fat reserves that our crabs have. In order to be sure that you are purchasing Maryland Crabmeat carefully read the container that the meat is packed in, and ask your retailer about the meat's origin.





## Handling and Storage of Crabmeat

Fresh crabmeat should be stored on ice or in the coldest part of your refrigerator and used within a few days of purchase. Pasteurized crabmeat has been hermetically sealed in a can and can be stored for up to 18 months in a refrigerator. Once the can is opened the meat should be consumed within several days. Pasteurized crabmeat is a high quality product available all year and it is preferred to freezing as a storage method for crabmeat. The delicate flavor and texture of crabmeat is lost when frozen.

## Soft Shell Crabs

Soft Shell Crabs are Blue Crabs that have shed off their hard outer shell in preparation for growth. There is a very short window of time to harvest a soft shell crab, they generally harden in about 6 hours after going through the shedding process. Crabs are harvested as soft shells and more commonly as 'Peelers'. Peelers are crabs that are preparing for the shedding process; peelers are brought back to tanks until they shed. Maryland soft shell crabs are considered a delicacy and are enjoyed throughout the world. Shedding typically runs from May through October.

## Handling and Storage of 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 can be purchased in several different sizes: Boat Runs (3-4 inches), Hotels (4-4.5 inches), Primes (4.5-5 inches), Jumbos (5-5.5 inches) and Whales (5.5 inches and up)

### **Maryland Crab meat is available in the following forms:**

- **Jumbo Lump** –the largest pieces of meat from the muscle connected to the backfin. Jumbo Lump is ideal in dishes such as a crab cake or a crab salad although it can be used for any crab recipe. Jumbo Lump is the most expensive form of crabmeat.
- **Backfin/Lump** – White body meat consisting of lump and flakes. Pieces are smaller than jumbo lump. Backfin works well in crab cakes, crab dip, crab imperial, crab balls, stuffings and salads.
- **Claw** – Dense, sweet meat extracted from the claws. Claw meat is ideal for soups, dips or dishes with sauce. Claw meat can be either hand or machine picked. Machine picked pieces are smaller and have a salty taste due to the machine processing. Claw meat is the least expensive form of crabmeat.
- **Cocktail claw** – claw meat attached to a section of pincher. Ideal as an appetizer.





## HOW TO PICK A STEAMED CRAB

1. Using your hands, pull off the claws of the crab
2. Pull off the top shell
3. Using a sharp knife, clean out the yellow mustard, gills and cut off the legs. Pull off the apron using your hands.
4. Slice laterally across the top of the remaining shell. You should see individual compartments containing backfin and jumbo lump meat
5. Remove the white meat using your knife without breaking up the lumps
6. To crack the claw place your knife near the top joint and use a wooden mallet to gently tap the knife.





# 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. The Eastern Oyster, *Crassostrea virginica*, is the species native to the Chesapeake Bay, Eastern Seaboard and Gulf of Mexico.

## Purchasing Oysters

Oysters are available in 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. Live oysters should be tightly closed or close quickly when touched. Due to energy expended towards spawning, the meat texture of wild oysters 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 entrée recipes. Selects are smaller than counts and ideal for frying and hors d'oeuvre. Standards are the smallest and are best for eating raw and for stews.

## Handling and Storage of Oysters

For optimum quality keep shucked oysters and oysters in the shell in a cool, damp area of your refrigerator. Oysters in the shell can last for several weeks if kept in the right conditions, do not consume oysters that have opened their shells.

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. Shucked oysters should be consumed within 3-5 days of purchase. They may be frozen in a freezer-safe container by allowing one inch of air space above the oysters in the container.







## Aquaculture in Maryland

Marylanders now possess the technology to grow millions of oysters at a time. In 2009, the state changed laws to make entry in to the aquaculture industry possible. Oyster aquaculture is still in its fledgling stages, but the future is bright with more and more people entering the industry every year.

Oysters are a keystone species in the bay, filtering the water and providing important habitat for different organisms. The growing of oysters on a large scale in Maryland waters has the potential to provide a great benefit to the Bay's water quality and habitat.

## Aquaculture Oysters

Eastern Oysters, in the triploid and diploid variety, are raised by aquaculture operations in Maryland waterways. Triploids are unable to spawn while diploids spawn. By not spawning, a triploid oyster focuses all of its energy into growing. Triploid oysters reach market size (3") in about half of the time it takes a diploid oyster to reach market size. The meat of a triploid oyster is consistent year round making the consumption of oysters a year round thing, not limited to the months with 'R'. Diploid oysters are also frequently used in aquaculture.





# Selection, Handling and Preparation of Maryland Finfish

## Safety Comes First

Seafood has always been one of the safest foods to eat. Now there's even greater assurance thanks to a thorough inspection program by the Food and Drug Administration. The industry does everything possible to deliver a safe product, but the consumers must also consider safety and quality factors.

## Selecting Fresh Fish

- Make sure you only buy from reputable and licensed seafood dealers.
- 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 tight 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.

## Selecting Frozen Fish

- Package should be undamaged. Fillets or steaks must be solidly frozen.
- Fish should be free of freezer burn and discoloring.

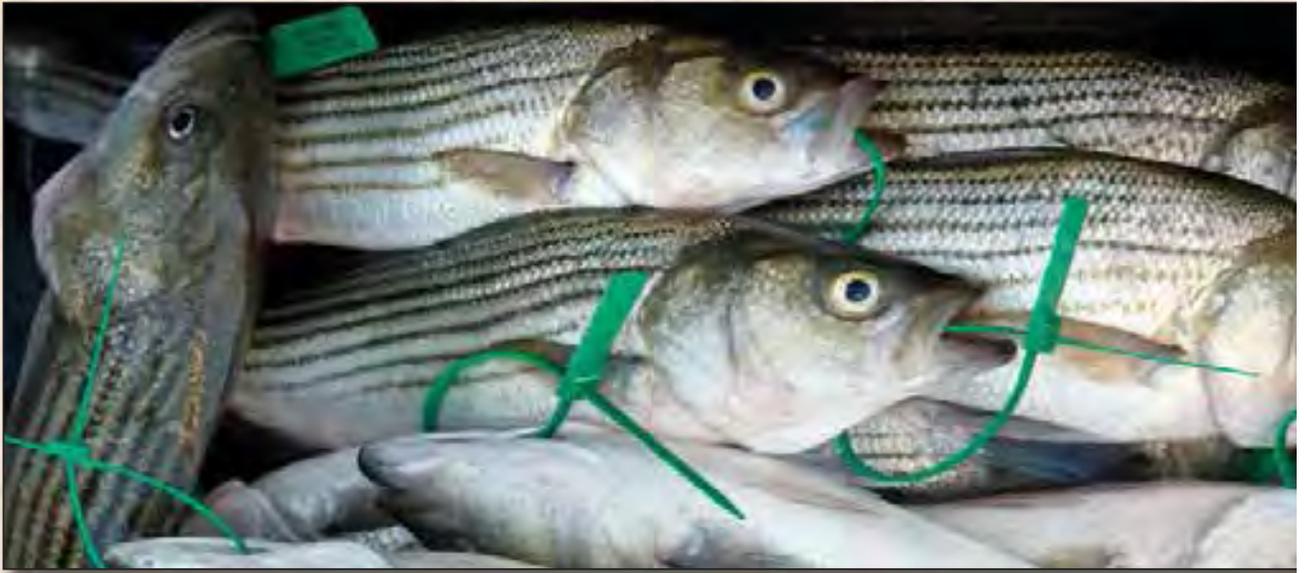


## Handling Fish before Cooking

- 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 in a zip lock bag
- Frozen fish should be allowed to defrost in refrigerator for at least one day. Defrosting in a microwave or in warm water will reduce the quality of the meat
- 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

## Preparing Fish

Follow the 10 minute rule when baking, sautéing or pan frying fish. Cook filets ten minutes for every inch of thickness. This can also apply to baking filets at 450°F, oven broiling or grilling. For deep frying, heat oil to 375°F and cook until golden brown. Fish is always done when the flesh is opaque and flakes when tested with a fork.



Striped Bass



Bluefish

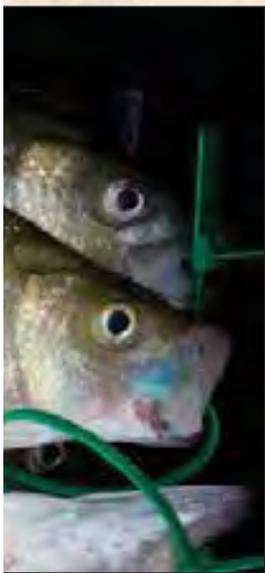


Summer Flounder



Atlantic Croaker

# Maryland Finfish



## Striped Bass/Rockfish

The Striped Bass, commonly known as Rockfish, is Maryland's state fish. Striped Bass are prized by many chefs for its mild flesh, sweet flavor, and firm texture. Many consider Striped Bass to be one of the best tasting fish in Maryland waterways. Striped Bass have made a successful rebound in population and now support sustainable commercial and recreational fisheries in the Chesapeake Bay. Striped Bass are excellent baked, blackened, broiled, fried or grilled.



## Bluefish

Bluefish spend time in Maryland waters from late spring to late fall, following the migration of baitfish into and out of the Bay. The majority of Bluefish caught in the Chesapeake Bay are harvested from Pound Nets. Larger Bluefish are caught in the Atlantic Ocean by gill-netters and trawlers. Bluefish have a robust flavor with an oily texture and are an excellent source of omega-3 fatty acids. With larger Bluefish, smoking is the preferred method of preparation. The oils in the fish retain the moisture. Smaller Bluefish are excellent sautéed and blackened.

## Summer Flounder

Summer Flounder are available fresh year round from Maryland's ocean fishery. Fresh flounder from the Chesapeake Bay are consistently available from late April to late October with the majority coming from the pound net fishery. Summer Flounder are bottom dwelling flat fish with both eyes on its left side, These characteristics allow flounder to adapt well to their bottom dwelling habits. Flounder meat has a delicate consistency and is well known for its mild flavor. Flounder are excellent fried, sautéed, baked or blackened.



## Atlantic Croaker

Atlantic Croaker, LOCALLY known as 'Hardheads', are a member of the drum family and are a summer visitor to the Chesapeake Bay. Croaker travel in large schools and it is not uncommon for a pound netter to catch thousands of pounds at a time. Croaker meat is lean and white with a sweet flavor ranging from mild to moderately pronounced. Croaker filets are best when sautéed, pan fried or deep fried.



Yellow Perch



Black Sea Bass



Blue Catfish

<b>Nutrition Facts</b>	
Serving Size 4 oz (113g)	
Striped Bass	
<b>Amount Per Serving</b>	
<b>Calories 110</b>	<b>Calories from Fat 35</b>
<b>% Daily Value*</b>	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 17g</b>	
<b>Vitamin A 0%</b>	• <b>Vitamin C 0%</b>
<b>Calcium 0%</b>	• <b>Iron 2%</b>
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	<small>Calories: 2,000    2,500</small>
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	



Snakehead



## Norfolk Spot

Norfolk Spot are plentiful in Maryland's Chesapeake and coastal waters during the summer. A mark behind the head and above the pectoral fin gives the spot its name. Spot make up for their 10-12 inch size with flavor and abundance. Pan-frying spot is a popular method of preparation.



## White and Yellow Perch

White and Yellow Perch are abundant in the tributaries of the Chesapeake Bay from the late fall into the early Spring. Fyke netters, gill netters and pound netters catch perch consistently when the fish are running up the tributaries to spawn. Perch are a small fish, with large specimens ranging from 10"-13" weighing in at about a pound. Perch make up for their small size with their sweet and flaky meat. Perch filets are small but great for pan-frying and sautéing. Cooking the fish whole by deep frying or baking is a popular method of preparation.



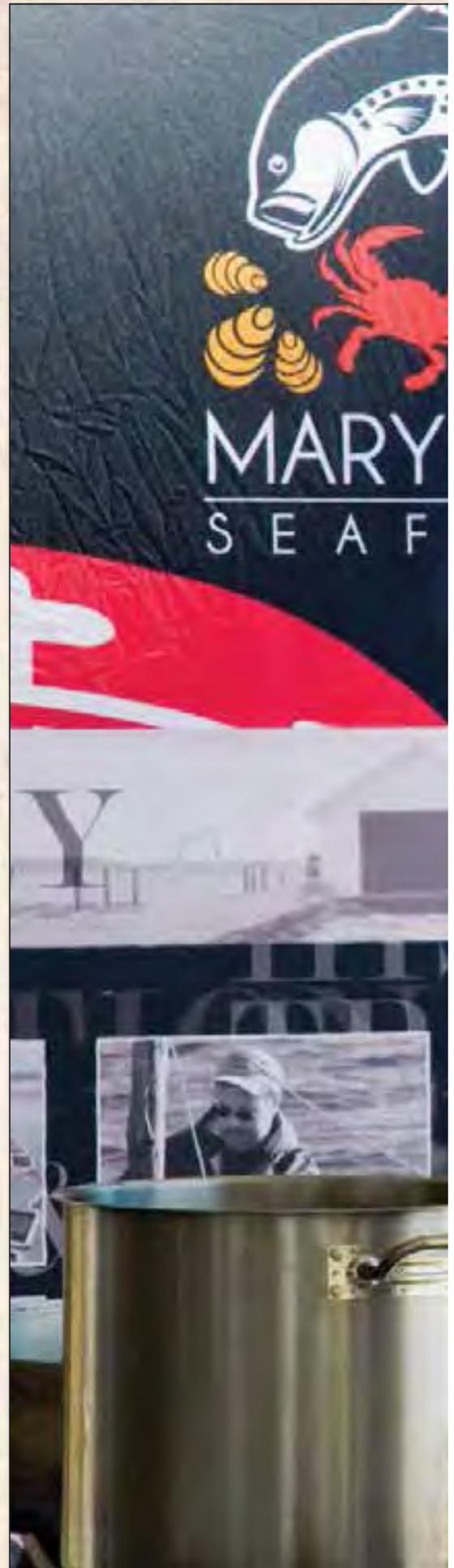
## Blue Catfish

Blue Catfish are whiskered bottom dwellers that are abundant in the Potomac River and its tributaries. Blue Catfish are native to the Mississippi River drainage and were introduced into the Chesapeake Bay in the 1970's. Since their introduction Blue Catfish have done extremely well in the Potomac River and other Virginia Rivers and are considered invasive. Blue Catfish can grow up to 150 pounds, and there is growing concern of the impact they are having on native species of fish. There is an active commercial fishery in the Potomac River for Blue Catfish. Pound netting, gill netting and haul seining are common methods of harvest. Catfish are known for their firm, sweet white meat and can be prepared in a variety of ways. Blue Catfish in the four to six pounds size range are the best size for eating.

## Black Sea Bass

Black Sea Bass are a small groundfish plentiful in the nearshore waters of the Mid-Atlantic. Watermen out of Ocean City will target Black Sea Bass using fish traps and trawl nets. Black Sea Bass caught by Ocean City watermen are generally in the 3-5 pound range. The meat is prized for being extremely firm and lean with a delicate flavor.

The following recipes are proven favorites from some of the best chefs in the area. Enjoy the best of Maryland's fisheries with these recipes.





# Blue Catfish Tacos

(2 Servings, Six Tacos)

- From Chef Chad Wells

## Ingredients

### - For the Blue Catfish

- One 12 ounce skinless filet, sliced into one inch by one inch cubes
- Canola oil, for cooking fish
- Kosher salt

### - For the Chimichurri Marinade

- 1/4 cup white vinegar
- 2/3 tablespoon dried oregano
- 1/2 tablespoon crushed red pepper
- 1/2 tablespoon kosher salt
- 7 cloves garlic, peeled
- 1 1/2 bunches fresh flat-leaf parsley, stemmed
- Juice of 1 fresh ripe lime
- 3/4 cup extra-virgin olive oil

### - For the grilled Corn Salsa

- 4 1/2 ounces onion, small dice
- 2 ears corn, grilled until blistered, kernels removed
- Juice of 2 ripe limes
- 1 jalapeno, seeded and finely diced
- 1/4 bunch fresh cilantro, stemmed and roughly chopped
- 1/2 tablespoon Kosher salt
- 5 plum tomatoes, seeded and diced

### - For the Chipotle slaw

- 1 1/2 cups mayonnaise
- 1/8 cup sugar
- 1/8 cup white vinegar
- 1 1/2 tablespoons chipotle in adobo, pureed
- 1/2 tablespoon fresh lime juice
- 1/2 head cabbage, shaved

### - Grilled 6-inch tortillas, for serving

### - Fried sweet potato sticks, for serving

### - Lime slices for serving



## Preparation

- **Chimichurri marinade:** Combine the vinegar, oregano, crushed red pepper, salt, garlic, parsley and lime juice in a food processor. Slowly add in the olive oil while blending. Cover the blue catfish with the desired amount of chimichurri marinade and refrigerate while preparing the slaw and grilled corn salsa.

- **Grilled corn salsa:** Combine the tomatoes, onions, corn, lime juice, jalapeno and cilantro in a mixing bowl and season with salt. Taste and adjust the seasoning as necessary.

- **Slaw:** Whisk together the mayonnaise, sugar, vinegar, chipotle and lime juice in a bowl until combined. Slowly add the slaw mix to the cabbage until desired consistency is reached. If you would like more heat, add more chipotle puree.

- **Blue Catfish:** Heat a saute pan over high heat and coat with oil. Once the pan is hot and the oil slides freely across the pan, place the blue catfish in the pan and sprinkle with salt. Cook until tender to the touch and the fish begins to flake when pushed with a spatula. This fish cooks extremely fast!

- **Plating:** Place the grilled tortillas on a plate and top with the cooked catfish, Grilled corn salsa, slaw and fried sweet potato sticks. Garnish with lime slices.

# Chesapeake Bouillabaisse

(8 servings) – From Chef Clint Roze

## Ingredients

### - For the Crab Stock

- 1 dozen soup crabs (shells with meat removed)
- 1 Small onion
- 1 carrot, peeled
- 1 stalk celery
- 2 tablespoons butter
- ½ teaspoon thyme
- 1 bay leaf
- ¼ teaspoon ground pepper
- 6 quarts water

### - For the Chesapeake Bouillabaisse

- Butter, as needed
- 1 bulb fennel, sliced
- ½ yellow onion, diced
- 1 red pepper, chopped
- 2 roma tomatoes, peeled
- ½ lb red or Yukon potatoes, diced
- 5 leaves basil, chopped
- 3 sprigs thyme
- ½ gallon crab stock
- 1 green onion, diced
- 2 ears white corn, cut in ½
- 1 cup shucked oysters, with brine
- ¼ lb jumbo lump crab meat
- 8 little neck clams
- 1 lb rockfish fillet
- 1 French baguette



## Preparation

- **Crab Stock:** Cook onion, carrot and celery in butter for about 5 minutes. Add seasonings and crab shells. Allow to heat up for several minutes, stirring occasionally. Add water. Simmer for 45 – 60 min (do not boil). Strain.

- **Chesapeake Bouillabaisse:** Cook fennel and onion in butter over medium heat until very soft. Add peppers, cook for an additional 4 minutes. Add tomatoes, potatoes, herbs and crab stock – simmer until potatoes are almost done. While potatoes are cooking, sear rockfish fillet in a separate pan over high heat to color flesh – does not need to cook through. Add clams and corn - simmer for 4 minutes add seared rockfish and oysters – continue to simmer until clams start to open. Add crab meat and serve with fresh baguette loaf.



## Maryland Jumbo Lump Crab Cakes (4 servings) – From Chef Keith Long

### Ingredients

- ¼ cup dijon mustard
- 1 cup mayonnaise
- 1/8 cup panko
- 1 tsp. Worcestershire sauce
- 1/2 tbsp crab seasoning
- 1 whole ‘Egg’
- 1 pound fresh Maryland jumbo lump crab meat
- 2 Cloves roasted garlic
- 1 tbsp butter
- 1 tbsp olive oil
- Italian black truffle slices (optional)

### Preparation

- In a mixing bowl whisk together eggs, ½ cup mayonnaise, Dijon mustard, and Worcestershire sauce and JO #1. Gently fold in jumbo lump meat, be careful not to break up the meat. Add the panko while folding in the crab. Carefully form the crab cake mix into four even cakes. Mix ½ cup mayonnaise with roasted garlic in a separate bowl and set aside. Sauté the cakes at a medium/low heat in oil and butter mix, cook on each side until they are fully cooked through the middle.

- **Plating:** Place a spoonful of the garlic mayonnaise in the middle of a plate and place crab cake on top. Using a Japanese mandolin or truffle slicer shave paper thin slices of the truffle and arrange them on top of the crab cake.



# Fried Soft Shell Crab Sandwich

- From Chef Mary Ada Marshall

## Ingredients

- One soft shell crab
- 1 cup breading (flour, House-Autry fish fry, panko, etc)
- 1 egg
- Salt and pepper
- 1 tomato slice
- 1 leaf of lettuce
- cocktail or horseradish sauce (optional)
- 1 kaiser roll

## Preparation

- Clean the soft shell crab by using scissors to cut out the gills, remove the apron and remove the face. Beat egg in a bowl until it is evenly mixed. Dredge the crab in the egg until it is evenly coated. Dredge the crab in the breading until it is covered, season with salt and pepper as desired. Heat oil in fryer or pan to approx 375 degrees. Place breaded crab in the hot oil and allow 3-4 minutes to cook, until golden brown. Remove crab from fryer using tongs and pat dry with a paper towel to remove excess oil. Toast roll.

- **Plating:** Place fried softshell, lettuce and tomato slice on bun. Add tartar or cocktail sauce if desired.

# Oyster Stew with Cornbread topped with Celery Leaf Salad (4 servings) – From Chef James Barrett

## Ingredients

### - For the Oyster Stew

- 1 slice of bacon, minced
- 2 celery ribs, thinly sliced
- 1 small yellow onion, minced
- 1 thyme sprig
- 1 teaspoon paprika
- $\frac{3}{4}$  tsp Old Bay seasoning
- 1 quart freshly shucked oysters, drained, and 1 1/2 cups of liquor reserved
- 1 cup fish stock or clam broth,
- 1 tablespoon unsalted butter
- Salt
- 1 quart heavy cream
- 1 1/2 tbsp Worcestershire sauce
- Freshly ground black pepper

### - For the Celery Leaf Salad

- 2 cup celery leaves
- 2 tsp rice wine vinegar
- 1 tsp honey
- 2 tsp olive oil, extra virgin
- 1 tsp lemon zest
- 1 tsp shaved parmesan
- 1 tsp chopped parsley
- Salt and pepper to taste

### - For the Cornbread

- 1/2 cup butter
- 2/3 cup white sugar
- 2 eggs
- 1 cup whole fresh corn kernels
- 1 cup buttermilk
- 1/2 tsp baking soda
- 1 cup cornmeal
- 1 cup flour, all purpose
- 1/2 tsp sea salt



## Preparation

In a large pot, cook the bacon over medium heat until softened, about 1 minute. Add the celery, onion, thyme, paprika and Old Bay and cook, stirring continuously, until the onion is clear, about 2 minutes. Add the oyster liquor and fish stock and bring to a boil. Simmer over medium to low heat for about 10 minutes, until reduced by one-fourth. Stir the heavy cream into the pot and simmer until slightly thickened, about 3 minutes. Add the oysters and bring just to a simmer. Remove from the heat, stir in the Worcestershire sauce and season with salt and pepper. Discard the thyme sprig.

- **Cornbread:** Preheat oven to 375 degrees. Generously oil 3" bundt cake mold. Melt butter in large skillet. Remove from heat and stir in sugar. Add eggs and beat until well blended. Combine buttermilk with baking soda and stir into mixture in pan. Stir in cornmeal, flour, kernels and salt until well blended and few lumps remain. Pour batter into the prepared pans. Bake in the preheated oven for 30 to 40 minutes, or until a toothpick inserted in the center comes out clean.

- **Celery Leaf Salad:** Gently mix all ingredients

- **Assembly:** Spoon oyster stew into a large bowl with corn bread in the middle and top with Celery Leaf Salad

# Seared Rockfish with Crispy Brussels Sprouts

(4 Servings) – From Chef Keith Long

## Ingredients

### - For the Rockfish

- 2 lb Rockfish filet with skin on, cut filets in half
- 2 tbsp butter
- Salt and Pepper

### - For the Brussels Sprouts

- 1.5 lb Brussels sprouts
- 4 oz raisins
- 2 oz pine nuts (available at fine grocery stores in the bulk nut section)
- 4 tbsp pomegranate molasses (A product of Lebanon. Available in small glass bottles usually in the imported foods aisle at fine grocery stores).
- 2 cups canola oil
- 1 tsp butter

## Preparation

- **Brussels Sprouts:** Quarter Brussels sprouts lengthwise and set aside. Toast pine nuts in a 325 degree oven for a few minutes until light brown then keep at room temperature. Put 2 inches of canola oil in a medium pot and place on high heat until oil is hot. (Tip: place 1 popcorn kernel in the oil. When the kernel pops, the oil is the correct temperature). Carefully add the Brussels sprouts to the oil. Reduce the heat to medium high and fry Brussels sprouts until slightly brown on the edges - about 3 minutes. Remove Brussels sprouts from the oil with a strainer. Place in a mixing bowl, add and toss with one tsp butter, salt, pepper, raisins, pine nuts and pomegranate molasses.



- **Rockfish:** Season the filets with salt and pepper. Sear the fish over high heat in a sauté pan skin side down with a thin layer of butter. Do not move the fish until it lifts from the sauté pan easily. Otherwise the skin may be damaged. As soon as the fish is turned wait 1 more minute then add a nub of cold butter. (This is a French technique called mounting with butter. It will add a rich buttery finish to the outside of the fish. Gently finish cooking it.) Continue to cook the rockfish, spooning the butter over the fish until it is cooked through. To test for doneness, slide a thin metal skewer into the middle of the fish. The fish is fully cooked when the skewer comes out hot.

- **Plating:** Place the Brussels sprouts in the middle of a large platter. Place the whole fish on top of the Brussels sprouts. Drizzle the top of the fish with the rest of the pomegranate molasses.

# Seared Rockfish with Succotash Risotto

(5 servings) – From Chef James Barrett

## Ingredients

### - For the Rockfish

- 10 pieces of 3-4 ounce Rockfish filet, skin on
- 2 tbsp vegetable oil
- 1 tbsp chopped garlic
- 1 tbsp chopped shallot
- 1 lemon, cut in half, seeds removed
- 1 tbsp honey
- 1 vanilla bean, cut in half and scraped
- 1 cup heavy cream
- ½ cup dry white wine
- 1 cup softened butter
- 1 cup fresh micro arugula
- 1 cup shaved fennel
- 1 cup buttermilk
- 1 cup flour, all purpose
- Salt and pepper to taste

### - For the Risotto

- 1 tbsp olive oil
- 3 tbsp cooking dry white wine
- 1 medium onion, diced
- 1 cup short grain arborio rice
- 3-4 cups crab broth
- 1 tbsp thyme
- 1 cup fresh corn
- 1 cup lima beans
- ½ cup tomato
- ¼ cup parmesan cheese
- Zest of 1 lemon
- 3 cups milk
- Salt and pepper, to taste
- Parsley, minced



## Preparation

- **Succotash Risotto:** In a large sauté pan, heat olive oil over medium-high. Sauté onions until translucent. Add rice, and toast for one minute. Add in wine, and stir to coat. Stir in 3 cups of the broth. Bring to a boil, then reduce heat to a simmer. Simmer rice for 40 minutes, stirring occasionally add extra water as needed. Season with salt and pepper to taste. Add corn, lima beans, tomato, thyme, lemon zest and 1 cup milk. Cook until milk is absorbed. Add another cup, and cook until absorbed. Stir in water until corn and lima beans are tender, 30-45 minutes. Remove from heat. Top with minced parsley.

- **Rockfish:** Pre-heat oven to 400 degrees. Remove fish from refrigeration and allow fish to stand at room temperature for 15 minutes. Pat dry and season with salt and pepper. Heat skillet over medium-high heat with vegetable oil. Sear Rockfish, skin side down, until crispy. Turn fish and cook for 3-4 minutes. Remove fish from pan and place in oven for 10-13 minutes. Place garlic and shallots in skillet and sauté until translucent. Add honey, vanilla and white wine. Reduce by  $\frac{3}{4}$ . Add heavy cream and reduce by half. Remove from heat and stir in butter. Remove fish from oven and squeeze lemon over top. Allow fish to rest for 5 minutes.

**Assembly:** Serve two pieces of seared Rockfish on top of succotash risotto with sauce



# Rockfish Ceviche

(2 servings) – From Chef Antonio Baines

## Ingredients

- 1-pound fresh, skinless Striped Bass fillet cut into  $\frac{1}{4}$  inch cubes
- 1 large ripe tomato, diced into  $\frac{1}{4}$  inch sections
- 1 1/2 ears of fresh corn (shucked, kernels removed)
- 1/2 med red onion, diced
- Juice from one fresh orange
- 1 tsp fresh crushed garlic (finely diced)
- $\frac{1}{4}$  oz chopped fresh cilantro
- $\frac{1}{4}$  oz chopped parsley
- 1 1/2 cups fresh lime juice,
- Juice from one fresh lemon
- Salt (added to taste)
- 1 jalapeño pepper (cored, seeded, small dice)

## Preparation

- In a large bowl add the rockfish, garlic, citrus juice and salt to taste. Using a rubber spatula, gently mix ingredients until well incorporated. Let stand chilled for 20 minutes. Next, add the red onion, tomato, corn, jalapeño pepper, cilantro and parsley. Gently mix until all ingredients are evenly incorporated. Salt again if necessary. Serve with your crispy root chip of choice (yam, yucca, etc...) The finished ceviche can be stored around 45 degrees or consumed after preparation.



## Fried Chesapeake Bay Oysters

(2 servings, 6 oysters per serving)  
- From Chef Keith Long

### Ingredients

- 12 freshly shucked Oysters
- 2 cups flour
- ½ cup corn starch
- ½ cup aioli
- 1 tbsp capers
- 1 lemon
- ¼ cup candied lemon rind

### Preparation

- Mix the flour and the corn starch together till fully combined. Dredge the oysters in the flour mixture until completely coated. Fry the oysters at 350 degrees till just lightly browned and crisp. Season the fried oysters with salt and pepper. Squeeze half the lemon into the aioli and add the capers

- **Plating:** Space a spoonful of the caper aioli in the middle of the plate. Arrange the oysters on the plate on top of the aioli. Top the oysters off with the candied lemon rind and serve immediately



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A special thanks to **Jay Fleming Photography** for contributing the photography to this publication and for his dedication to documenting Maryland's Seafood industry.



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