New Jersey Fish & Seafood Cookbook

It doesn't cook any better!

MAJOR FISHING PORTS OF NEW JERSEY

SHARE OUR MARITIME HERITAGE
ENJOY JERSEY SHORE SEAFOOD TODAY

FOR OVER 300 years, New Jersey commercial fishermen have been going down to the sea in boats and bringing home some of the finest fish and seafood caught anywhere in the world. Today, there are 2,864 full and part-time commercial seafood harvesters helping to ensure the New Jersey consumer of a wide range of fresh, high quality seafood products. The Garden State boasts six major commercial fishing ports—Cape May, Atlantic City, Point Pleasant, Barnegat Light, Belford and Port Norris. Although many New England ports are better known, Cape May is actually the leading port in the Northeast in terms of pounds landed.

Because of New Jersey's ideal location, we have ready access to a wide variety of both northern and southern species. Last year alone, over 100 different species were harvested. Among our most popular fish and shellfish are black sea bass, flounder, swordfish, tuna, whiting, mackerel, cape shark, porgies, butterfish, scallops, clams, oysters, crabs and lobsters.

Local product is shipped to some of the most discerning seafood markets in the world. New Jersey monkfish and skate appear on menus in Paris, a city known for its culinary excellence. Japanese seafood buyers wait patiently at the docks to purchase our high quality products for air shipment to Tokyo sushi bars. Those of us lucky enough to live in New Jersey have these products available in our own back yard.

Because their livelihood depends on the continuing availability of fish and seafood, commercial fishermen have an important stake in ensuring that the resource is renewed and that appropriate conservation measures are in place. Each of our fishermen must comply with a broad range of rules and regulations to ensure that our heritage remains in tact for future generations. There are regulations on the amount of fish that can be harvested, the size of the nets that can be used, how many boats can participate in a fishery and where those boats can fish.

Although fishing is one of the most demanding and dangerous occupations, those individuals who like to feel the breeze in their faces and enjoy the contemplative expanses of the open water wouldn't have it any other way. Each year brave men and women set out to sea to battle the elements and bring home the catch. And each year some of those men and women never return to port.

JERSEY SHORE SEAFOOD— JUST FOR THE HEALTH OF IT

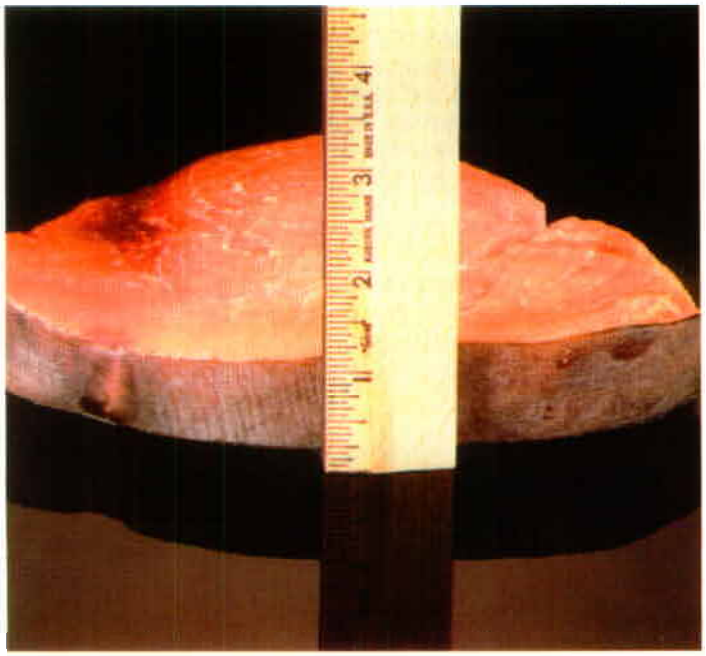
JERSEY SHORE Seafood may not make you smarter but its certainly smart eating, both to stay in shape and have a healthier heart. Fish and shellfish are excellent sources of high quality, complete protein, many valuable minerals and essential B complex, A and D vitamins.

In other nutritional areas, seafood scores low—and that's good! An average serving of seafood has less than 200 calories. Some of the leaner varieties, such as flounder, have as few as 80. Both freshwater and saltwater fish are low enough in sodium to be acceptable for low sodium diets. And while fish are generally low in fat, these are mainly polyunsaturated fats—which are of increasing importance to Americans.

Current research indicates that certain type of polyunsaturated fats—those contained in seafood for example—actually tend to play a positive role in maintaining a healthy heart and an overall healthy lifestyle.

JERSEY SHORE SEAFOOD— NATURES ORIGIONAL FAST FOOD

FRESH FISH and shellfish are truly convenience foods. They lend themselves to an incredible variety of fast cooking methods, all of them simple and simply delicious, as long as you don't overdue it.



Unlike meat, fish and shellfish do not need to be "tenderized" by cooking. In fact, the less cooking, the more tender they will be. And because fish and shellfish are so low in fat, natural juices (and flavor) are easily lost by overcooking. For whole fish, steaks and fillets, follow this ten minute rule.

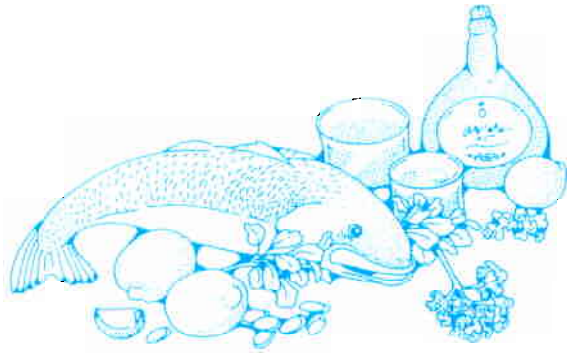
Measure the fish at the thickest part. For every inch of thickness, cook ten minutes. If less than one inch, shorten the cooking time proportionately. This timing works whether you are broiling, sauteing, poaching or baking. But if fish is cooked in foil or sauce, add 5 minutes per inch. And if you plan to cook it while it is still frozen, double the cooking time to 20 minutes per inch.

As fish cooks, its translucent flesh turns opaque or solid in appearance. When just a thin line of raw translucent flesh remains in the center, it's ready. It will finish cooking on its way to the table.

MICROWAVING times vary depending upon the wattage of your unit. For best results, defrost all fish and seafood in the refrigerator before cooking. Rinse seafood under cold running water and pat dry with paper towels.

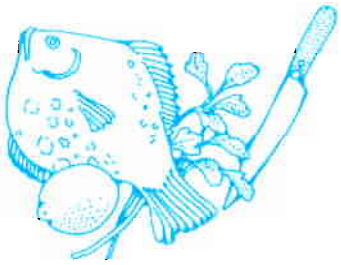
Microwave the fish three to six minutes per pound. Thick fillets and whole fish take slightly more time, thin fillets take less. Place the skin side down. Slash the skin to prevent curling. Place the thicker pieces along the outer edge of the baking dish so that the product will cook evenly. Cover the cooking dish with plastic wrap. If you use salt, salt the fish after cooking because salt added to the top of food beforehand causes uneven cooking in a microwave. Rotate the dish if necessary.

Fish should be slightly translucent in the center when you take it out of the microwave and before you allow the fish to stand (about 5 minutes for most fish). Keep the fish covered to keep it warm while standing. Vent one corner of the plastic to allow the steam to escape.

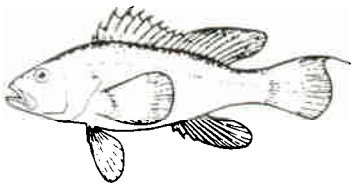


HOW DO I HANDLE JERSEY SHORE SEAFOOD?

- Keep seafoods cold. Keep fresh, smoked or pickled seafood products refrigerated at 32-40°F.
- Thaw frozen seafood in the refrigerator or under cold running water.
- Keep frozen products rigidly frozen until ready to use. Store in freezer at 0°F.
- Handle raw and cooked products separately. Use separate cutting surfaces and utensils. Wash your hands after handling raw seafood.
- Purchase shellfish carefully. Buy raw oysters, clams and mussels only from reputable sources. If in doubt, ask to see the certified shipper's tag or check the shipper number on the container of shucked clams or oysters.
- Keep live shellfish alive until ready to prepare. Don't cook or eat dead clams, oysters or mussels.
- Refrigerate live shellfish properly. Live shellfish such as clams, mussels and oysters should be stored under well ventilated refrigeration, not in air tight bags or containers.
- Purchase seafood as the last item on your shopping trip. If the weather is particularly warm, ask for some ice to keep your seafood cool on the way home.



JERSEY SHORE FINFISH FACTS

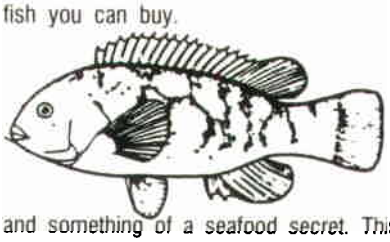


BLACK SEA BASS

First in war, first in peace and first to charter a fishing boat. History has it that George Washington was the first person on record to hire a boat to fish for Black Sea Bass off Sandy Hook.

Sea Bass prefer rocky areas and move inshore and offshore seasonally. They tend to spend the spring and summer in coastal waters, while moving offshore in cooler months. Black Sea Bass are familiar to New Jersey anglers and a are a mainstay of the summer and early fall party boat trade. Commercially, they are harvested with modified lobster pots as a targeted trap fishery.

Black Sea Bass, a common staple in many Asian and Italian markets and restaurants are often fried or steamed whole. Rich in oil, Black Sea Bass is one of the most flavorful fish you can buy.



BLACKFISH (TAUTOG)

Blackfish, also known by its original Indian name Tautog, is often confused with Black Sea Bass. Their names might be somewhat alike, but the similarity ends there. Tautog is a real favorite among epicures and something of a seafood secret. This delectable fish, not often found in fish markets, is little known to others than those who fish for them and serious seafood fans.

Tautog appear in New Jersey waters during the warmer months. November through April, they drop to deeper waters and spend the winter hibernating among rocks and crevices, moving and feeding very little. Tautog have a loyal following of sports fishermen, who appreciate the fish's fighting ability and the skill it takes to find them.

Tautog not only tastes good, they have good taste when it comes to their own diets. Their favorite haunts are steep rocky shores and other bottom surfaces well supplied with mussels, crabs, scallops and lobsters, which they graze on with tough lips and powerful mouths.

BLUEFISH

Bluefishes, one of the most popular sport fishes in New Jersey water, have few rivals when it comes to ferocity in the ocean. With their razor sharp teeth, these feisty fish are renowned for their feeding frenzies. According to fish folklore, a school of a Bluefish swam into Barnegat Inlet in 1870, terrorizing millions of bushels of menhaden, until every stream, inlet and even surrounding meadows were teeming with the frantic fish.

Bluefish range anywhere from 2 to 25 pounds. In spring and summer, they migrate from southern to northern waters to spawn. In the fall, the migration reverses. Small, young bluefish called snappers have a somewhat different taste than their elders and are excellent pan-fried.

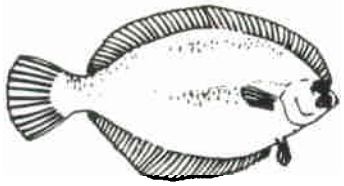
Bluefish meat is dark with a distinctive taste that's soft textured and rich in oil. Large adult bluefish have a higher oil content which can be cut by broiling or grilling them over a charcoal fire. Bluefish are also excellent for salads. Smoked bluefish paté, a real taste treat, is appearing more and more as a pricey appetizer on many restaurant menus.

COD

Cod have been the backbone of commercial fishing in the American northeast ever since the New World was discovered. Henry Hudson and John Cabot both chronicled the abundance of cod in the waters as a main attraction to explorers and settlers alike. Cod also occupied a special place in the hearts and pocketbooks of seafaring New Englanders who made their fortunes from this versatile fish. They even named an entire cape in the cod's honor and made it a main ingredient in the famous New England boiled dinner.

Cod are most common in New Jersey waters during the winter months. Some might migrate as far south as North Carolina during the coldest months, but many spend a good part of the winter off our coast. In addition to their commercial value, cod are an important sport fish for the party boat industry in winter months.

Cod is low in oil and has a very light delicate flavor. Its large white firm and flaky meat lends itself to just about every cooking form and method. Cod often show up on restaurant menus as "scrod" which actually means a small fish.

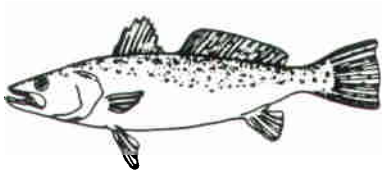


FLOUNDER

There's such a variety of these finfish, it's easy to flounder around when it comes to telling them apart. One strange, common feature that sets Flounder apart from other species, is the fact that both their eyes are on the same side of their head. Winter Flounder, Summer Flounder, Sanddabs and Yellow tail are plentiful popular varieties of Flounder found in our waters.

Winter and summer Flounder are most common to the New Jersey Coast. Winter Flounder can be found inshore during the winter and migrates out to deeper water in the summer. Summer Flounder, also known as Fluke, move inshore during the summer and retreat to deeper water during winter. Equally important to our commercial and recreational fisheries, Flounder always find a steady market in New Jersey.

Flounder offers a firm, white flesh with a delicate flavor that's low in fat and high in protein. Available fresh and frozen, Flounder fillets are popular with consumers. Broiled, baked, fried, poached or stuffed, flounder is a versatile favorite.

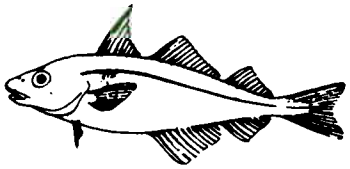


GREY SEA TROUT

One of the most popular tavern menu items during the Revolutionary War, Grey Sea Trout were so plentiful in Atlantic coastal waters, they were netted like herring until the late 1800's. By the turn of the century, Sea Trout had nearly disappeared, and didn't return in force until five decades later.

Grey sea Trout migrate in spring and summer and average 2 to 5 pounds. They're great fighters and a prime recreational fish. Also known as weakfish, because of their weak mouth muscles, Grey Sea Trout can be tough to land because their mouth muscles are easily torn by the fisherman's hook.

Grey Sea Trout is an extremely versatile fish that can be used in almost any recipe. Its flesh is lean and flaky with a unique mild flavor. The Sea Trout's compact size make it perfect for stuffing and baking.



HADDOCK

Haddock is a close relative of the Cod. One way to tell the difference between a true Cod and a Haddock are the two distinctive dark blotches called the "devil's thumbprint" that the Haddock has on its shoulders. A dark lateral sideline also helps to separate Haddock from Cod. Many fish markets sell Haddock fillets with their skin on to help make them more recognizable.

Haddock is a bottom feeder that can be found off the New Jersey coast during the winter months. Unlike Cod, Haddock seldom exceed five or six pounds, but like its popular relative, small Haddock often appear on restaurant menus under the name scrod.

Rich in protein and low in fat, haddock is a highly rated white meat fish. With its lean tender flesh, haddock is usually preferred to cod and a bit more expensive. By the way, Finnan Haddie ("Haddie" is the Scotch nickname for this fish) is the market name for smoked split, haddock fillets.

MACKEREL

The term "Holy Mackerel" actually started out as "Holy Michael." A mild dig at those who followed religious convention and ate fish on Friday. These days, the term might aptly be applied to the fish itself! Protein-packed and budget-priced, mackerel is rich in omega-3 fatty acids which seem to play a significant role in reducing serum cholesterol and heart attacks.

Atlantic Mackerel migrate in the open sea heading coastward in the warm weather and away to deeper water in the winter, when they become almost totally inactive. A staple of the spring party boat trade, mackerel is also landed commercially along the coast of New Jersey, although nearly half of the mackerel sold in the U.S. is imported from Canada.

Mackerel is nearly 20% protein, provides an abundance of vitamins and minerals and contains less than 200 calories per 3.5 ounce serving! Its meat is soft-textured and full-flavored, with a sweet distinctive taste. Mackerel's texture and moistness make it a prime candidate for grilling.

MONKFISH

Like something from an underwater nightmare, the Monkfish looks far from appetizing. With a face only a mother fish could love, its taste is exceptional. In fact, monkfish is sometimes called "poor man's lobster." Also known as anglerfish, goosefish or bellyfish, Monkfish are all mouth, head and tail. They help to feed their insatiable appetite by using a built-in fishing lure attached to the dorsal fin to attract other fish.

Monkfish can be found year-round in the Mid-Atlantic region. They prefer deep water where they can rest on the ocean bottom and feast on flounder, skate, lobster and squid. Monkfish usually average 1 to 2 feet in length and 5 pounds in weight. Originally caught as a by-catch of the scallop fishery, Monkfish was exported to Northern Italy and France. It found a market in this country when our more cosmopolitan restaurants started asking for it.

Skinned and trimmed, monkfish tail meat has the same taste, texture and color of lobster. If mixed with a little lobster, monkfish meat will actually take on its taste. This ability to carry flavor, makes Monkfish a perfect choice to combine with more expensive seafood to help cut the cost of the meal.

SEA ROBIN

The Sea Robin is a close second to monkfish for bizarre appearance and behavior. Sea Robins look almost prehistoric, with huge fan-shaped pectoral fins and a large head covered with horny plates and spines. The ornate fins actually function as "legs" that help the sea robin walk along the bottom, stirring up sand to locate food.

Sea Robins are found in abundance in New Jersey waters, especially during the summer months. They are often caught in large numbers by bay and surf anglers, who, probably based on the fish's strange looks, promptly toss them back as "trash fish."

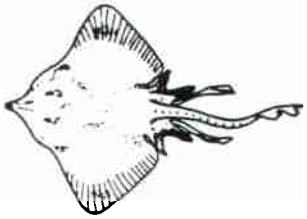
The flesh of this underutilized fish is firm, sweet-tasting and low in fat. The mild, delicate flavor makes the meat perfect for broiling with melted butter or margarine and lemon juice. In Europe, the Sea Robin is a traditional ingredient in the finest bouillabaisses.

SHARK

Get even with Jaws . . . eat shark for dinner! Consumers have swallowed this suggestion, hook, line and sinker. Commercial Shark fishing used to be a booming business in the United States because their liver oil was a major source of natural vitamin A. But as soon as synthetic vitamin A was developed, demand for Shark liver oil died off. In the past decade, four movies and a growing interest in shark as a food source have given this ferocious creature newfound fame.

Partial to warm water, many species of Shark can be found off the coast of New Jersey. Mako, Blue Shark, White Shark, Tiger Shark and hammerheads are popular game sharks for sportsmen. Bay anglers might hook a Dogfish Shark, which sometimes gets close to land in summer. All these Sharks are edible, but the Mako is considered tastiest with a flavor and texture close to swordfish.

Commonly sold as steaks or fillets, shark can be broiled, baked, fried, poached, smoked or grilled. A bonus feature is its lack of bones. Firm, white and light-flavored, shark meat is perfect for kebabs, salads, soups and gumbos. Shark is fast becoming a featured item on many restaurant menus throughout New Jersey.



SKATE

In colonial times, Skate was a fairly popular seafood on this side of the Atlantic. Today, it's a European favorite, relatively unknown to American consumers. A strangely shaped, flat fish with a long barbed tail and wing-like fins, Skate is the common North American name given to all the fish in the Rajidae family. You'll frequently find Skate marketed as "rajafish" or "raja".

Skate can be generally found in our coastal waters spring through fall. Like the Sea robin, Skate is often considered "trash fish" by unsuspecting anglers who aren't aware the skate is not only edible . . . but actually delicious! The flavor and texture of its flesh is very similar to sea scallops.

Skate feed primarily on crustaceans, which account for its flesh quality and succulent flavor. The only edible portion of Skate is the long fillets of flesh in their wings.

SWORDFISH

Swordfish has been a seafood favorite—and something of a legend since ancient times. The second part of its Latin name, *Xiphias gladius,* comes from the short sword carried by Roman soldiers. One of the sea's most magnificent creatures, Swordfish are fast, powerful fish, highly prized by anglers who enjoy a good fight.

Swordfish are offshore dwellers, frequently found in warm and temperate waters. Almost year-round, commercial long-liners and sports fishermen return to the docks from the edge of New Jersey's continental shelf with this deep-water trophy.

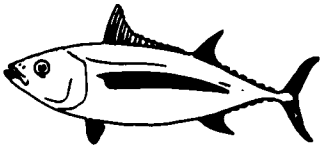
Fresh Swordfish, most commonly sold as steaks, is usually available throughout the summer and fall. High in protein, swordfish's lean firm meat is excellent grilled on the barbecue. Its distinctive delicate flavor can be enjoyed even more when you marinate the steaks in herbs and oil or baste them with a garlic butter and lemon juice and broil.

TILEFISH

In the late 1970's, this fish brought fame and fortune to Barnegat Light, New Jersey, when it became the "Tilefish Capital of the World". Tilefish have been around since 1879, when they were first discovered during a Smithsonian exploratory cruise. It wasn't until the 1960's that tilefish, caught on with the public and went on to become a major commercial and sport fish.

Spring is the peak season for tilefish off the coast of New Jersey. They inhabit deep water canyons and can be found along the edge of the continental shelf.

When tilefish first appeared on the market, its mild-flavored, tender, succulent flesh was compared to lobster. According to fish gourmets, the firm, lean meat of the tilefish rivals lobster, scallops or crab. Generally sold fresh, either whole or filleted, tilefish is tasty, versatile and well-worth trying.



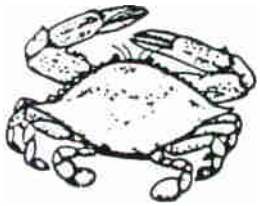
TUNA

Tuna takes the prize for seafood consumption. More than a billion cans are sold each year, and Americans buy almost one third of all the Tuna caught in the world. Taste-wise fresh Tuna bears little or no resemblance to its popular supermarket counterpart. The red flesh of fresh Tuna looks like beef, but turns white when cooked. It offers a bite to appease any meat and potatoes person. The availability of fresh Tuna in New Jersey makes it a viable replacement for canned in a variety of recipes and the flavor is far superior.

These offshore favorites frequent New Jersey waters in the spring and summer months and migrate seasonally. There are several species of Tuna including bluefin (highly prized and served raw as sushi and sashimi), skipjack and yellowfin, but albacore is by far the most valuable to the canning industry.

Fresh tuna is becoming more popular each year because of its high quality, low calories and dollar value. Often sold in steaks or fillets, fresh tuna can be baked, broiled, poached, sauteed or grilled. A close relative of mackerel, Tuna is also high in polyunsaturated fats which seem to play a significant role in reducing serum cholesterol and the risk of heart disease. With such high scores for taste and nutrition, it's easy to see why consumers are getting hooked on fresh tuna.

JERSEY SHORE SHELLFISH FACTS

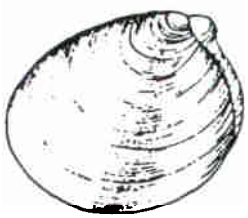


BLUE CRABS

Native to New Jersey waters, blue crabs have long been considered one of the most delectable marine creatures on the eastern seaboard. Blue Crabs are enjoyed in both the hard and soft shell stages. "Shedders" or "peelers" are really blue crabs that have recently shed their hard shells as part of the growth process. Soft shell crabs are a shore tradition and considered a delicacy by seafood lovers.

Blue Crabs spend the winter hibernating in deep waters and move into our warm, shallow waters in the spring and summer. They prefer muddy, soft bottoms where they can dig burrows and hide when they're shedding. Seasoned crabbers should know the difference between females (sooks) and males (jimmies). Females have a broad apron pattern in the bottom of their shells and bright red claw tips. Males have a rocket or lighthouse pattern on the bottom of their shells. Recreationally and commercially, the Blue Crab is one of the shore's most popular summer catches.

Not only is the crab meat very rich and sweet-tasting, it's low in calories and provides excellent high quality protein, vitamins and minerals. Most of the meat from the blue crab comes from the body. In season, Blue Crabs are plentiful and you can purchase them live in the shell, steamed in the shell, or as fresh, frozen or pasteurized meat. Be sure to keep the meat chilled until you use it!!

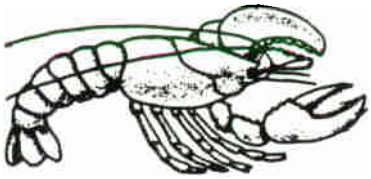


CLAMS

Look out New England!! Clams are such a big hit with New Jerseyans, the state has its own chowder recipe. An even bigger hit with the Indians, clams were used as currency. The purple part of the Hard Clam (or quahog) shell was strung into strands and belts by the Indians and used as wampum. Hard Clams, Soft Clams, Surf Clams and Ocean Quahogs are all common to New Jersey waters.

Clams congregate in dense populations called "beds". Larger species like Surf Clams and Ocean Quahogs are harvested off New Jersey's Atlantic coast. Hard and Soft Clams burrow into beds and can be found in almost any bay, cove, inlet or mud flat along the shore. Spring and summers are the most productive seasons for clamming. Be sure to check with the Department of Environmental Protection before you harvest any Clams from the wild to make sure that the area is open for clamming.

All clams are high in protein and low in fat. Clams are marketed according to size, which has a lot to do with the way that they are prepared. Hard Clams are usually sold in three sizes: littlenecks, the smallest, tenderest and most expensive are usually steamed or eaten raw on the half shell. Cherrystones can also be eaten raw or steamed, but are often used for baked clam appetizers. Chowders, the largest, toughest hard clams, usually wind up in chowders or fritters. Surf Clams and Ocean Quahogs are commercial Clams that are processed into retail products and often chopped, minced and canned. Soft-Clams called long necks have a soft, breakable shell and are most often steamed.



LOBSTER

Imagine two pound Lobsters selling for a penny each. Impossible? In colonial times, Lobsters were so plentiful that this was the going price . . . and there was still a glut on the market!!! To get rid of the unwanted wagon loads of Lobsters, they were crushed, used as feed for livestock or dumped on the fields as fertilizer. Today because of their immense popularity and over fishing, the size of the Lobster has decreased (it takes seven years for a lobster to reach one pound) while the price has steadily increased. Lobster has become a real delicacy for most of us.

Contrary to popular belief, New Jersey Lobsters are exactly the same as their counterparts from Maine. Many Lobster lovers consider New Jersey's product sweeter and better tasting. Lobsters like cold, deep waters and rocky areas. Available year-round, lobsters are more likely to be caught in New Jersey's inshore waters out to the edge of the Continental Shelf April through November.

Considered a delicacy, lobster meat is sweet and white. Many will argue that the best way to eat a Lobster is whole, either boiled or steamed, but it's a formidable task. The large muscle of the tail is the meatiest part. A tip to remember when buying whole Lobster: the Lobster should be heavy in proportion to size. If its shell is thin, it has probably just molted and won't be as meaty and flavorful as one that has had time to grow into its shell.

MUSSELS

Europeans have long-considered the blue Mussel as a delicacy. Until recently, except for the few gourmets, Mussels were under rated and somewhat neglected by American seafood consumers. In the past few years, these tasty seafood morsels have been gaining popularity and have muscled their way onto many New Jersey dinner tables.

Mussels can be found throughout New Jersey waters pretty much year round. They grow in huge colonies, crowded together, attached to pilings, rocks and sea walls. Those that grow in tidal channels covered by water twenty-four hours a day are supposed to be the tastiest.

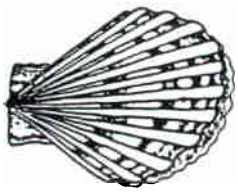
Mussels, high in flavor and nutrition, are extremely low in cost and calories. They can be prepared steamed, baked, in salads, or as appetizers. Cooked mussel meat varies in color from tan, cream or orange. Mussels should be well cleaned before cooking. Scrape off any seaweed or barnacles with a scrub brush and then rinse them with running water. Remove the byssus, or beard, they use to attach themselves to rocks, pilings, etc. by pulling it from the narrow end of the shell to the broader end.

OYSTERS

Oysters have a long, colorful history. This prized seafood delicacy was described as "the star of shellfish" by American Indians. Oysters roasted over an open fire were a staple of the Pilgrims' diet. The Oyster's reputation as an aphrodisiac dates back to Roman times, when they were consumed in massive quantities at orgies. Casanova reportedly ate 50 Oysters for breakfast every morning.

Found in brackish waters, Oysters inhabit the shallow waters of New Jersey's bays and estuaries. Oysters are harvested in winter, but can be bought and enjoyed anytime. The popular belief that you should only eat Oysters in months with the letter "R", originated because they spawn in the spring and summer and tend to be watery. Historically, the "R rule" was developed because oysters were shipped great distances. Transporting such a perishable commodity in hot weather with poor refrigeration must have been questionable practice in earlier days.

Oysters are rich in vitamins and minerals. They can be enjoyed raw on the half shell or used in a variety of recipes, fried, baked, steamed, broiled or stewed. When buying fresh oysters in the shell, make sure that they are alive by tapping the shell. It should close tightly. Fresh shucked oysters are also available in pint and quart containers.



SCALLOPS

The Scallop is the only shellfish to have its own patron saint. Saint James who wandered through Spain converting heathens until he was ordered beheaded by King Herod, wore a Scallop shell as his personal emblem. In parts of Europe, Scallops are also "St James shells" or Coquilles St Jacques.

There are over 300 varieties of Scallops. The two native to New Jersey are the Sea Scallop, which, as their name suggests, live in deep ocean waters off our coast. Bay Scallops are considerably smaller than their deep sea counterparts. They can be found in inshore bays. Calico Scallops are a relatively new commercial species from the Gulf of Mexico and the Coast of Florida.

Although the entire content of the Scallop is edible, it's the firm, meaty muscle that is marketed and most enjoyed by consumers. Deep Sea Scallops are generally larger and less expensive than the tinier, more tender Bay Scallops. An excellent protein source, Scallops are low in fat and calories and full of vitamins and minerals. Because of their delicate flavor, they are delicious broiled or sauteed, but can also be fried or baked.

SQUID

Squid is appreciated by recreational anglers as fish bait. Until recently, its only other claim to fame in this country, was its appearance as a giant monster in "20 Thousand Leagues under the Sea". Squid, also called calamari, has been a long time favorite in Mediterranean and Asian countries. There has always been a domestic market for Squid among ethnic groups but most of our catch is destined for overseas markets where its taste and versatility are better appreciated.

Squid prefer the deep waters beyond the Continental Shelf. They are normally caught offshore in New Jersey during the summer and fall. Its growing popularity with American consumers has created interest and activity in a domestic market.

About 80 percent of the Squid is edible, which is unusually high when compared to most finfish and shellfish. Its meat is firm, with a somewhat delicate flavor. It's often used in salads and in combination with other seafoods. Breaded Squid rings are rapidly becoming an American favorite.

SCALLOPS WITH LINGUINE AND SPINACH

2-3	Tablespoons olive oil
1½	cups, onion finely chopped
2	Tablespoons minced garlic
⅛	teaspoon cayenne pepper
1	cup red bell pepper, slivered
½	cup freshly squeezed lemon juice
1	Tablespoon brown sugar
1	Tablespoon lemon zest, minced
1	teaspoon salt
1	teaspoon black pepper
1	pound linguine
1	10-ounce package frozen, chopped spinach, thawed and drained
⅓	cup feta cheese, coarsely chopped
1½	pounds previously cooked scallops

Heat oil in 12 inch heavy skillet on medium-low heat until hot. Add onion, garlic, cayenne and bell pepper, cook uncovered until tender about 10 minutes. Add lemon juice, brown sugar, zest, salt and pepper; heat one minute.

While preparing onion/pepper mixture, bring a large pot of water to a boil; salt to taste. Cook pasta until tender, 8-10 minutes. About one minute before pasta is cooked, add spinach.

Drain pasta and spinach and place in a large, warm serving bowl. Add onion/pepper mixture and toss to coat. Adjust seasonings.

Add previously cooked and warmed scallops to pasta and sprinkle with feta cheese.

Serves four.

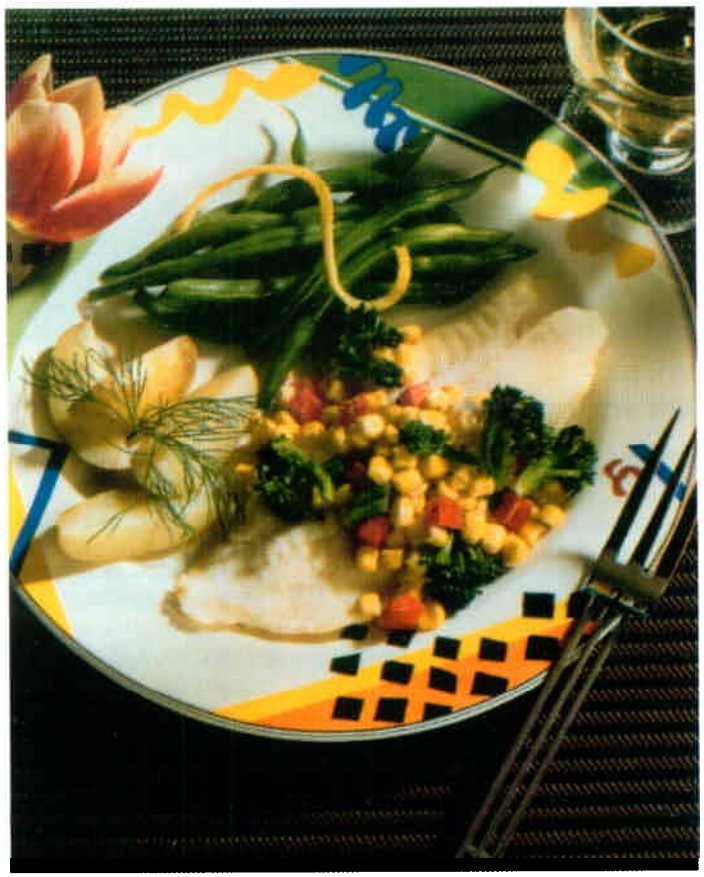
Recipe and photo compliments of The National Fisheries Institute

FISH IN FOIL

2 pounds fish fillets such as flounder, skate, cape shark, pollock
2 cups frozen corn, broccoli, sweet red pepper combination, thawed
4 teaspoons lemon and herb seasoning
2 Tablespoons plus 2 teaspoons olive oil

Arrange each fillet on an 18 × 12 inch piece of heavy-duty aluminum foil. Spoon ½ cup vegetable mixture onto each fillet. Sprinkle each with 1 teaspoon seasoning and drizzle each with 2 teaspoons oil. Fold foil edges around fillets, crimping and sealing edges securely. Transfer to a baking sheet. Bake at 450°F for about 15 minutes or until fish flakes easily when tested with a fork.

Serves four.



Recipe and photo compliments of The National Fisheries Institute

SKATE AND NOODLE CASSEROLE

12 ounces egg noodles
1 pound pan-ready skate fillets, cut into 1½ inch squares
1½ cups low fat milk
1 can (12 ounce) evaporated skim milk
1 cup chopped onion
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon hot pepper sauce
1 pound mushrooms, sliced
¼ cup butter or margarine, divided
2 Tablespoons olive oil
½ cup flour
½ cup sherry
1 cup bread crumbs or crushed buttery crackers
Finely snipped parsley for garnish

Cook noodles in boiling salted water; drain and set aside while preparing sauce.

In a three-quart sauce pan, combine milk, evaporated milk, onions, hot pepper sauce, salt and pepper. Simmer for 10 minutes, stirring occasionally. Add skate simmer 3 more minutes; remove from heat and set aside.

In a large skillet, heat three tablespoons butter and oil, then sauté mushrooms until lightly browned. Stir in flour and remove pan from heat. Using a strainer, add the poaching liquid used to cook the skate. Stir thoroughly, return skillet to heat and cook until sauce is thickened. Stir in the sherry.

In a large bowl, combine mushroom sauce with noodles, skate and onions. Transfer to a large open casserole dish or individual ovenproof au gratin dishes.

Combine one tablespoon softened or melted butter with crumbs; sprinkle over casserole. Bake uncovered at 350 degrees for 20-25 minutes or until topping is golden brown and sauce is bubbly. Garnish with parsley and serve.

Serves six.

Recipe and photo compliments of The National Fisheries Institute

SQUID MEDITERRANEAN

2	pounds cleaned, whole squid (body and tentacles)
1	Tablespoon olive oil
¾	cup finely chopped onion
1	clove garlic, minced
2	(16 ounce) cans Italian-style tomatoes, drained and chopped
3	Tablespoons sliced black olives
1	Tablespoon capers
½	teaspoon oregano
¼	teaspoon dried marjoram
⅛	teaspoon crushed red pepper

Cut body of squid into ½ inch rings and chop tentacles set aside. Heat olive oil in a large skillet; add onion and garlic. Cook until onion is tender. Add squid and remaining ingredients. Bring to a boil.

Cover, reduce heat and summer 30 minutes of until squid is tender.

Serve over a bed or rice.

Serves four.

Recipe and photo compliments of The National Fisheries Institute

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CRAB SALAD NICOISE

1	pound green beans cut into 2-inch lengths
4	medium boiling potatoes (about 1¼ pounds)
⅓	cup olive oil
¼	cup white wine vinegar
1	Tablespoon thinly sliced chives or green onion
½	teaspoon salt
¼	teaspoon pepper
6	cups torn lettuce leans
1	pound crabmeat
¼	cup small ripe black olives
1	cup cherry tomatoes, halved and seeded

Cook potatoes in boiling water 30 minutes or until tender; drain, cool 10 minutes. Cut potatoes into 1 inch chunks and place in a shallow dish.

Cook beans in boiling water 10 minutes or until tender; drain and cool 10 minutes. Add to potatoes.

Combine oil, vinegar, chives, salt and pepper in a small jar with a tight fitting lid. Shake well and ⅔ over potatoes and beans. Refrigerate, covered 2 hours or up to 24 hours, stirring occasionally.

To serve, arrange lettuce on 4 plates and spoon potato/bean mixture on top. Divide crabmeat among the plates and garnish with olives and tomatoes.

Drizzle remaining dressing on top.

Serves four.

SCALLOPS WITH PESTO SAUCE

1¼ pounds scallops
3 cups whole basil leaves, fresh
2 cloves garlic
½ cup olive oil
¾ cup Parmesan or Romano cheese, grated
½ cup pine nuts or walnuts
¼ cup butter
Black pepper to taste

Puree basil and garlic with olive oil in a food processor; gradually add the cheese. Add the nuts but do not process.

In a large frying pan, melt butter and add the scallops. Saute over medium heat until lightly browned (about 5 minutes). Do not overcook the scallops.

Sprinkle with pepper. Serve hot with pesto sauce.

Serves four.

SWORDFISH STEAK TOKAY

2 pounds swordfish steaks
⅓ cup butter
1½ Tablespoons flour
½ teaspoon salt
3 drops Tabasco sauce
¾ cup white Tokay wine
¾ cup heavy cream
1 Tablespoon lemon juice
1 teaspoon sugar
1 cup seeded, halved Tokay grapes

Brown swordfish steaks on both sides in a heavy skillet with ¼ cup of the butter. Lower heat, cover and cook gently for about 12 minutes.

Meanwhile, melt remaining butter, blend in flour, salt and Tabasco. Add wine and cream; stir over low heat until smooth and thickened. Cook about five minutes longer. Remove from heat; stir in lemon juice and sugar. Add grapes.

Remove fish to a serving plate and pour sauce over fish.

Serves six.

STUFFED FLOUNDER WITH CRABMEAT AND MUSHROOMS

4 flounder fillets
6 Tablespoons butter
⅓ cup water
2 Tablespoons diced bell pepper
½ cup fresh sliced mushrooms
1 scallion, diced
¾ pound fresh crabmeat
Pepper to taste
Lemon juice to taste
Paprika
Parsley or dill sprigs for garnish

Preheat oven to 350°F.

Melt ½ of the butter in water in a saucepan. Add the peppers, mushroom and scallion. Cook over medium heat for 2-3 minutes. Remove from heat.

Stir in crabmeat. Add pepper and lemon juice to taste.

Spoon crabmeat mixture onto each fillet and roll up fillet. Place in a greased pan. Sprinkle each roll with a pinch of paprika. Melt remaining butter and pour over stuffed fillets.

Place pan on a rack in the center of the oven and bake for 12-15 minutes.

Serves four.

BLUEFISH CAKES

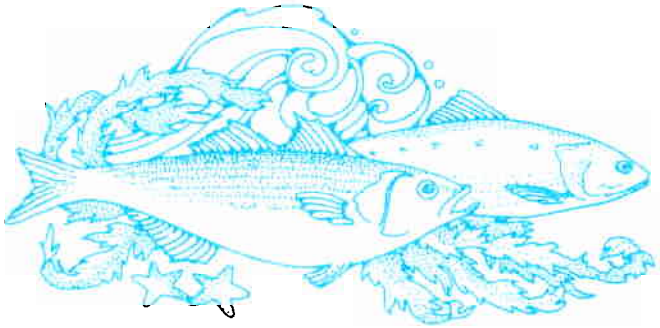
4 Tablespoons butter or margarine
4 Tablespoons flour
½ teaspoon salt (divided)
⅛ teaspoon pepper
1 cup milk
2 cups bluefish, baked and flaked
¼ cup onion, diced
¼ teaspoon dried mustard
2 Tablespoons fresh chopped parsley
1 egg
½ cup seasoned bread crumbs
2 Tablespoons milk
Oil for frying

To prepare white sauce, melt butter or margarine over low heat in a heavy saucepan. Blend in flour, ¼ teaspoon salt and pepper. Cook over low heat stirring until mixture is smooth. Remove from heat and add milk, a little at a time. Return to heat and stir constantly until thickened. Set aside to cool.

To prepare bluefish cakes, mix together bluefish, onion, ¼ teaspoon salt, mustard, parsley and a few shakes of pepper. Lightly mix in cooled white sauce. Chill in refrigerator for ½ hour.

Beat egg and 2 Tablespoons milk together. Shape bluefish mixture into four cakes of equal size. Roll in bread crumbs, dip in egg and milk mixture and roll in crumbs again. Refrigerate until ready to deep or pan fry. Fry until golden brown.

Serves four.



MACKEREL A L'ORANGE

½ cup orange juice
4 Tablespoons olive oil
8 mackerel fillets
3 teaspoons chopped parsley
4 oranges, thinly sliced
Salt & pepper to taste

Mix orange juice, olive oil, parsley, salt and pepper in a shallow dish. Marinate fillets in the mixture for one hour in the refrigerator.

Preheat broiler. Broiled fillets in a shallow pan about 6 inches from the heat sauce. Baste during the cooking process. Fillets should be slightly browned on top.

Arrange orange slices over fillets and sprinkle with a little fresh chopped parsley.

Serves four.

Photo compliments of The National Fisheries Institute

CLAMS CASINO

2	Dozen medium cherrystone clams
8	slices bacon
1	medium onion, chopped
1	green bell pepper, chopped
1	cup butter of margarine (softened)
¼	cup lemon juice
⅛	teaspoon cayenne pepper
¼	cup Italian seasoned breadcrumbs
3	Tablespoons clam juice

Open and chop clams, reserving 3 Tablespoons clam juice. (You can put clams on a baking sheet and put them in a 300°F oven until they start to open to make it easier).

Cut bacon in ½ inch pieces and fry until crisp. Drain bacon and set aside.

In the same frying pan with a thin film of bacon grease, fry onion and pepper until soft. Do not brown. Set aside.

In a bowl, combine softened butter and lemon juice until blended. Add cayenne. When bacon, onion and pepper are cool, add butter mixture. In another bowl, mix clams, breadcrumbs and juice.

Fill clams shells ½ full with clam mixture and top with one Tablespoon butter mixture. Bake at 350°F for twenty minutes or until lightly browned.

Makes twenty four clams on the half shell

New Jersey Clam Chowder

2	dozen New Jersey chowder clams (frozen, opened,and cut up)
2	(10 ¾ ounce) cans cream of asparagus soup
2½	cups sliced, precooked white potatoes or 2 (16-ounce) cans sliced white potatoes
¼	pound bacon
2	pints light cream or 2 cans evaporated milk
2	medium onion, diced
4	New Jersey tomatoes, cut-up and seeded (or 7 plum tomatoes or the equivalent in canned whole tomatoes)
¼	teaspoon pepper
1	teaspoon celery powder
2	tablespoons parsley
2	teaspoons paprika or "Old Bay" seasoning

Clam liquid, to taste

New Jersey asparagus spears for garnish

Fry bacon In soup pot until crisp; remove. Saute onion In some of the bacon fat until golden. Add cut-up clams, some clam liquor, and heat to cook clams. Add potatoes and spices and cook briefly, mixing the spices well.

Add soup, tomatoes, and cream. Simmer for 10-15 minutes, stirring often. Do not boil. Additional clam liquor can be added to taste.

Garnish with crumbled bacon and asparagus spears.

Serves 8-10

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