



## GEORGIA BLUE CRABS

**TASTE:** Tasty and tender, blue crab (*Callinectes sapidus*) is delicious when picked right from the cooked hard shell, eaten in crab cakes or in other recipes. Fried soft-shell blue crab is a highly-sought delicacy as well.

**THE FISHERY:** Blue crab is one of Georgia's largest commercial fisheries. Since 1998, it has been managed as a limited-entry fishery which means harvesters can renew or transfer their current license, but no new licenses are being issued by the state. Because there is not a large market for blue crab in Georgia, most of the crabs harvested here are transported north to the Chesapeake Bay area where there is great demand from tourists and residents.

**CATCH METHODS:** The majority of crabs are caught in baited wire mesh traps placed in rivers and estuaries, while some are harvested in trawl nets. **SEASON:** Blue crabs are harvested year round in Georgia, but the highest landings occur from late summer through fall.

**NUTRITION:** Blue crab meat is nutritious as well as delicious. A 3-ounce cooked serving has 71 calories and zero carbs. It is high in protein (15 grams or 30% of daily reference value) and very low in fat and saturated fat (both less than 1 gram and 1%). Blue crab meat is high in zinc and omega-3 fatty acids and provides 118% of daily need for vitamin B-12. However it is also high in cholesterol, so consumers who limit their dietary cholesterol should eat blue crab in moderation.

**FUN FACT:** After mating with male or "Jimmy" crabs, female blue crabs produce sponge-like masses of eggs that remain attached to their bellies until the eggs hatch. It is illegal to harvest sponge crabs because of their importance in sustaining the fishery.

## Recipes

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### CRAB CAKE BURGERS serves 4

*Recipe adapted from "Roadfood Sandwiches: Recipes and Lore from Our Favorite Shops Coast to Coast" by Jane and Michael Stern*

1 egg  
2 tablespoons chopped fresh parsley  
1 teaspoon Old Bay Seasoning  
1 teaspoon Worcestershire sauce  
1 tablespoon Dijon mustard  
1 1/2 tablespoons mayonnaise  
1 pound lump crab meat (picked over to remove shell and cartilage)  
1/4 cup fresh bread crumbs (made from 1 slice of bread)  
1 tablespoon vegetable oil  
4 sandwich rolls  
4 leaves lettuce  
4 slices tomato

In a medium bowl beat egg with parsley, Old Bay, Worcestershire, mustard and mayonnaise. Add crab and bread crumbs and fold everything together by hand. Be careful not to over mix. Form 4 cakes, handling the mixture as little as possible. Cakes can be made up to one day ahead, covered and refrigerated.

In a large skillet, heat oil over medium-high heat until it just starts to shimmer. Cook the patties until outside is golden and interior is hot, about 5 minutes per side, turning once. If desired, serve on rolls with lettuce and tomato.

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### CRAB AND CORN CHOWDER serves 6

Recipe from Jackie Ogden, UGA Extension FACS Agent

1/4 cup chopped green onion  
1 clove garlic, minced  
1/4 teaspoon cayenne  
2 tablespoons margarine  
2 cans (10 3/4 ounces) potato soup  
1 package (8 ounces) cream cheese, softened  
2 cups milk  
1 can (14.5 ounces) whole kernel corn, undrained  
6 ounces crab meat  
2 tablespoons sugar (optional)

Sauté onion, garlic and cayenne in margarine in medium saucepan over medium heat. Add soup, cream cheese, and milk; cook and stir thoroughly blended. Add corn and crab; bring to boil. Reduce heat; cover and simmer 10 minutes. Stir in sugar.

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## SEA ISLAND CRAB CASSEROLE

Recipe from Georgia Sea Grant recipe postcard series

1 pound crabmeat  
Mayonnaise  
Lemon juice  
Salt  
White pepper

Mound 1 pound crabmeat in casserole dish; handle lightly and do not pack the crab. Spread with mayonnaise. Sprinkle with lemon juice, salt, and white pepper. Top with three thin slices of lemon. Cover tightly and bake in 350° F oven for 15 to 20 minutes. Serve on luncheon plate with sliced or stuffed tomato.

## CRAB MEAT DIP

Recipe from Jackie Ogden, UGA Extension FACS Agent

1 cup crabmeat  
1/4 cup lemon or lime juice  
1 package (3 ounces) cream cheese, softened  
1/4 cup whipping cream  
2 tablespoons mayonnaise  
1 teaspoon instant minced onion  
1/8 teaspoon garlic powder  
1 teaspoon finely chopped green onion  
2 dashes cayenne  
1 teaspoon Worcestershire sauce  
1/2 teaspoon salt

Marinate crabmeat in lemon juice for 30 minutes. Blend cream cheese and whipping cream (do not whip) until smooth and creamy. Stir in remaining ingredients and mix thoroughly. Fold in marinated crabmeat. Serve with crisp vegetable dippers, crackers, or chips. Makes about 1/2 cups

## BOILED BLUE CRABS

Recipe from Southside Shellfish, Savannah, GA

Soak blue crabs in ice and water for 15 minutes before boiling.

Add water and seasoning in large pot. Taste water before heating to determine amount of seasoning and salt. Bring water to a boil and add crabs. Cook 15 minutes. Turn off heat. Let sit for 5 to 10 minutes.

## CAPTAIN CRAIG'S CRAB STEW AKA "CRABBY CRAIG"

Recipe from Southside Shellfish, Savannah, GA

1 stick of butter  
1 can evaporated milk  
1 can cream of celery soup  
1 teaspoon old bay  
1 pound fresh crab meat  
Dash of salt

Melt butter in pot, add evaporated milk and cream of

celery soup. Warm and add crab meat. Add seasoning to taste and salt.

## RUSO'S SEAFOOD DEVILED CRABS serves 8

Recipe from Russo's Seafood, Savannah, GA

2 pounds claw crabmeat  
1/2 cup onions, finely chopped  
1/4 cup bell pepper, finely chopped  
1/4 cup celery, finely chopped  
1/2 stick butter  
2 eggs, beaten  
8 real crab shells  
1 1/2 sleeves Ritz crackers  
1/4 cup ketchup  
Dash cayenne pepper  
2 tablespoons mustard  
2 tablespoons Worcestershire sauce  
2 tablespoons Johnny Harris BBQ sauce or your favorite brand  
1 tablespoon salt  
1/2 tablespoons pepper

Sauté celery, onions and bell peppers in butter until tender. Place mixture in a large, mixing bowl beat in the eggs. Add all other ingredients and mix thoroughly.

Fill 8 crab shells with the mixture; bake in a 350° F oven until brown on top.



**FOR MORE INFORMATION:** [GeorgiaSeafood.org](http://GeorgiaSeafood.org)



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## GEORGIA CLAMS

Clams harvested in Georgia are called northern quahogs or hard clams. The scientific name is *Mercenaria mercenaria*. They are sold in markets under a variety of names according to size. From the smallest to largest size, they may be called pasta clam, littleneck, topneck, cherrystone or chowder clams. Georgia clams are available year-round. The price per clam generally decreases as the clam size increases. A general rule of thumb is the larger the clam, the tougher the meat.

Littlenecks and topnecks can be used in a variety of recipes, eaten raw or eaten as a steamed product. Cherrystones may be used for steamers, stuffed or fried clams, while chowders are used in soups. Chowders are generally too tough to eat raw, so they are mainly used as a minced clam product or for making chowder. The easiest way to open large clams is by freezing them for 24 hours.

When buying clams, look for shellfish tags on sacks or containers. These tags (which list the harvester or dealer certification number, harvest area and date) signify that the clams have been harvested and handled according to national and state shellfish safety standards.

Clams are usually purchased live in the shell and must be refrigerated. They can be kept for several days to weeks or can be frozen. Live clams should not be stored on ice or in an air-tight container while refrigerated, but held in a bowl. Clams with broken or cracked shells should be discarded. If shells are open and do not close when lightly tapped, then the clam is dead and should not be eaten. If the shells close, the clam is still alive and okay to eat.

In addition to being delicious, clams are a low fat/ high protein food and naturally low in carbohydrates. A cooked 3-oz serving (about 12 small) has 110 calories, 1.5 grams fat, 17 grams protein, and only 6 grams carbs. Clams are also a good source of iron, zinc and omega-3 fatty acids and have six times the recommended daily intake of vitamin B-12.

## Recipes

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### STEAMED CLAMS

Scrub littlenecks and topnecks with brush to remove sand, mud or surface dirt. Cover bottom of deep pot with clams. Add water to level of clams (about 1 cup) and cover pot with a lid that fits tightly. Place on low heat and cook until shells open, about 10–15 minutes. Remove from heat as soon as they open. Clams get tougher the longer they cook. Allow to cool for 1 minute. Remove clams from shell with fork and eat or dip in butter, garlic butter or favorite dip.

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### CLAMS OREGANATE 1 main dish or 3 appetizers

*Recipe from The Encyclopedia of Fish Cookery*

12 littlenecks  
6 garlic cloves, pureed or minced  
1 tablespoon dried oregano  
2 tablespoons minced fresh parsley  
1/2 cup fine dry bread crumbs  
1 tablespoon olive oil

Open clams, leaving each one on the half shell. Arrange in a shallow pan. Mix garlic, herbs and crumbs, and divide among the clams. Dribble a few drops of olive oil on each clam. Bake in a preheated 400°F oven for 8 to 10 minutes, or in a broiler until brown.

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### ROASTED CLAMS

*Recipe from Shellfish Recipes of the Shore*

8 littlenecks or topnecks per person  
butter, melted  
Lemon juice

Preheat oven to 450°F. Wash clams and place in shallow baking pan. Bake for 15 minutes or until shells open. Serve in shell with butter spiked with lemon juice.

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### WHITE CLAM SAUCE serves 4

*Recipe from Shellfish Recipes of the Shore*

36 topnecks or cherrystones  
2 sticks butter or margarine  
4 gloves of garlic, minced  
1 cup parsley

Wash clams and place in deep pot with 1/4 cup water. Cover and bring to boil. Simmer for 10–15 minutes until shell opens. Stir once so upper clams get to bottom. Remove clams and chop. Save 1 cup of broth. In saucepan, melt butter and add garlic and parsley. Then add chopped clams and broth. Heat until just hot. (Further cooking will toughen clams). Serve over spaghetti.

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## SPAGHETTI WITH CLAM SAUCE serves 4

*Recipes from Alan Hart of Valona*

1 1/2 cup minced cherrystones or topnecks  
1/4 pound butter, one stick  
1/3 cup olive oil  
1/2 teaspoon fresh ground pepper  
1 teaspoon oregano  
2 tablespoons basil  
3 garlic gloves  
1 cup clam juice  
salt to taste  
1 pound spaghetti  
1/3 cup grated parmesan cheese  
3 tablespoons parsley

Melt butter in a skillet and add olive oil, pepper, oregano, basil, garlic, clams and clam juice. Simmer for 30 minutes. Add salt to taste. Warm a large bowl while this is cooking. Drain spaghetti and place in warmed bowl and pour the clam sauce over it. Toss with the cheese and parsley and serve immediately.

## FRIED CLAM STRIPS serves 4

*Recipes from Alan Hart of Valona*

12-24 cherrystone clams  
2 eggs  
1/4 cup milk  
2 cups Italian bread crumbs  
2 or 3 cups vegetable oil

Open clams and cut into strips. Beat eggs and milk together in a bowl. Put bread crumbs in a separate bowl. Heat oil to 375°F. Dip clam strips in egg and milk, then in bread crumbs. Cook in oil until light brown. Serve with tartar sauce or lemon juice.

## CLAM CHOWDER serves 6 to 8

*Recipe from The Encyclopedia of Fish Cookery*

4 dozen chowders  
5 cups cold water  
2 inch cube of salt pork, diced  
1 large onion chopped fine  
4 medium-size potatoes, diced  
salt and pepper  
2 cups milk, hot  
1 1/2 cups heavy cream, hot

Wash clams thoroughly. Place in bottom of deep pan with 5 cups of cold water. Bring to boil, then reduce heat and simmer just until the shells open. Strain the broth through cheesecloth and save. Remove the clams from their shells and chop into small pieces. Combine the salt pork and onion in a saucepan, and cook gently over low heat for about 3 minutes; do not brown. Add broth and the potatoes. Add salt and pepper to taste. Cook until potatoes are tender. Add clams. Remove from heat and slowly add heated milk and cream. Serve immediately.

## QUICK AND EASY CLAM AND SPAGHETTI

serves 4

*Recipe from Shellfish Recipes of the Shore*

36 littlenecks or topnecks  
1 32 oz jar of favorite spaghetti sauce

Scrub clams and place in large shallow pan. Pour sauce over clams and cover pan with aluminum foil. Cook 20 minutes. Spoon over spaghetti shell and all.

## CLAM FRITTERS serves 4

*Recipe from The Good Housekeeping Cookbook*

1 cup all-purpose flour  
1 1/2 teaspoons double-acting baking powder  
1 teaspoon sugar  
2 dozen cherrystones  
2 eggs  
1 teaspoon grated onion  
Salad oil

In medium bowl, combine flour with baking powder, sugar and salt. Shuck clams keeping 1/2 cup clam liquid; coarsely chop clams (should yield about 1 1/4 cups). In second bowl, combine clams, eggs, onion and clam liquid; beat with fork until mixed. Stir clam mixture into flour mixture until both are well mixed. In 12-inch skillet over medium heat, in 1 tablespoon hot salad oil, drop some clam mixture by teaspoonfuls. Cook several fritters at a time until golden on both sides turning only once. Place on warm platter and keep warm while cooking remaining fritters. Add more salad oil to skillet as needed.



**FOR MORE INFORMATION:** [GeorgiaSeafood.org](http://GeorgiaSeafood.org)



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## GEORGIA OYSTERS

**TASTE:** The Georgia oyster (*Crassostrea virginicus*) is famous for its briny yet sweet taste. Once you've tasted one, other oysters pale in comparison. These delectable creatures hold a unique place in our state's history, but seem to be our current best-kept secret.

**HABITAT:** The world renowned estuaries along the Georgia coast, composed of nutrient-rich marsh, create the perfect environment for cultivation. Our oysters grow in clean waters that meet standards set by the National Shellfish Sanitation Program, as verified by the Georgia Department of Natural Resources.

**SEASON:** Oysters can be harvested commercially and recreationally only from approved waters October through May. For added safety and quality, Georgia oystermen delay harvest June through September when spawning oysters lose their plumpness and hot weather encourages higher levels of naturally occurring bacteria in coastal waters. Wild Georgia oysters grow clustered together – a perfect match for oyster roasts.

**NUTRITION:** Oysters are low in fat and carbohydrates. A 3-oz cooked serving (about 12 medium) contains 90 calories, 3 grams or 4% of the daily value (DV) of fat and only 5 grams (2% DV) of carbs. In addition, oysters are a source of iron (44% DV) and an extraordinary source of Zinc and Vitamin B-12, yielding 600% DV in one serving! One serving also provides 530 mg of omega-3 fatty acids. (Health organizations suggest an intake of at least 250 to 500 mg per day to prevent heart attacks and strokes). However, oysters also contain 65 mg/22% DV cholesterol, so people who need to limit their dietary cholesterol should consume oysters in moderation. (Percent daily values are based on a 2,000 calorie diet.)

**THE HATCHERY:** Our Shellfish Research Lab is collaborating with Georgia oystermen to cultivate single oysters which are larger, more attractive and desirable for the half-shell market, mainly in restaurants. In addition, we opened an oyster hatchery in 2015 which will enable Georgia oystermen to produce more single oysters and compete with other Southeastern states.

## Recipes

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### OYSTERS SUNBURY serves 6

*Recipe from Jackie Ogden, UGA Extension FACS Agent*

1 dozen oysters on half shell  
Salt and pepper  
6 teaspoons horseradish  
1 cup cracker crumbs mixed with 1 tablespoon melted butter

Sprinkle oysters with salt and pepper. Spread 1/2 teaspoon horseradish over each oyster then top with layer of crumbs and butter mix. Broil 5 minutes or until browned.

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### OYSTER-ONION SHORTBREAD

1 main dish 3 appetizers

*Recipe from Mississippi Oyster Recipes, developed by MS State University and MS Dept. of Marine Resources, 2004*

1 can creamed corn  
1/2 cup milk  
1 package "Jiffy" brand corn muffin mix  
1 egg slightly beaten  
Tabasco or other hot sauce, to taste  
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5 tablespoons butter or margarine  
1 small onion, chopped  
12-15 well-drained oysters  
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8 oz. sour cream  
1/2 teaspoon dill weed  
1/4 teaspoon salt  
8 oz. grated sharp cheddar cheese

Combine first five ingredients. Put in buttered 10" iron or ovenproof skillet. In another, pan sauté onions in butter until tender and add oysters. Simmer until edges curl. Drain well. Mix sour cream, dill, salt, and 1/2 of cheese in medium bowl; fold in sautéed oysters and onions into sour cream/cheese mixture. Spoon this on top of the mixture in the skillet. Bake at 435° F for 30-45 minutes. Let stand for 5-10 minutes, then serve hot.

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### OYSTER AND TOMATO CASSEROLE

*Recipe from Georgia Sea Grant "Seafood is Special" extension bulletin, 1979*

1/4 lb. butter (1 stick), melted in pan  
1 onion, finely chopped  
1 clove garlic, pressed  
1/2 cup finely chopped celery  
1 heaping teaspoon flour  
1 can tomatoes (11 oz.), drained and chopped  
Salt and pepper to taste  
3 tablespoons Worcestershire sauce  
1 med. can sliced mushrooms, drained  
1 qt. shucked oysters, drained  
1/2 cup bread crumbs

Sauté onion, garlic, and celery in melted butter. Blend in flour and stir in tomatoes. Add salt, pepper to taste, then Worcestershire, mushrooms and drained oysters. Pour into casserole dish, top with bread crumbs, dot with butter and bake at 350°F until hot and bubbly. Serve with hot, fluffy rice.

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## OYSTER STEW makes about 6 cups

Recipe from Georgia Sea Grant "Seafood is Special" extension bulletin, 1979

1 pt. shucked raw oysters  
1 quart milk  
2 tablespoons butter  
dash hot sauce  
salt and pepper to taste

Pour oysters and juice into a 2-quart saucepan. Cook over medium heat until oysters plump and edges curl. Add milk and butter, season, and heat through, but do not boil.

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## OYSTER STEW VARIATION makes about 6 cups

Recipe from Georgia Sea Grant "Seafood is Special" extension bulletin, 1979

3 tablespoons butter  
1 tablespoon flour  
salt and pepper to taste  
1 quart milk  
1 pt. shucked raw oysters with juice  
chopped chives or chopped celery leaves

Melt butter in 2-quart saucepan, add flour and cook until frothy. Add seasoning to taste. Blend in milk and heat mixture through, but do not boil. Add oysters and juice and cook gently until edges curl. Serve topped with chives or celery leaves.

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## OVEN ROASTED OYSTERS Serves 3-4 as main dish and 6-8 if oysters are served with other food

Recipe from UGA Marine Educator John Crawford

1 bushel clumped oysters  
Newspapers (on which to drain washed oysters)  
Large cooking pan  
Cocktail sauce or other dipping sauce of your choice  
Bucket (optional, for spent oyster shells)

Buy local oysters or harvest from an approved recreational site. Locations to legally harvest oysters are on the Georgia Department of Natural Resources webpage.

Thoroughly wash oysters with potable or tap water to remove mud; place on newspapers to drain. Pre-heat oven to 450°F. Mound as many oysters as will fit on baking pan. Bake for 10-15 minutes or until oyster shells pop open. Shells that do not open may still be raw. Return to oven until they open. Serve with sauces.



**FOR MORE INFORMATION:** [GeorgiaSeafood.org](http://GeorgiaSeafood.org)

If your immune system is weakened from chronic medical conditions or treatments, please visit **SafeOysters.org** before eating raw oysters.



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Vermilion Snapper

## GEORGIA FISH

**COMMERCIAL SPECIES:** Fishermen harvest a variety of saltwater species, but overall, finfish make up a small percentage of Georgia's commercial landings. State and federal regulations strictly control amount of fish annually harvested to ensure populations remain sustainable. In addition, Georgia's short coast, distance to offshore fishing grounds, costs associated with finfish operations and/or more lucrative out-of-state markets limit availability of Georgia saltwater fish to local consumers. A common species found in coastal markets is southern kingfish (locally known as whiting), typically harvested as bycatch in shrimp trawls. Other inshore (within 3 miles of coast) species found locally include croaker, flounder, or mullet. While limited in quantity, offshore (3 to 200 miles) species such as amberjack, barracuda, grouper (black, gag, or red), snapper (red or vermilion), black sea bass, tilefish, and triggerfish may occasionally be available, depending on season and current regulations.

**CATCH METHODS:** Hook and line, trap (black sea bass only), spear, longline gill net (shad only).

**RECREATIONAL HARVEST:** To catch saltwater fish for sport and/or to eat, you must buy a fishing license (except if under age 16) and obtain a free saltwater information program permit from the GA Dept. of Natural Resources ([coastalgadnr.org](http://coastalgadnr.org)). Be sure your catch is safe to eat by following harvest area and cooking recommendations in the most recent edition of Guidelines for Eating Fish from Georgia Waters (updated annually).

**NUTRITION:** Finfish have zero carbohydrates, are low in sodium, high in protein, and are lower in fat than beef, pork (except loin), skin-on chicken and even egg. They contain polyunsaturated fat and omega-3 fatty acids that lower the risk of heart disease and strokes and most are low in saturated fat (which raises blood cholesterol levels). Cook fish without frying or adding saturated fat like cheese, butter, or cream to maintain this beneficial balance of nutrients. Health organizations recommended eating 2 to 3 servings of seafood each week.

**NOTEWORTHY:** Visit [FishWatch.gov](http://FishWatch.gov) for information on sustainability, species, nutrition and health, and recipes.

## Recipes

### HERB ROASTED TILEFISH serves 2-4

*Recipe from FishWatch.gov*

4 golden tilefish fillets (scaled and cleaned)  
Sea salt as needed  
Fresh cracked black pepper  
1 teaspoon fresh chives, minced  
1 teaspoon fresh rosemary, minced  
1 ounce lemon oil

Pre-heat oven to 400° F. Season fish by rubbing a little lemon oil all over the flesh and skin. Next, season with herbs, black pepper and sea salt. Place on a sheet pan, skin side down, and roast in 400° F oven for about 12-15 minutes or until fish is opaque and flakes easily when tested with a fork.

### FISH TACOS serves 4

1 tablespoon olive oil  
1/2 cup chopped red onion  
1 pound mild white fish fillets  
1 teaspoon ground cumin  
1/2 teaspoon salt; 1/4 teaspoon pepper  
Juice of 1 lime  
8 (6-inch) flour or corn tortillas, warmed  
Shredded cabbage, chopped fresh tomato, sour cream, salsa

In a medium skillet, heat olive oil over medium heat and sauté onion until soft. Transfer onions to small plate or bowl; set aside. In the same skillet, begin sautéing fish. As it cooks, break into chunks and add cumin, salt and pepper. Cook until opaque. Remove from heat, pour lime juice over fish and taste for seasoning. Divide fish and onion (be sure to scrape up browned bits). Divide among 8 tortillas. Top with shredded cabbage, tomato, salsa, and garnish with sour cream, if desired.

### VEGETABLE FISH CHOWDER serves 4-6

*Recipe from Delaware Sea Grant*

1 tablespoon vegetable oil  
1 medium onion, chopped  
2 each, medium carrots and celery stalks, chopped  
2 medium potatoes, peeled and cubed  
2 1/2 cups water  
1 bay leaf  
1/2 teaspoon thyme  
1/2 teaspoon dill  
1 1/2 pounds firm white fish fillets cut into bite-sized chunks  
1 can (12 ounces) evaporated skim milk  
Pepper to taste

Heat oil in 4-quart saucepan and sauté onion about 5 minutes. Add carrots, celery, potatoes, water, and herbs. Cover and gently simmer until vegetables are just tender, about 15 minutes. Add fish and simmer about 5-10

minutes more, until fish is just cooked. Stir in evaporated skim milk and heat to serving temperature; do not boil. Add salt, if desired, and pepper to taste.

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## SPANISH STYLE SEA BASS serves 6-8

*Adapted from a recipe provided by Delaware Sea Grant*

2 pounds sea bass, fresh or frozen, fillets or steaks  
2 medium tomatoes, thinly sliced  
1/2 small cucumber, thinly sliced  
1/4 cup onion, chopped  
1/4 green pepper, chopped  
1 clove garlic, minced  
2 tablespoons butter or margarine  
2 tablespoons fresh parsley, chopped  
1 tablespoon white wine  
2 tablespoons lemon juice  
1/2 teaspoon marjoram

Thaw fish if frozen. Place fillets or steaks in greased baking dish. Arrange tomato and cucumber slices on top. In a saucepan, cook onion, green pepper, and minced garlic in butter or margarine until onion is tender, but not brown. Remove from heat. Stir in parsley, wine, lemon juice, and marjoram. Spoon over fish. Bake in 375° F oven for about 25 minutes or until fish flakes easily when tested with a fork. Serve with rice.

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## FISH FLORENTINE serves 4

1 pound firm white fish fillets, cut into 4 pieces if large  
1 tablespoon olive oil  
2 cloves garlic, minced  
1 teaspoon salt  
1 small onion, diced  
1 (10-ounce) bag pre-washed baby spinach  
1 tomato, diced

In a large, well-oiled skillet, cook fish for 3-5 minutes per side, or until just opaque and beginning to flake. Remove to a plate and cover in foil to keep warm.

In the same skillet, sauté onion and garlic until softened, but not browned. Add spinach to pan and sauté until leaves begin to wilt, tossing for even cooking. Return fish to pan. Sprinkle with diced tomato and season with salt and pepper, if desired. Serve warm.

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## TERIYAKI FISH KABOBS serves 2-4

*Recipe from Georgia Sea Grant, "Seafood is Special" extension bulletin, 1979*

1/2 cup soy sauce  
1/4 cup olive or canola oil  
2 cloves garlic, minced  
1/4 cup sherry  
3 tablespoons grated fresh ginger or grated orange rind  
1 pound firm-fleshed fish fillets or steaks, cut into 1-inch cubes  
Sesame seeds

Mix all ingredients except fish and sesame seeds. Add fish cubes and refrigerate, marinating for 2 hours. Remove from marinade and thread onto skewers. Broil 4 inches from heat for 8 to 10 minutes, turning twice. Just before fish is done, press skewers into flat tray sprinkled with sesame seeds, turning to evenly coat. Return to grill until seeds are lightly browned.

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## FISHERMAN'S STEW makes 6 cups

*Recipe from Georgia Sea Grant, "Seafood is Special" extension bulletin, 1979*

1 pound fresh or frozen fish fillets  
1 tablespoon olive or vegetable oil  
1 cup chopped onion  
1 clove garlic, minced or pressed  
1 can (14.5 ounces) tomatoes, chopped  
1 1/2 cups water  
1 bay leaf  
1/2 teaspoon basil  
1/2 teaspoon thyme  
1/2 teaspoon salt  
Cayenne pepper to taste  
1 tablespoon fresh parsley, chopped, for garnish

Thaw fillets, if frozen, and cut into 1 inch cubes. Sauté onion and garlic in saucepan until soft but not brown. Add tomatoes, water and herbs. Bring to boil, then simmer 10 minutes to mingle flavors. Add fish and cook for 10 minutes or until fish flakes easily. Garnish with parsley.



Black sea bass (middle) and gray triggerfish

**FOR MORE INFORMATION:** [GeorgiaSeafood.org](http://GeorgiaSeafood.org)



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## WILD GEORGIA SHRIMP

**TASTE:** Georgia shrimp are succulent and nutritious. Our white shrimp (*Litopenaeus setiferus*) is popular with chefs and gourmands because of its mild taste and delicate texture. The lesser-known brown shrimp (*Farfantepenaeus aztecus*) are smaller and sweeter; locals call them “brownies.” Shrimp is the most popular seafood in the United States, with an annual per capita consumption of about four pounds.

**CATCH METHOD:** Shrimp is harvested from Georgia waters within three miles of the coast and federal waters (three to 200 miles from shore). All commercial harvesters in the United States must use certified Bycatch Reduction Devices (BRDs) and Turtle Excluder Devices (TEDs) to minimize catching unintended fish and safely eject turtles who happen to swim into shrimp trawls.

**SEASON:** While harvesting is allowed year-round in federal waters, our state’s food shrimp season begins when the Georgia Department of Natural Resources (DNR) determines that adult shrimp size and abundance is sustainable, usually in mid-June. Georgia’s shrimp season automatically closes December 31, unless extended by the DNR Commissioner.

**NUTRITION:** Shrimp is wonderfully high in protein yet low in fat and carbohydrates. A 3-oz cooked serving contains 100 calories, 21 grams or 42% of the daily value (DV) for protein, 1.5 grams (2% DV) of fat, and only 1 gram (0.5% DV) of carbs. In addition, shrimp is high in Vitamin B-12 (59% DV) and contains 235 mg of omega-3 fatty acids per serving. (Health organizations suggest an intake of at least 250 to 500 mg omega-3s per day to prevent heart attacks and strokes.) However, it contains 170 mg/57% DV cholesterol, so people who limit their dietary cholesterol should consume shrimp in moderation. (Percent daily values are based on a 2,000 calorie/day diet.)

**FUN FACT:** The original TED was invented by a Georgia shrimper, Sinkey Boone, in 1968. He also created the amazing Big Boy TED, the most recent TED to receive national certification.

## Recipes

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### STEAMED WILD GEORGIA SHRIMP serves 2-4

*Recipe from Jackie Ogden, UGA Extension FACS Agent*

- 1/2 cup vinegar or water
- 1/2 cup water
- 2 tablespoons OLD BAY Seasoning
- 1 pound wild Georgia shrimp (with or without shells)

Bring vinegar, water and Old Bay to a boil in a medium saucepan on medium heat. Gently stir in wild Georgia shrimp, cover. Steam 2 to 3 minutes or until shrimp turn pink. Drain.

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### GARLIC GRILLED SHRIMP serves 6

*Recipe from Jackie Ogden, UGA Extension FACS Agent*

- 2 pounds large peeled and deveined wild Georgia shrimp
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1 tablespoon Worcestershire sauce
- 1 tablespoon lemon juice
- 2 tablespoons chopped parsley
- 3 tablespoons butter or margarine, melted

Place Wild Georgia Shrimp in bowl; combine remaining ingredients; pour over shrimp and marinate in refrigerator for 3 hours. Blot shrimp on paper towel; place shrimp on grill or thread on metal/bamboo skewers. Preheat gas grill or griddle. On gas grill cook with cover down on medium setting. Shrimp size will determine cooking time. Recommend 2-4 minutes on each side or until pink/done.

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### MACARONI SHRIMP SALAD serves 6 to 8

*Recipe from Jackie Ogden, UGA Extension FACS Agent*

- 1 package (8 ounces) shell macaroni
- 1 cup chopped celery
- 1/2 cup chopped green pepper
- 1/4 cup chopped pimento
- 3/4 pound deveined cooked Wild Georgia Shrimp
- 1/2 cup light mayonnaise
- 1 tablespoon lemon juice
- 1/2 cup sour cream
- 1 3/4 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 cup snipped parsley

Cook macaroni according to package directions; drain and rinse in cold water. Combine cold macaroni with celery, green pepper, pimento, and Wild Georgia Shrimp. Blend mayonnaise, lemon juice, sour cream, salt and pepper; add to macaroni mixture, mixing well. Chill several hours. Just before serving, sprinkle with parsley.

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**PICKLED SHRIMP** Serves 3 as entree and 6 as appetizer  
Recipe from UGA Marine Educator John Crawford Recipe from Georgia Sea Grant "Seafood is Special" extension bulletin, 1979

1 ½ lbs. wild Georgia shrimp  
2 qts. boiling water  
Bouquet garni made with ½ cup chopped celery leaves and ¼ cup whole mixed pickling spices tied in a piece of cheese cloth  
1 ½ teaspoons salt  
¼ teaspoon Tabasco sauce (optional)  
2 cups thinly sliced onions  
1 ½ cups thinly sliced onions  
1 ½ cups white vinegar  
1 ½ cups olive oil  
5 crumbled bay leaves  
¼ cup chopped pimento  
2 tablespoons capers with juice  
1 ½ teaspoons celery seed

Thaw shrimp, if frozen. Shell and devein shrimp then rinse with cold water. Boil water with bouquet garni for 5 minutes to allow flavors to mingle. Add shrimp, reduce to a simmer, and heat 2-3 minutes. Drain at once. Combine remaining ingredients in large bowl. Add shrimp and mix well. Cover and chill for about 6 hours. Can be drained and served with picks as an appetizer or served on salad greens as an entrée.

**SHRIMP CURRY** serves 4  
Recipe from Georgia Sea Grant "Seafood is Special" extension bulletin, 1979

For the Sauce:

4 tablespoons butter  
1 large onion, chopped  
1 apple, quartered, cored and chopped  
2-3 teaspoons curry powder  
4 tablespoons flour  
2 teaspoons salt  
1 cup tomato juice  
1 cup water

Heat butter in skillet and sauté onion and apple until soft. Stir in curry powder and cook, stirring constantly, for 1 minute. Sprinkle in flour and stir to blend. Add salt, tomato juice and water. Bring to a boil, then simmer, covered for 5 minutes. Cool, if you plan to freeze. Can be kept frozen, up to 1 week.

To serve:

1 ½ lbs. cooked, shelled, and deveined shrimp  
2 cucumbers, pared, halved, seeded, and sliced ¼-inch thick  
½ cup plain yogurt  
(optional condiments) Chopped green onions, coconut chips, salted peanuts, chopped raisins, mandarin orange sections, chutney or chopped radishes

Defrost sauce, if frozen. Heat slowly in large saucepan. Add shrimp and cucumber; heat, stirring often, until hot and cucumbers just tender. Stir in yogurt. Serve with rice and a selection of the optional condiments of your choice.

**CURRIED SHRIMP SPREAD** serves 4 as appetizer  
Recipe from Georgia Sea Grant "Seafood is Special" extension bulletin, 1979

1 cup steamed or boiled Wild Georgia shrimp  
8-oz. cream cheese  
1 tablespoon curry or to taste  
½ cup sour cream  
¼ teaspoon garlic powder

Blend ingredients together in a food processor. While at room temperature, stuff shrimp mixture into hollowed cherry tomatoes, celery sections or spread on other fresh vegetables. Then refrigerate to let spread set.

**SHRIMP REMOULADE** serves 4  
Recipe from Georgia Sea Grant "Seafood is Special" extension bulletin, 1979

½ cup olive or peanut oil  
½ cup chopped green onions  
⅓ cup mustard with horseradish  
⅓ cup tarragon vinegar  
2 tablespoons catsup  
2 ½ tablespoons paprika  
1 teaspoon salt  
¾ teaspoon cayenne pepper (or to taste)  
2 cloves finely minced garlic.  
2 lbs. wild Georgia shrimp

Combine all ingredients except shrimp and shake well. Allow to stand for hour or so to mingle flavors. Clean, cook, and chill 2 pounds of wild Georgia shrimp. Marinate shrimp in sauce for several hours in refrigerator. Serve on Bibb lettuce leaves.



**FOR MORE INFORMATION:** [GeorgiaSeafood.org](http://GeorgiaSeafood.org)



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