

A blue fishing net is spread out on a weathered wooden surface. In the foreground, a large crab with a greenish-brown shell and blue-tipped claws is positioned. The net is made of blue twine and has several wooden floats attached. The wooden surface shows signs of age and use, with some knots and grain patterns visible.

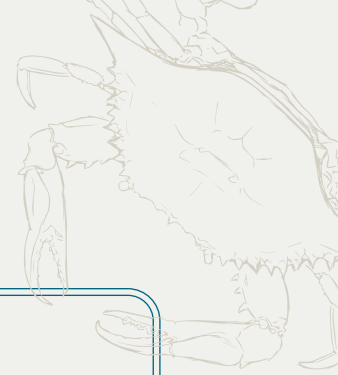
PRIDE *in*
GLYNN COUNTY

SEAFOOD COOKBOOK

RECIPES, STORIES, &

VOL. 4

FACTS ABOUT FOOD



***PRIDE* in**
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ACKNOWLEDGMENTS

This cookbook was developed by University of Georgia Marine Extension and Georgia Sea Grant in collaboration with the Rebuild Glynn County Community Development Corporation, Emory University Rollins School of Public Health, and members of the coastal community. It is designed to be used as a resource for those interested in fish caught locally in Glynn County, Georgia.

We want to thank the many fishers, crabbers, shrimpers, and seafood lovers who have called Glynn County home for generations and who continue to celebrate our rich and diverse culture, especially through food.

Created by: Members of the Glynn County Community

Compiled by: Kimberly Andrews, Abbey Crossman

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Support provided by: Honeywell

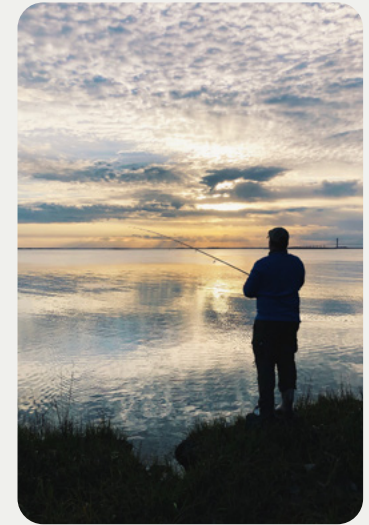
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Visit UGA Marine Extension and Georgia Sea Grant's website for more information on Georgia seafood and to access previous versions of the *Pride in Glynn County Seafood Cookbook*.



INTRODUCTION

People in the Brunswick area love to eat a great seafood dish, and they love talking about it too! In Glynn County, we are fortunate to be surrounded by expansive salt marshes that support a variety of marine life. Fishing has long been at the heart of our community's history and culture, and enjoying the catch is still celebrated today by local chefs, at festivals and markets, and around the table at family gatherings and church fish dinners.



We invite you to explore the recipes found in our *Pride in Glynn County Seafood Cookbook* and try new ways to enjoy fresh, local seafood. Recipes are provided by some of our favorite local cooks. Some make their living in the kitchen, while others cook simply for the joy of it.

To make the most of a healthy seafood diet, it's important to know which species can be eaten often and which should be limited or avoided. The Georgia Department of Natural Resources Environmental Protection Division produces seafood consumption guidelines to help you make informed choices about which species can be eaten frequently, and which should be consumed less often or not at all. Maps and tables based on state advisories for Glynn County are included in the back of this cookbook.

Brunswick has a strong industrial past, and manufacturing activities have affected the marsh environment and the resident species of fish and crabs. For more than two decades, the U.S. Environmental Protection Agency and the State of Georgia have been working to address these impacts. Thanks to these efforts and continued seafood monitoring, we can enjoy local seafood with confidence.

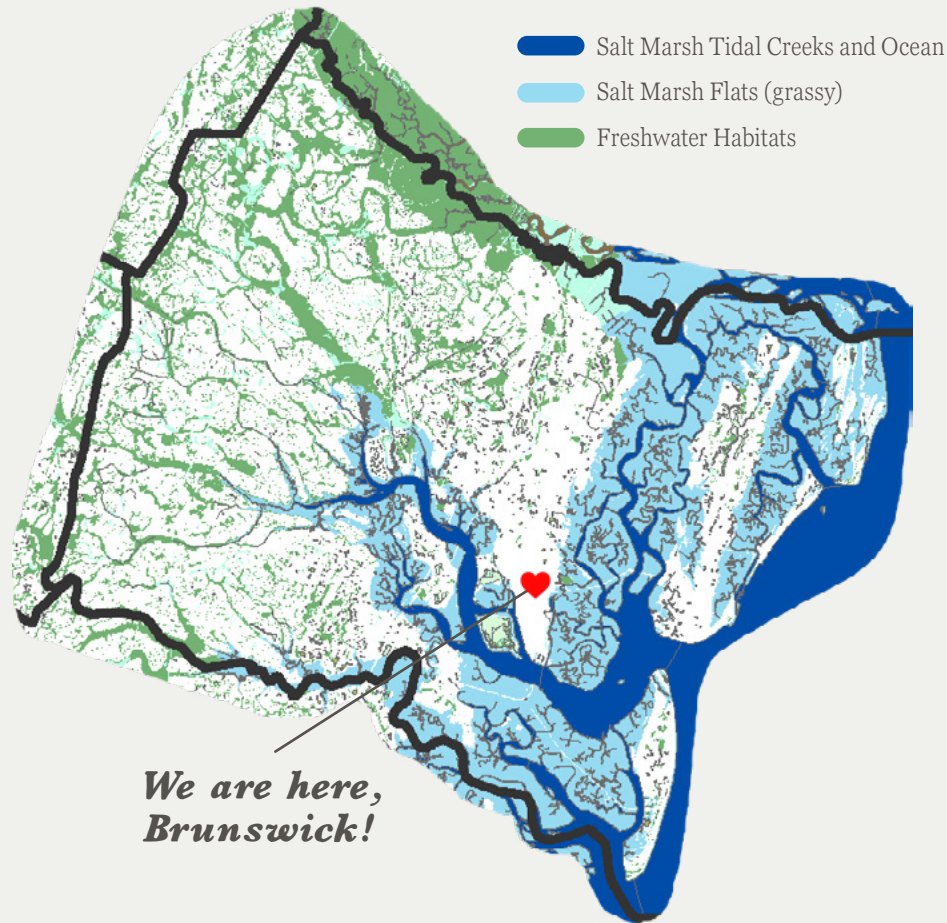
For the latest guidelines on seafood consumption, scan the QR code:



OUR MARSH

Almost 30% of Glynn County is water – freshwater, marsh, and ocean! Tidal salt marshes are located on the east coast of the U.S. between barrier islands and the mainland, where fresh and saltwater mix. Marshes are important for protecting coastal communities from flooding and storms. They buffer wave energy and reduce erosion along the shoreline, acting as natural “speed bumps” that help safeguard inland areas.

Twice a day, water rushes in and out of the marsh. The Georgia coast is located near the center of the South Atlantic Bight, a broad, gradual curve in the eastern coastline that extends from North Carolina to Florida. The shape of the coastline, combined with the gentle slope of the continental shelf and shallow coastal waters, contributes to the 6- to 9-foot tidal range that defines our region.



OUR SEAFOOD

Georgia’s salt marshes are nature’s nurseries. They create a place for fish to eat and reproduce, and protect young fish from predators. These unique ecosystems attract abundant fish and wildlife populations year-round, provide scenic beauty, and sustain popular seafood, such as fish, crab, and shrimp.

Many of the species found in these waters are popular to eat, and Glynn County offers numerous recreational fishing opportunities from land or by boat. Healthy seafood populations also support the local economy, benefiting commercial and recreational fishers, tackle shops, restaurants, and other small businesses. Eating seafood is also healthy for people. It’s good for our heart and is an excellent source of several vitamins, dietary calcium, iron, and zinc.

Meet the Locals

Here are some of the popular species found in our marsh. Which local catch is your favorite?



ATLANTIC CROAKER



BLACK DRUM



BLUE CRAB



BLUEFISH



FLOUNDER



RED DRUM (REDFISH)



SHEEPSHEAD



SHRIMP



**SOUTHERN KINGFISH
(WHITING)**



SPOT



**SPOTTED SEATROUT
(TROUT)**



STRIPED MULLET

Flo Anderson's HOT PEPPERED SHRIMP

Note: This recipe was adapted by Flo Packard Anderson from The Original Emmeline & Hessie Cookbook.

INGREDIENTS

1 pound of margarine
1/2 cup of finely chopped onions
1 tablespoon of paprika
1 tablespoon of black pepper
1 tablespoon of bitters
1 tablespoon of garlic powder
2 tablespoons of Lawry's seasoned salt
1 tablespoon of dry mustard
1 tablespoon of Worcestershire sauce
2 tablespoons of wine vinegar
6-8 medium shrimp, *peeled and deveined*

DIRECTIONS

Pepper Butter

- In a mixer bowl or food processor, beat margarine until light.
- Add all remaining ingredients except shrimp and beat mixture until well-blended.
- Store butter in the refrigerator and use as needed.

Hot Peppered Shrimp

- Heat 2 tablespoons of the Pepper Butter in a small frying pan.
- When the butter starts bubbling, stir in the shrimp.
- Stir quickly for 1-2 minutes until the shrimp are just cooked.
- Pour the shrimp and the juices from the pan into a warm soup plate.
- Serve with pieces of French bread for dipping in sauce.

Serves 1.

(increase shrimp amount for each additional serving)

“

This is it, folks! The famous recipe you've all been waiting for! This butter is great on shrimp, mushrooms, beef cubes, chicken wings – and pure heaven for sautéed oysters!

”

April Castor's SHRIMP SCAMPI

April Castor

INGREDIENTS

3/4 box (*about 14 ounces*) of pasta of your choice
3 sticks of real butter (*not margarine*)
1/4 cup of olive oil
3 cloves of garlic, minced
1 teaspoon of red pepper flakes
1 teaspoon of garlic salt
1 teaspoon of garlic powder
1 teaspoon of onion powder
2 tablespoons of cracked black pepper
3 tablespoons of lemon juice
1.5 pounds of shrimp (*peeled, deveined, & cleaned*)
1 cup of fresh Parmesan cheese
1 cup of chopped parsley (*optional*)
1 cup of chopped basil (*optional*)

“

As a native raised on the coast, fresh seafood is always at hand's reach. Here's one of my family favorites, and hopefully it'll become one of yours too!

”

DIRECTIONS

- Cook pasta according to package; drain and set aside.
- In a large skillet, melt butter. Once melted, stir in the olive oil.
- In the skillet, add minced garlic, red pepper flakes, garlic salt, garlic powder, onion powder, and cracked pepper. Mix well.
- Over medium-high heat, stir in the lemon juice.
- Once all ingredients are incorporated, add the shrimp. Cook until the shrimp are done (*approximately 5 minutes*).
- Add the pasta to the shrimp mixture in the skillet and stir well.
- Plate your scampi and top with parmesan cheese. Garnish with the parsley and basil (*optional*) and enjoy!

Serves 2-4.

Lee Kilgore's FLOUNDER TACOS

Lee W Kilgore Jr

INGREDIENTS

Fish

- 1 pound of flounder fillets
- 1 teaspoon of chili powder
- ½ teaspoon of cumin
- ¼ teaspoon of cayenne pepper (*optional, for heat*)
- Salt and pepper to taste
- 1-2 tablespoons of olive oil
- Limes

Slaw/Toppings

- 1 cup shredded cabbage (*green or red*)
- ½ cup of shredded carrots
- ¼ cup of chopped cilantro
- Limes, salt, and pepper to taste
- Optional: diced jalapeno, diced red onion, pico de gallo, avocado slices.*

Sauce

- ½ cup of mayonnaise
- Sriracha (*to taste*)
- Limes to taste

Other

- Corn or flour tortillas (*street taco size is recommended*)

DIRECTIONS

Fish

- Pat the flounder fillets dry with paper towels.
- In a small bowl, mix the spices (*chili powder, cumin, cayenne, salt, and pepper*).
- Season the fish fillets on both sides with the spice mixture.
- Heat the olive oil in a skillet over medium heat.
- Cook the fish for 3-5 minutes per side, or until it's flaky and cooked through.
- Squeeze the lime juice over the cooked fish.
- Once cooked, flake the fish into smaller pieces.

Slaw

- In a bowl, combine the shredded cabbage, carrots, and cilantro. Dress with lime juice, salt, and pepper, to taste.

Sauce

- In a small bowl, whisk together the mayonnaise and Sriracha. Add the lime juice to taste.

Assembly

- Warm the tortillas in a dry skillet or microwave.
- Fill each tortilla with the cooked flounder and slaw.
- Add your desired toppings (*jalapeno, red onion, pico de gallo, avocado, etc.*).
- Drizzle with the sauce.
- Serve immediately and enjoy your delicious flounder tacos!

Serves 2-4.

“

There's something uniquely satisfying about the journey from the water to the plate when it comes to flounder. It's more than just a meal; it's a connection to nature and a celebration of fresh, simple flavors. In essence, catching and cooking flounder is a special experience because it combines the thrill of the pursuit, the joy of fresh flavors, and the satisfaction of a simple, wholesome meal. It's a reminder of the beauty of nature and the power of shared experiences.

”

Did you know?

Georgia's coast is home to several species of flounder, but three common species are the southern flounder, the Gulf flounder, and the summer flounder, with the southern flounder being the most consumed species and a favorite of many anglers.

Robin McMillan's CRAB PUFFS

Robin McMillan

INGREDIENTS

1-2 packages of 6 English muffins (*I usually buy 2 packages; depending on how thick you spread the mixture, it tends to make more.*)

7 ounces of crab meat

1 stick of butter, softened

1 6-ounce jar of Old English Cheese spread

2 tablespoons of mayonnaise

½ teaspoon of seasoned salt

½ teaspoon of garlic salt

“

This is always a family and friend holiday must have. It's also fun to keep a few frozen ones on hand for that special weeknight treat.

”

DIRECTIONS

- Slice the English muffins in half and divide each half into quarters.
- Arrange the quartered muffins on a sheet pan with wax paper.
- Mix the rest of the ingredients in a small bowl with a mixer at medium speed.
- Spread the mixture on the muffins.
- Freeze the sheet pan for at least 30 minutes (*also can be frozen for several weeks*).
- Remove the pan from the freezer and broil in the oven until the muffins puff and brown slightly (*usually just a few minutes*).

Serves 6-8.

Did you know?

Blue crabs are harvested year-round in Georgia, but the highest landings occur from late summer through fall.

Rachael Thompson's CRAB RANGOON CRESCENT ROLLS

Rachael Thompson

INGREDIENTS

5 ounces of crab meat

4 ounces of softened cream cheese

1 green onion, finely sliced

1 teaspoon of chopped garlic

½ teaspoon of black pepper

½ teaspoon of soy sauce (*optional, remove for a low-sodium option*)

¼ teaspoon of turmeric (*optional*)

2 8-ounce packages (8 count) of Pillsbury crescent rolls

DIRECTIONS

- Mix the crab, cream cheese, green onion, garlic, black pepper, soy sauce, and turmeric in a medium bowl.
- Refrigerate the mixture for 20-30 minutes to steep and for flavor.
- Spoon about 1-1.5 tablespoons of crab mixture onto each flat crescent roll.
- Roll crescents, ensuring no cream cheese mixture is spilling out.
- Cook according to instructions on the crescent roll packaging.
- Enjoy!

**For leftover crab mixture, enjoy on your favorite toast or cracker!*

Serves 4-5 (~3 to 4 crescent rolls per person)

“

Growing up, I spent every summer on the southern shores of New Jersey. Some of my fondest childhood memories were fishing and crabbing with my family in Avalon. I remember opening a huge white cooler full of live blue crabs that my parents and brothers caught and brought home. For me, this fusion recipe represents how different cultures can be brought together by a single, unifying factor: seafood. For thousands of years, in every corner of the globe, diverse communities have been sustained by locally caught seafood and cultures defined by their seafood harvesting practices. For me, enjoying fresh seafood is one thing we might just all have in common.

”

Mark & Nicole Wentz's **FLOUNDER SOLE MEUNIERE**

INGREDIENTS

6 flounder fillets
Kosher salt
Freshly ground pepper
½ cup of flour
10 tablespoons of unsalted butter
½ of a lemon, thinly sliced
3 tablespoons of finely chopped parsley

*Mark & Nicole
Wentz*

DIRECTIONS

- Season the fillets on both sides with salt and pepper.
- Place the flour on a plate and set aside.
- Heat 4 tablespoons of butter in a 12" skillet over medium-high heat.
- Working in batches, dust the fillets in flour, shake off excess, and then place the fillets in a skillet; cook, turning once, until browned on both sides and just cooked through, about 6 minutes.
- Transfer the fillets to a clean plate.
- Wipe the skillet clean and return to heat with the remaining butter; cook, swirling the skillet until the butter begins to brown.
- Add lemon slices; cook until heated through and pour the butter evenly over the fillets.
- Sprinkle with parsley.
- Serve immediately with lemon slices.

Serves 4-6.

“
We first made this recipe when Mark started flounder gigging here on St. Simons Island, and it has become one of our favorites.
”

Aaron Wallace's **SHRIMP SALAD**

INGREDIENTS

Green Mayonnaise

½ cup of mayonnaise
¼ cup of minced green onion
½ cup of minced parsley
¼ cup of minced cilantro

Shrimp

1 pound of boiled Wild Georgia Shrimp, peeled & deveined, coarsely chopped

Salt and pepper to taste

1 celery stalk, minced
1 medium red pepper, minced
1 small onion, minced
1 boiled egg, diced
½ teaspoon of paprika

“
Georgia Shrimper, Catherine Wallace, makes this delicious cold salad with plain mayonnaise, but this recipe gives an extra kick with “green mayonnaise,” spiked with onion, parsley, and cilantro.
”

DIRECTIONS

- Combine all the green mayonnaise ingredients in a large bowl and mix well.
- Add the rest of the ingredients except the paprika and mix well.
- Top with a sprinkle of paprika.

Serves 2-4.

Did you know?

Georgia's coastal waters are home to white, brown, and pink shrimp. All three are commercially important species.

Barbara O. Brockman's **SEAFOOD PATTIES**

Barbara Brockman

INGREDIENTS

16 ounces of preferred fish or seafood (*recommend using locally caught fish, crab, shrimp, or salmon, though you can use fresh, store-bought, or canned*)

¼ cup of onions (*type based on preference – red, yellow, or green*)

¼ cup of bell peppers

⅓ cup of Italian breadcrumbs

1 or 2 eggs, beaten (*you want to use enough egg that the mixture sticks together to form the patties*)

½ teaspoon of Old Bay seasoning

DIRECTIONS

- Shred your seafood (*if using canned: open, drain, and remove and discard any bones*).
- Add 16 ounces of seafood, onions, peppers, breadcrumbs, eggs, and seasonings to a bowl.
- Mix all ingredients together well.
- Use mixture to make 4-5 patties by hand (*about 2 inches wide*).
- Put oil of your choice in a frying pan.
- Cook patties on medium heat and flip until both sides are browned.
- Enjoy!

Serves 2-4.

“

I love living on the coast because of the beaches and seafood, and of course, fishing and crabbing.

”

Barbara O. Brockman's **SEA BURGERS**

“

This recipe is great for family reunions, church gatherings, or any event with lots of people!

”

INGREDIENTS

2 pounds of spot fish

½ pound of celery, finely diced (*approx. ½ a quart*)

2 ounces of sweet pickle relish

3 ounces of salad dressing

32 hot dog buns

2 pounds of sliced cheese

DIRECTIONS

- Cook and shred spot.
- Combine spot, celery, relish, and dressing.
- Split buns in half and place cut side up on baking sheet.
- Use a No. 16 ice cream dipper to place one scoop of mixture on each half of bun.
- Top with slice of cheese.
- Bake sheet in oven at 400 degrees F for 5 minutes, until cheese is melted and rolls are lightly toasted.
- Serve hot.

Serves 32.

Did you know?

Seafood is a good source of protein and healthy omega-3 fatty acids. These are important “good fats” that the human body does not produce.

Chef Blanche Earl Jones' ***SOUTHERN FRIED WHITING WITH SMOKED*** ***GOUDA GRITS & TASSO HAM GRAVY***

INGREDIENTS



Fish

1 pound of boneless, skinless whiting fillets cut on a basis, or angle (*grouper or catfish are also appropriate substitutes.*)

½ teaspoon of smoked paprika

½ teaspoon of celery salt

½ teaspoon of granulated onion powder

½ teaspoon of granulated garlic powder

2 large eggs

4 teaspoons of whole milk

1 cup of cornmeal

¼ cup of corn flour

½ teaspoon of salt

½ tsp black pepper

Vegetable oil for frying

2 Ziploc Bags

Grits

1 cup of grits

2 cups of chicken stock

1 cup of water

1 cup of heavy cream

½ stick of unsalted butter

¼ tsp of salt

2 cups of smoked gouda cheese

Gravy

½ stick of unsalted butter melted

¼ cup of all-purpose flour

¼ cup of yellow onion

¼ cup of red bell pepper

¼ cup of yellow bell pepper

¼ cup of green bell pepper

2 cups of medium diced Tasso ham
(*Whole Foods or Online*)

2 cups of flavorful chicken stock (*you can make your own or buy chicken base*)

DIRECTIONS

Fish

- Season the fish with spices and add to 1 Ziploc bag. Set aside.
- In a medium bowl, whisk eggs and milk together, then pour over the fish fillets.
- With the 2nd Ziploc bag, add cornmeal, corn flour, and ½ tsp of salt & pepper.
- Add the fillets to the breading mixture one at a time and shake until well coated.
- Place the coated fillets on a parchment-lined baking sheet. Let them sit for 10-15 minutes.
- Fill a large cast-iron skillet or deep fryer with the vegetable oil halfway. Heat oil until it reaches 350 degrees F. Gently shake off excess breading before adding the fish to the oil.
- Fry the fillets in batches but do not crowd the pan or deep fryer. Cook for 3-4 minutes on each side. Drain on a paper towel.

Grits

- Heat all the liquid ingredients in a sauce pot over high heat and add butter and salt.
- When mixture comes to a boil, slowly stir in grits, while whisking nonstop for 2 minutes.
- Reduce heat to low, cover grits, and cook, stirring occasionally for about 30 minutes. Add extra broth to thin grits if needed.
- Stir in cheese until mixed. Reduce pot temperature to simmer or warm until ready to assemble.

Gravy

- Melt butter over medium to low heat (*you don't want the butter to burn*); once butter has melted, add flour and whisk until it starts turning a caramel color.
- Add your vegetables. Sautee them until tender, then add the Tasso ham.
- Keep cooking for about 5-8 minutes.
- Whisk in chicken stock until well blended and reduce the heat to simmer (*no need to season because the Tasso Ham has a lot of spices on it*).

To serve, add a heaping amount of grits to your desired serving dish (*a large deep bowl*). Spoon some of the gravy on top of the grits, then crisscross your fish fillets over your grits. Next, add the rest of your gravy and drizzle over top. Garnish with green onions and enjoy.

Serves 4.

This recipe has a little history to it—thanks to my dad. He moved our family here back in 1984, and he's always had a love for discovering new kinds of seafood, especially fish. Some guys from his job would bring him different types now and then, and he'd bring them home. From as far back as I can remember, every Friday night in our house was Fish Fry Friday. There was always some type of fresh seafood, especially fish and oysters. Now that he's retired, he swears he's a gourmet chef! We laugh about it all the time when we're on the phone. He'll say, 'It's time for the cooking show!' and go off into full chef mode. So, I decided to put together something we both love—fried fish with a Cajun-style gravy and creamy grits. My dad has truly inspired me to bring out the best in myself when it comes to food. This one's for him.

Susan Swicord's **SHRIMP CREOLE**

This recipe is referenced with permissions from "The Ladies of the Woman's Missionary Union" of the First Baptist Church on St. Simons Island, who compiled a cookbook of their favorite recipes in 1980. This dish needs to be made early in the day or the day before so flavors will blend.

INGREDIENTS

¼ cup of flour	Seasonings
¼ cup of bacon grease	½ teaspoon of cayenne
1.5 cup of onion, chopped	A dash of Tabasco, to taste
1 cup of green onion, chopped	2-3 bay leaves
1 cup of green pepper, chopped	1 teaspoon of sugar
1 cup of celery, chopped	1 teaspoon of thyme
1 pound of fresh mushrooms, sliced	1 teaspoon of curry powder
2 garlic cloves, minced	1 teaspoon of Worcestershire sauce
1 16-ounce can of chopped tomatoes	3 teaspoons of lemon juice
1 6-ounce can of tomato paste	
1 8-ounce can of tomato sauce	3 pounds of fresh shrimp, peeled and cleaned
1 cup water	1 bag of rice
1 teaspoon of salt	½ cup of parsley, chopped
1 teaspoon of pepper	

DIRECTIONS

- Make a roux of flour and bacon grease.
- Add onions, green onions, green peppers, celery, and mushrooms and sauté until tender (20-30 minutes).
- Add tomatoes, tomato paste, tomato sauce, water, salt, pepper, and other seasonings.
- Simmer covered for 1 hour.
- Add shrimp and cook until done (5-15 minutes).
- Serve over rice, and garnish with parsley.

Serves 8.

Christopher Crossman's **GRILLED FISH MARINADE**

INGREDIENTS

- ¼ cup brown sugar
- ¼ cup olive oil
- ¼ cup regular soy sauce (can use lite for reduced sodium)
- ¼ - ½ cup water
- 2 tablespoons of lemon pepper
- 1 teaspoon of dried oregano
- 1 teaspoons of basil (dried or fresh)
- 1 teaspoon dried thyme
- ½ teaspoon of garlic powder
- ¼ teaspoon of onion powder
- ¼ - ½ teaspoon of paprika
- 2-4 fish fillets of your choice

“
Submission by Abbey Crossman:
This marinade recipe belongs to my dad, Christopher, who used it for fish dinners growing up and still breaks it out when I visit home. After moving to the coast, I have tried it on a variety of different fish that we catch and it is fantastic every time, so I wanted to share it! Enjoy!
”

DIRECTIONS

- Whisk together all ingredients in a bowl.
- Place fish fillets into a resealable bag and pour the marinade over them.
- Squeeze excess air out of bag and seal it.
- Lay bag flat in a container in the fridge and let marinate for a minimum of 30 minutes - 1 hour, or a maximum of 6-8 hours.
- Remove fillets from bag and let excess marinade drip off.
- Discard marinade (do not baste marinade onto fillets while cooking to avoid contamination from raw fish).
- Grill fillets for 6-8 minutes on each side, depending on size.
- Sprinkle with additional lemon pepper if desired.
- Enjoy!

Serves 2-4.

Justin Phillips'
**COASTAL GEORGIA SHRIMP
SUCCOTASH SKILLET**

INGREDIENTS

4 tablespoons of olive oil, divided
½ pound of cherry tomatoes, halved
3 cups of boneless corn (*kernels*)
1 small-medium sweet onion, finely chopped
½ red bell pepper and ½ orange or yellow bell pepper (*seeds and ribs removed*), finely chopped
Salt, to taste
3 large cloves of garlic, smashed up
1 cup of frozen baby lima beans (*thawed*)
¾ cups of water
2 tablespoons of Cajun seasoning of your choice
1-2 pounds of fresh Wild Georgia Shrimp, peeled and deveined
½ pound of bacon, cooked and chopped
1 tablespoon of fresh basil, chopped

“

I like to serve mine with garlic and cheese biscuits and herb-roasted potatoes [sic]. I love this recipe because it's easy and quick to prep and prepare, and you can find almost all locally produced ingredients for it. I hope y'all enjoy it as much as my family and I do.

”

DIRECTIONS

- Heat large cast iron skillet to med-high heat. Add 2 tablespoons of olive oil. Add cherry tomatoes and cook until they are blistered all over. Mix in the corn. Stir occasionally until corn starts to char, then move to bowl.
- In the same skillet, still at medium-high heat, add 1 tablespoon of olive oil, onion, bell peppers, and a pinch of salt, stirring occasionally until onions have softened. Add garlic, stir and cook until fragrant (*1-2 mins*). Add lima beans and ¾ cup of water. Cover and simmer until beans are tender and liquid has evaporated (*about 5-6 mins*). Transfer to bowl with tomatoes and corn.
- Pat the shrimp dry and liberally season both sides with the Cajun seasoning.
- Add remaining tablespoon of olive oil to skillet and heat to medium-high. Add shrimp, flipping halfway through, until pink (*about 1-2 mins. per side*).
- Reduce heat to low, return the full mixture to skillet, then toss together, and stir in basil.
- Ready to serve!

Serves 4.

Did you know?

Did you know that shrimp can see more colors than humans? Their eyes have special photo receptors that allow them to detect ultraviolet and polarized light, giving them a supercharged view of their underwater world.

Ryan Green's **SHRIMP RUN DOWN**

INGREDIENTS

2 pounds of Georgia Shrimp
1 can of Grace coconut milk (*Goya, Thai Kitchen, A Taste of Thai*)
1 large Vidalia sweet onion, chopped
2 cloves of garlic
½ bell pepper (*green, red for color*), chopped
½ Scotch Bonnet (*Habanero*) or pepper to taste
3 stalks of scallions, chopped
1-2 teaspoons of thyme
5-10 pimento seeds, crushed
1 tomato, chopped
Salt, to taste
2 tablespoons of extra virgin olive oil

DIRECTIONS

- Clean and wash shrimp and chop or slice them into pieces (*can also be done whole*).
- Add coconut milk and bring to a boil, and allow the mixture to simmer for approximately 15- 20 minutes until the consistency changes, forming oil and custard.
- Sauté onion, chopped garlic, all peppers, scallions, thyme, crushed pimento seeds, and tomato in oil for about 2 minutes. Salt to taste.
- Add chopped shrimp. Cover and allow to simmer for about 5 minutes until the shrimp is cooked.
- Serve with boiled yams, boiled green bananas, yucca, and dumplings. It's also great over white rice.

Serves 4.

“Growing up in Jamaica as a child, I used to live for the time when our street vendors came out with our favorite shrimp snack - Peppered Shrimp! Just the thought of it makes my mouth water. This was not a snack for the faint of heart, as the shrimp was baptized in the fire of the habanero pepper and dried. It just wasn't good if your eyes and nose didn't start running, causing you to draw air into your mouth to cool the fire. This recipe combines two of my childhood favorites - shrimp and “run dung,” a coconut milk derivative, to create a uniquely flavorful dish.

”

Sea Grant's **SAPELO CONCH SEVICHE**

INGREDIENTS

½ pound of finely chopped conch (*2-3 conchs*)
1 cup of sweet onion, chopped
1 cup of fresh tomato, chopped
1 cup of crisp green pepper, chopped
Juice of 6 medium limes

DIRECTIONS

- Combine all ingredients, mix lightly.
- Chill overnight or for several hours in covered glass or plastic container.
- Delicious over avocado slices.

Serves 2-4.

Sea Grant's **BAKED MACKEREL MERIDIAN**

INGREDIENTS

1.5-2 pounds of mackerel (*can also be done with scallops*)
Flour, salt, and pepper, to taste
1 cup of cream

DIRECTIONS

- Season flour with salt and pepper.
- Rinse and pat dry fish or scallops.
- Roll in seasoned flour and place in shallow, buttered casserole dish.
- Dot with butter and pour in cream to submerge the fish (*or scallops*) halfway.
- Bake at 350 for about 30 minutes, or until fish flakes easily with fork.

Serves 2-4.

SEAFOOD

CONSUMPTION GUIDELINES

for GLYNN COUNTY

Seafood consumption advisories are in place in **Glynn County, Georgia**, so that consumers can enjoy our locally caught seafood from recreational fishing areas while also reducing health risks from pollutants. Glynn County's industrial past has left behind legacy contaminants that we need to be aware of when consuming local, recreationally-caught seafood. This resource utilizes guidelines from the Georgia Department of Natural Resources (DNR) on safe seafood consumption from various fishing zones.

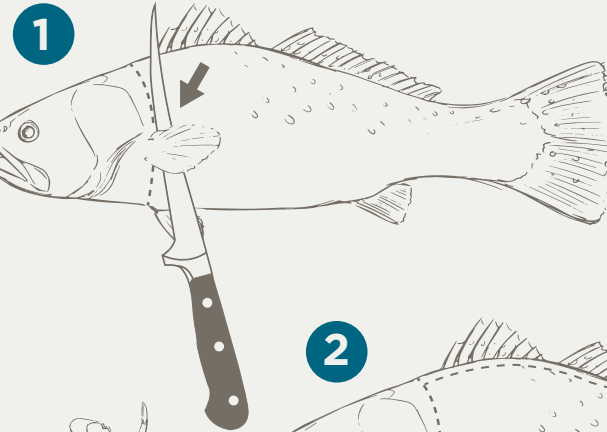
The risks of exposure to environmental contaminants can vary greatly from person to person. Just as these contaminants can accumulate over time in fish, they can also be stored in people who consume these fish. Women who are pregnant or nursing and children under the age of six are most vulnerable to environmental contaminants because they experience higher rates of growth and development.

According to Georgia DNR, people can maintain a healthy fish diet and reduce their risk of exposure to heavy metal (mercury) and poly-chlorinated biphenyls (PCBs) by 25-50% if they follow the recommendations below:

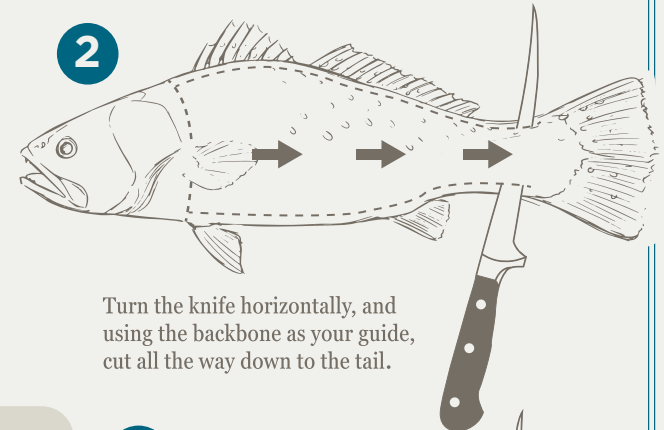
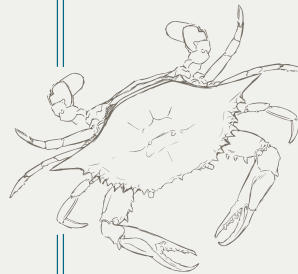
- **Catch the fish you eat from a variety of different locations**, rather than fishing in only one spot (*see details on next page*).
- **Eat many different species of fish for a more varied diet**, rather than regularly eating only one or two species.
- **Eat smaller portions of large fish and eat them less often—smaller fish are a safer, more frequent option.**
- **Eat filleted fish and remove skin and fatty areas from the belly, sides, and back** where contaminants concentrate, rather than consuming whole cooked fish.
- **Broil, bake, or grill your fish so that fat drips off**, rather than pan-frying or deep-frying.

HOW TO FILLET A FISH

Instead of cooking fish whole, cut off fat and skin to remove contaminants like PCBs.



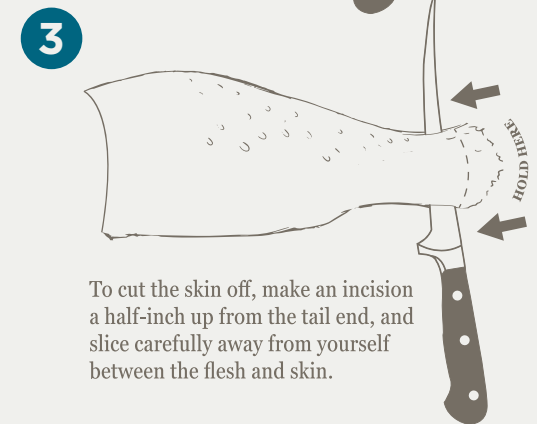
Just behind the pectoral fin, make an incision down to the backbone.



Turn the knife horizontally, and using the backbone as your guide, cut all the way down to the tail.

For crab, remove the tomalley (also called mustard, green/brown stuff, green gland) of crabs before eating. This is where contaminants concentrate.

Do not reuse the cooking liquid for sauces, soups, or stews. Roughly 80% of the PCBs found in crabs move into the cooking liquid during steaming/boiling.



To cut the skin off, make an incision a half-inch up from the tail end, and slice carefully away from yourself between the flesh and skin.

**These guidelines are based on a serving size of 4–8 ounces of fish for a 150-pound person. To adjust for your body weight, add or subtract about 1 ounce for every 20 pounds you weigh above or below 150 pounds. For example, a 130-pound person should eat 3–7 ounces, while someone who weighs 170 pounds should eat 5–9 ounces.*

Check the maps and tables below. These guidelines are designed to help minimize health risks that may result from eating contaminated seafood. Please follow the meal recommendations for each species and location listed.

There are no restrictions on shrimp in any locations. There is a complete ban on shellfish (clams, mussels and oysters) in all 8 zones.

KEY:

Do not eat	1 meal/month	1 meal/week	No restrictions
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TURTLE RIVER ESTUARY

1 Lower Turtle & South Brunswick Rivers (St. Simons Estuary)		
Area Sampled	Species	Recommendation
Turtle River (from Marker 9) and South Brunswick River (downstream to Dubignon and Parsons)	Black Drum, Blue Crab, Red Drum, Shrimp, Southern Flounder	No restrictions
	Atlantic Croaker, Sheepshead, Southern Kingfish, Spot, Spotted Seatrout, Striped Mullet	1 meal/week

2 Middle Turtle River (St. Simons Estuary)		
Area Sampled	Species	Recommendation
Turtle River from state Hwy 303 to Channel Marker 9	Shrimp, Southern Flounder	No restrictions
	Black Drum, Blue Crab, Red Drum, Sheepshead, Spotted Seatrout	1 meal/week
	Atlantic Croaker, Southern Kingfish, Spot, Striped Mullet	1 meal/month

3 Purvis & Gibson Creeks (St. Simons Estuary)		
Area Sampled	Species	Recommendation
Purvis and Gibson Creeks	Shrimp	No restrictions
	Black Drum, Blue Crab, Red Drum, Sheepshead, Southern Flounder	1 meal/week
	Spot, Spotted Seatrout	1 meal/month
	Atlantic Croaker, Southern Kingfish, Striped Mullet	Do not eat

4 Upper Turtle & Buffalo Rivers (St. Simons Estuary)		
Area Sampled	Species	Recommendation
Turtle and Buffalo Rivers, upriver of Georgia Hwy 303	Black Drum, Shrimp, Southern Flounder	No restrictions
	Blue Crab, Red Drum, Sheepshead, Southern Kingfish, Spotted Seatrout	1 meal/week
	Atlantic Croaker, Striped Mullet	1 meal/month
	Spot	Do not eat

DUPREE & TERRY CREEKS

5 Dupree Creek		
Area Sampled	Species	Recommendation
Dupree Creek to 0.5 miles below the junction with Terry Creek	Shrimp	No restrictions
	Atlantic Croaker, Blue Crab, Red Drum, Southern Kingfish, Spot, Spotted Seatrout, Striped Mullet	1 meal/month

6 Terry Creek		
Area Sampled	Species	Recommendation
Terry Creek 0.75 miles above Back River to the Back River	Shrimp	No restrictions
	Bluefish	1 meal/week
	Atlantic Croaker, Blue Crab, Red Drum, Southern Kingfish, Spot, Spotted Seatrout, Striped Mullet	1 meal/month

BACK RIVER

7 Back River - North		
Area Sampled	Species	Recommendation
Back River above Terry Creek to the Torras Causeway	Shrimp	No restrictions
	Bluefish, Striped Mullet	1 meal/week
	Atlantic Croaker, Blue Crab, Red Drum, Southern Kingfish, Spot, Spotted Seatrout	1 meal/month

8 Back River - South		
Area Sampled	Species	Recommendation
Back River from the Torras Causeway to the St. Simons Sound	Shrimp	No restrictions
	Bluefish	1 meal/week
	Atlantic Croaker, Blue Crab, Red Drum, Southern Kingfish, Spot, Spotted Seatrout, Striped Mullet	1 meal/month



All data are current through 2023, when the latest sampling and laboratory analyses were conducted by DNR.



SCAN HERE

to access previous versions
of the cookbook and other
seafood materials.

*EAT SEAFOOD,
PRIDE IN GLYNN CO.
EAT LOCAL.*



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