

Celebrate the Holidays with Maryland Seafood



ANNAPOLIS, MD (November 12, 2008) – The holidays are right around the corner, and that means it is time to start planning for this special time of year. Whether planning an extravagant feast for a large group of family and friends or an intimate celebration for two, make sure there is room on the dinner table for Maryland seafood!

Everyone loves the aroma wafting from the kitchen while the holiday meal is being prepared. This year, follow in a Maryland tradition of stuffing your turkey with “Skipjack Oyster Dressing” or treat guests to one of the many other delicious seafood recipes that take advantage of the savory flavors of salty oysters, sweet rockfish, and delicious fresh or pasteurized crab meat.

In addition to being tasty, Maryland seafood is also a nutritious addition to any holiday feast. It is low in fat, sodium and calories, and it contains important vitamins, minerals and omega-3 fatty acids for a healthy heart.

Make holiday meal planning easy with a recipe brochure from the Maryland Department of Agriculture’s Seafood & Aquaculture Program, featuring 11 seafood recipes sure to please family and friends. From crab balls and fried oysters for appetizers to traditional Maryland oyster stew and stuffed rockfish, this brochure is essential for holiday entertaining.

The Maryland Seafood Holiday Brochure is available by sending a self-addressed and stamped envelope to: Maryland Seafood Holiday, 50 Harry S Truman Parkway, Annapolis, MD 21401, or call the recipe request line, toll free in Maryland at 888-841-5828. Outside of Maryland call 410-841-5972, or visit: www.marylandseafood.org.

ATTENTION HOLIDAY SHOPPERS!

Still trying to find that perfect gift for friends and family this holiday season? Why not get them Maryland Seafood Cookbooks? Choose from three different editions or give the ultimate gift by purchasing the entire set! All three cookbooks feature numerous recipes that highlight the many delicious species of fish and shellfish that are harvested from local waters. Maryland Seafood Cookbooks are available for \$6.95 each plus tax and shipping. To purchase cookbooks, call the request line toll free in Maryland at 888-841-5828 or 410-841-5972 if outside Maryland. Order forms are also available on the web at www.marylandseafood.org.

SKIPJACK OYSTER DRESSING

FROM THE MARYLAND DEPARTMENT OF AGRICULTURE, SEAFOOD MARKETING PROGRAM

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



FINELY chop celery and onions. Sauté in margarine or butter until tender. Mix in seasonings. Add oysters with liquor and simmer until edges of oysters just begin to curl. Remove from heat and gently mix in bread cubes. Adjust moistness with water as desired. Makes about 4 cups dressing (allow about ½ cup per pound for fish; 1 cup per pound for poultry). Note: For an extra special tangy taste, core and finely chop 2 medium apples and add with celery and onions when cooking. Yield will increase about ½ cup.