



The History & Tradition of the Chesapeake Bay

Tidal Fish Advisory Commission

A Guide to



MARYLAND

SEAFOOD



The History and Tradition
of the Chesapeake Bay

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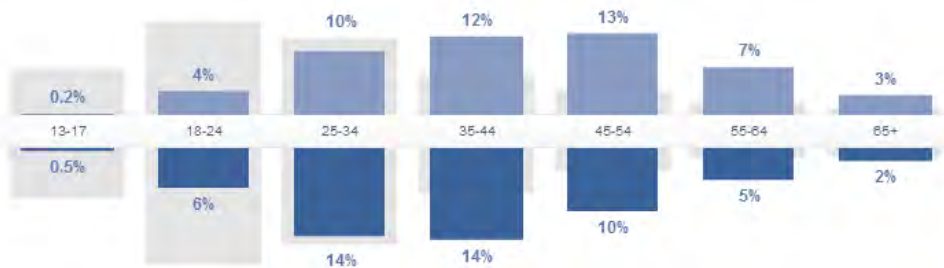
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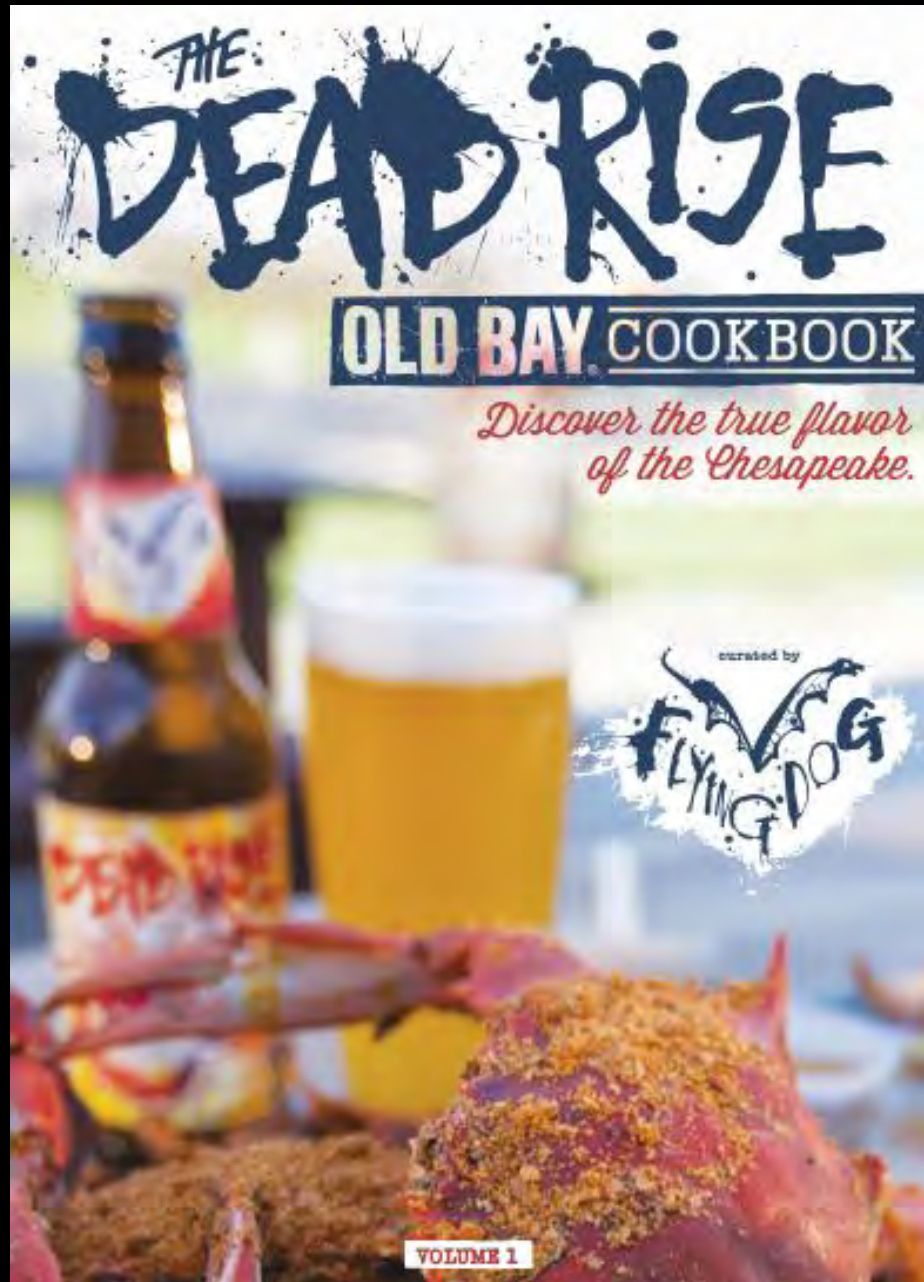
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Published	Post	Type	Targeting	Reach	Engagement
04/23/2014 11:19 am	Show your us your seafood imagination for a chance to win a pound of Jumbo Lump Crab meat! Check			1.2K	185 68
04/23/2014 10:44 am	Did you know a male blue crab will cradle a female for more than 12 hours before mating and then			3.5K	267 288
04/21/2014 12:00 pm	Meet Brian McComas owner of Ryleigh's Oyster Federal Hill and Ryleigh's Oyster Hunt Valley. They			2.1K	447 67
04/21/2014 10:01 am	Dont forget about out Spot the True Blue logo contest! We have had about 15 entries so far from a			4.6K	172 158
04/20/2014 10:00 am	Ruth Herring Bair, one of the winners from the Conrad's Crabs & Seafood Market crab cake contest			2.4K	99 198

City	Your Fans
Baltimore, MD	905
Washington, DC	285
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Ocean City, MD	87
Glen Burnie, MD	83
Frederick, MD	79
Stevensville, MD	74
Crisfield, MD	69
Elkton, MD	65
Waldorf, MD	64
Bel Air, MD	61
Chestertown, MD	59
Centreville, MD	59
Westminster, MD	54



VOLUME 1



The Blue Crab may be king in Maryland, but most of the crabmeat served in area restaurants does not come from the Chesapeake Bay. Rather, it is sourced from cheaper foreign providers in Venezuela and Indonesia, which are squeezing our cherished local industry – and its 5,500 watermen – out of the market.

That's where True Blue comes in.

True Blue is a restaurant certification and consumer awareness program that promotes sustainably harvested Maryland Blue Crab and rewards restaurants that serve Maryland crabmeat. Now in its third year, the True Blue program created a \$7 million increase in business for the Maryland crabbing industry in its first year alone.

Until the True Blue program was established, there were no regulations that required restaurants to identify the source of their crabmeat. Maryland crab cakes may have been Maryland-style in recipe, but the crabmeat used may not necessarily come from Maryland, or even the United States. Now, restaurants that enroll in the program must prove that at least 75 percent of the crabmeat they use annually is harvested and processed in Maryland.

True Blue also empowers consumers to know exactly where the crabmeat they purchase is coming from through the Maryland Seafood website (marylandseafood.org) and its interactive map of program participants.

Proceeds from Dead Rise Old Bay® Summer Ale will benefit the True Blue program's ongoing efforts to reinvigorate an industry our great State of Maryland is famous for.



KEITH LONG

EXECUTIVE CHEF
 FLYING DOG BREWERY
 keith@flyingdogbrewery.com

ENTREE

SERVES
6

These tacos are some real beauties. Chef Keith puts a Maryland spin on a California classic with Blue Catfish, Old Bay, and Flying Dog Pale Ale.

MADE WITH
 FLYING DOG PALE ALE



MARYLAND BLUE Catfish TACOS

INGREDIENTS

- | | |
|-------------------------|------------------------------|
| 1 Blue Catfish | 1 tbsp Chopped Spicy Pickles |
| 12 6" Flour Tortillas | 1/2 tsp Kosher Salt |
| 1 Head Romaine | 2 x Flour, divided equally |
| 9 Roma Tomatoes | 1/4 c Corn Starch |
| 1 c Mayonnaise | 2 x Flying Dog Pale Ale |
| 1 tbsp Dijon Mustard | 1 bunch fresh cilantro |
| 2 tsp Old Bay Seasoning | 1 Head Jicama |
| 2 tsp Lemon | 2 Red Peppers |
| 2 tsp Worcestershire | 2 Onions |
| 1 tbsp Chopped Capers | |



Cut catfish fillets into 1/2" by 4" strips and set them aside on a paper towel-lined plate.

Cut the lettuce into a chiffonade by slicing the entire head thin strips.

In a small bowl, combine the may, mustard, pickles, capers, Old Bay Seasoning, lemon juice, Worcestershire and salt. Mix this sauce until smooth.

In a larger bowl, mix the first cup of flour and corn starch together. Then add the flying dog Pale Ale. Whisk until thoroughly combined.

Slice the jicama and red peppers into long, thin strips and mix together while squeezing a lime overtop.

Julienne the Roma tomatoes.

Heat peanut oil to 350° F in a large pot.

Bread the strips of catfish in the second cup of flour, then dip into the beer batter until fully coated. Slowly lower them into the hot oil until bubbles start to form, about 2 minutes.

Grill the flour tortillas.

Build your tacos with lettuce, jicama slaw, Old Bay Sauce, tomatoes and the fried fish.

Garnish with Old Bay Seasoning, cilantro and lime wedges. Serve immediately.

Seafood Fraud May Be an Even Bigger Problem Than You Thought

Rachel Tepper - Associate Food Editor

Apr 22, 2014

Photo credit: StockFood/Riess Studio

Do you know where your fish comes from? A new study suggests that up to 32 percent of all seafood imported in the United States is caught illegally, which, if true, would mean that sustainability efforts are being torpedoed right under the noses of government inspectors.

"We thought a well-governed country like the U.S., with tighter controls, would be better [at preventing the import of illegal catch]," co-author Tony Pitcher recently told The Washington Post. The Post notes that the study, which will be published later this year in the journal *Marine Policy*, reveals that inspectors "are not required to ask for documentation that shows a bounty's origin," and are instead more concerned with sniffing out seafood that could sicken consumers. "It's quite clear that most consumers don't have an idea what's coming into the supply," Pitcher said.

But the National Oceanic and Atmospheric Administration, which operates the National Marine Fisheries Service, calls foul: "Any study like this depends on data-poor statistics," NOAA public affairs director Connie Barclay told us via email. "So, the accuracy of the claim that 20 percent to 32 percent of wild caught U.S. seafood imports are linked to [illegal, unreported and unregulated fishing] fishing is unverifiable."

Indeed, the researchers acknowledged that not all of the fisheries included had enough data for them to analyze. It notes that in those cases, data was supplemented by "interviews with industry experts and government officials to provide a more robust estimate of the [illegal and unreported] catches for the products concerned."

Regardless, Barclay stressed that "NOAA is doing a lot to combat [illegal, unreported and unregulated] fishing and the import of these products into the U.S. market."

Steve Vilnit, director of fisheries marketing for the Maryland Department of Natural Resources, is reluctant to dismiss the study as readily as Barclay.

"It doesn't matter if [the amount of illegally caught seafood is] one percent or 100 percent—if any of it is being poached, we need to get to the bottom of it," he told us. Vilnit noted that the import of illegally caught seafood is a part of a broader problem with traceability; last winter alone, Natural Resource Police caught nearly a dozen different poachers harvesting oysters from protected Maryland sanctuaries. It's instances like these that contribute to oyster fraud and other types of seafood fraud, he said.

"We don't even have traceability from the fisheries on the Chesapeake Bay to the restaurants in Washington D.C.," Vilnit lamented. "How are we going to [precisely] track Chilean sea bass coming into the U.S.?" The question of seafood sustainability must begin with traceability, he said, adding that steeper penalties for those who break the law are a necessity. Consider tuna, for instance. According to the study, tuna is one of the most common illegally caught imports. It's also among the most-consumed seafood products in the U.S, and an international appetite for it has led to dangerous overfishing with tuna stocks in the Northern Pacific Ocean dropping by up to 96 percent last year.

"Tuna can be harvested sustainably, it's possible," Vilnit said. "But it's like elephant tusks and ivory. The fines are too small and the payoff [for the poachers] is too big."

The issues outlined in the study are definite cause for concern, he continued. "It puts all of our sustainability efforts severely behind," he said. Without serious government action, seafood sustainability activists may just be spinning their wheels.



Apr 9, 2014, 12:35pm EDT

How to tell if the meat in your crab cake is actually from Maryland

Maryland's True Blue program certifies restaurants, caterers, hospitals, schools and other businesses that use real Maryland crab meat.

Sarah Meehan

Reporter- *Baltimore Business Journal*



Your Maryland crab cake might not come from Maryland, but there's at least one way you can tell if it does.

While many eateries serve Maryland-style crab cakes, few actually use local crab meat and it's hard to tell where the crab comes from. However, the Maryland Department of Natural Resources' True Blue program certifies restaurants, caterers, hospitals, schools and other businesses that use real Maryland crab meat.

The BBJ's James Briggs reported Monday on research Baltimore's National Aquarium is promoting by Oceana, which found one out of every three seafood samples it bought was mislabeled. But local seafood restaurant Ryleigh's Oyster wanted to make it clear that wasn't the case for all restaurants, so they tweeted at the Business Journal and Steve Vilnit, the DNR's fisheries marketing coordinator: "@SteveVilnit did you see this? Tell the @BaltBizOnline how you can tell who serves #MDTrueBlue."

I gave Vilnit a call to learn more about the True Blue initiative. The program launched two years ago and allows certified restaurants and other businesses to label their crab products with a True Blue logo — meaning their crab meat comes from the Chesapeake Bay.

When the program launched, only a few restaurants were using Maryland crab in their crab products. Now there are more than 200 registered restaurants, Vilnit said.

"It's the people that really care about the ingredients and it says more about the restaurant if they're willing to spend more on local crab meat," Vilnit said.

He expects more eateries to get on board this year. Last year Vilnit said the DNR did not push restaurants to join True Blue because the Chesapeake Bay's crab harvest was poor.

The restaurants and other businesses that are part of the program use 14,000 pounds of crab meat per week, or up to 7,000 bushels of crabs.

And now that the True Blue program is raising awareness of which restaurants are using real Maryland crab, Vilnit said he's noticed other restaurants joining the effort.

"There's a lot of social pressure," Vilnit said.

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Eating oysters during months without an 'R' is not only safe but a sustainable choice. The 'R' rule once discouraged the consumption of oysters during the spawning season when the quality of the meat was inconsistent. New aquaculture technology, strict harvesting standards and modern refrigeration have debunked this myth and made our Chesapeake delicacy enjoyable year-round!



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