

Mariner's Menu

SEAFOOD INFORMATION FROM UNC SEA GRANT

What do you get when you cross A striped bass and a white bass?

The hybrid striped bass is a newcomer to the seafood market. Raised primarily in aquaculture ponds and tanks, this species is a tasty result of university research.

Scientists learned that crossing the striped bass with the white bass yielded a hybrid that was hardier, faster growing and more disease resistant than either of its parents. It was a perfect candidate for the aquaculture industry, filling a market niche left by declining East Coast catches of wild striped bass.

Realizing the potential for the hybrid, the Sea Grant Programs in North Carolina and South Carolina supported research to develop pond culture and hatchery techniques for the hybrid. The science was successful, and a demonstration project at the farm of Lee and Harvey Brothers in Aurora, N.C., proved that commercial pond culture of hybrid striped bass could be profitable on a large scale.

The rest is history. Today, more than 100 fish farms in the United States culture hybrid striped bass in ponds, tanks and cage facilities. Market production of the fish has reached a steady 8 million pounds per year. In North Carolina, 18 hybrid bass farms operate in the eastern part of the state.

Most of the hybrid harvest is shipped to the Northeast where it is sold to restaurants and ethnic retail markets. But because 15 percent of the production comes from North Carolina, the hybrid is beginning to make appearances on local menus and at Tar Heel markets.

The hybrid striped bass has a silvery-black back and a white belly. Dark black stripes run along its sides. These stripes have a broken pattern as opposed to the wild striper's solid lines. Hybrid bass may grow to 20 pounds, but those harvested for food fish are 1 1/2 to 2 1/2 pounds.

As a result of being farm-raised, hybrid striped bass eat a high protein, grain-based feed. They live in ponds and tanks where the water quality is constantly monitored and receive continuous care from growers interested in delivering a top-quality product to market. And often, it's only a matter of hours

from the time the fish are netted from ponds until they are delivered to restaurants and seafood markets. The hybrid striped bass should be a quality catch for any consumer.

The meat of the striped bass is white and turns opaque when cooked. It has a mild taste with a firm, moist and flaky texture. Hybrid striped bass may be baked whole. Or fillets can be broiled, barbecued, grilled, steamed, sauteed or poached. Refer to your previous *Mariner's Menu* copies for recipes on broiling, grilling, steaming and poaching. Striped bass can be substituted for any white-fleshed fish such as flounder or snapper.

Hybrid striped bass is marketed year-round, but the greatest availability is September through April. Fresh fish are sold

A hybrid striped bass and a delicious dinner!

whole, gutted or dressed, and on ice to assure high quality and extended shelf life.

When buying farm-raised hybrid striped bass or any fish, be sure the eyes are clear and not milky. The gills should be red, not brown, and the flesh resilient with a good sheen. The fish should have no smell.

On the next pages, we offer you a variety of recipes for using hybrid striped bass. On a scale of 1 to 5, each received a rating of 4.5 or higher. Drop by your seafood market today and bring a hybrid home for dinner.

Joyce Taylor retired last year after more than 20 distinguished years of service to seafood consumers and educators. Joyce's programs increased the safety, quality and consumption of North Carolina's seafood. Her shoes will not be easily filled. But the North Carolina State University Seafood Laboratory and North Carolina Sea Grant want to continue to provide valuable timely information on seafood nutrition, safety and preparation. Lorraine Coffey of the Seafood Laboratory will become the new editor of *Mariner's Menu*. She welcomes your input and suggestions. Give her a call at 919/726-7341.

Hybrid Striped Bass with Fennel

SERVES 8 TO 10

- 3 pounds hybrid striped bass fillets
- 1 tablespoon fennel seeds
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup olive oil
- 1 tablespoon brandy

Crush fennel seeds with mortar and pestle or other method. Combine with salt, pepper, oil and brandy. Mix thoroughly.

Place fillets on greased broiler pan. Brush well with fennel mixture. Broil about 4 inches from heat until fish flakes easily with a fork, about 10 minutes.

Baked Hybrid Striped Bass with Wine and Tarragon Sauce

SERVES 2 TO 3

- 1 pound hybrid striped bass fillets
- 3 tablespoons margarine, melted
- 2 tablespoons fresh lemon juice
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- parsley sprigs (optional)

Place fish in shallow greased baking pan. Brush with margarine. Dot with lemon juice. Sprinkle with salt and pepper. Bake at 400 F, basting once, until fish flakes easily with a fork, about 10 minutes. Garnish with parsley sprigs.

Wine and Tarragon Sauce

- 2 tablespoons margarine
- 1/2 tablespoon dry white wine
- 1/4 teaspoon finely chopped fresh tarragon
- 1/8 teaspoon soy sauce
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Prepare sauce while fish is baking. In small saucepan, melt margarine over medium heat. Add wine, tarragon, soy sauce, salt and pepper. Bring to boil and remove from heat. Spoon over fillets.

Hybrid Striped Bass Amandine

SERVES 2 TO 3

- 1 pound hybrid striped bass fillets
- 1/4 teaspoon salt
- freshly ground black pepper
- 1 egg, lightly beaten
- 1/2 cup milk
- 1/4 cup flour

- 1/4 cup slivered almonds
- 2 tablespoons fresh lemon juice
- 1 tablespoon Worcestershire sauce
- 1 tablespoon chopped fresh parsley

Combine egg, milk, salt and pepper in flat dish. Dip fillets in egg mixture. Dredge in flour. In medium skillet, melt margarine. Sauté fillets over medium heat until golden on one side, about 3 to 4 minutes. Turn and repeat on other side. Remove fish to warm platter. Add almonds to skillet and brown lightly. Add lemon juice, Worcestershire and parsley. Heat. Pour over warm fillets.

Herbed Hybrid Striped Bass

SERVES 8

- 8 hybrid striped bass fillets
- 1/4 cup olive oil
- salt
- freshly ground black pepper
- 1/2 cup mixed minced fresh herbs:
parsley, thyme, basil (or other)
- 1 cup coarse dry bread crumbs

Brush fillets with oil. Sprinkle with salt and pepper. Press a coating of herbs and then of bread crumbs firmly into the flesh side of fillets. Broil about 4 inches from heat for 8 to 10 minutes or until the crumbs are crusty brown.

Broiled Hybrid Striped Bass with Paprika and Herbs

SERVES 6

- 2 pounds hybrid striped bass fillets
- 1/2 cup margarine
- 1/2 teaspoon salt
- 1 teaspoon paprika
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons finely minced green onion
- 2 tablespoons finely minced fresh parsley
- 3/4 teaspoons dried tarragon
- 1 tablespoon fresh lemon juice

Cream margarine. Combine with salt, paprika, pepper, green onion, parsley, tarragon and lemon juice. Spread mixture on fish. Broil about 4 inches from heat, basting occasionally, until fish is done, about 8 to 10 minutes. Transfer to platter and pour pan juices over fish.

Nutritional Value Hybrid Striped Bass

Calories	97
Fat calories	21
Total fat	2.3 g
Saturated fat	0.5 g
Cholesterol	80 mg
Sodium	69 mg
Protein	17.7 g
Iron	0.8 mg

Serving Size 100g/3.5 oz (raw)

Oven Fried Hybrid Striped Bass

SERVES 4 TO 6

- 2 pounds hybrid striped bass fillets
- 1/2 cup milk
- 1/4 teaspoon salt
- 1 cup fine dry bread crumbs
- 3 tablespoons margarine, melted

In large shallow dish, combine salt and milk. Spread crumbs in shallow dish or on wax paper. Dip fish in milk and coat evenly with crumbs. Place fish in a single layer in a greased baking dish. Drizzle with melted margarine. Bake at 500 F until crisp and golden brown, about 6 to 8 minutes, or until fish flakes easily with a fork.

Hybrid Bass with Lemon Parsley Sauce

SERVES 3 TO 4

- 1 pound hybrid striped bass fillets
- 2 tablespoons vegetable oil
- 2 tablespoons margarine
- salt
- freshly ground black pepper
- flour

Heat oil in medium skillet over medium heat. Add margarine. Lightly salt and pepper fillets. Dredge in flour and shake off excess. Cook fillets over medium heat until golden brown on one side, about 4 minutes. Turn and repeat on other side. Remove from pan and drain on paper towels.

Lemon and Parsley Sauce

- 6 tablespoons margarine
- 2 tablespoons fresh lemon juice
- 1/8 teaspoon salt
- 2 tablespoons finely chopped fresh parsley

In small saucepan, melt margarine over medium heat. Add lemon juice and salt. Remove from heat. Add parsley and pour over cooked fish.

Hybrid Striped Bass with Vegetables and Cream Sauce

SERVES 3 TO 4

- 1 pound skinless hybrid striped bass fillets
- 4 tablespoons margarine
- 1 carrot, thinly sliced
- 1/3 cup thinly sliced green onions
- 1/2 cup thinly sliced celery
- 4 ounces fresh mushrooms, thinly sliced
- 1 cup dry white wine
- 1/2 teaspoon salt

- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons lemon juice
- 1/2 cup heavy cream
- 2 tablespoons finely chopped fresh parsley

In medium saucepan, melt 2 tablespoons of margarine over medium heat. Add carrots, green onions, celery and mushrooms. Sauté lightly. Sprinkle with 1/2 the salt and pepper. Add 1/4 cup wine and cook over moderate heat until the wine is well reduced, about 5 minutes. Repeat this step twice, each time adding 1/4 cup wine and cooking to reduction, about 5 minutes each time. Remove vegetables to medium baking dish or pan.

Season fish with remaining salt and pepper. Arrange in a single layer over the vegetables. Pour remaining 1/4 cup wine over. Bake at 375 F or until fish flakes easily with a fork, about 15 minutes. Remove fish to heated serving dish. Sprinkle with lemon juice and keep warm.

Return vegetables to saucepan. Add cream to vegetables. Bring to boil over high heat and cook about 3 minutes. Add remaining 2 tablespoons of margarine and stir gently until melted. Pour vegetable and cream sauce over fish. Sprinkle with parsley and serve immediately.

Serving Amounts

The allowance for serving one person is generally considered to be 1/3 to 1/2 pound of the edible part of the fish. Therefore, when serving steak or fillets, purchase 1/3 to 1/2 pound for each person. When purchasing dressed fish, count on 1/2 pound for each serving. For whole or round fish, allow one pound per person.

Baked Hybrid Striped Bass in White Wine

SERVES 4 TO 5

- 1 1/2 pounds hybrid striped bass fillets
- salt
- pepper
- 2 tablespoons fresh lemon juice
- 2 1/2 tablespoons margarine
- 1/2 cup chopped onion

- 1/2 cup dry white wine
- 1/4 cup water
- 1/2 cup chopped fresh mushrooms
- 1 tablespoon chopped parsley
- 1 teaspoon minced garlic
- 1/8 teaspoon dried marjoram
- 1/8 teaspoon dried thyme
- 1/8 teaspoon cayenne pepper

Sprinkle fish with salt, pepper and 2 teaspoons lemon juice. Lightly grease a baking dish or pan. Place chopped onions and wine in pan. Place fish on top and dot with small pats of remaining margarine. Bake at 425 F for 12 to 15 minutes, or until fish flakes easily with a fork. Baste once or twice with pan juice.

While fish is baking, combine remaining lemon juice, water, mushrooms, parsley, garlic, marjoram, thyme and cayenne in small saucepan. Bring to a boil and reduce by half. When fish is done, add pan juice and continue cooking until sauce is thick and bubbly. Pour over fish.

Simply Broiled Hybrid Striped Bass

SERVES 8 TO 10

2 pounds hybrid striped bass fillets
1/4 cup margarine, melted
1 tablespoon fresh lemon juice
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
paprika

Combine margarine and lemon juice. Brush over fillets. Sprinkle with salt, pepper and paprika. Broil about 4 inches from heat until golden and fish flakes easily with a fork, about 8 to 10 minutes.

Pan-Fried Hybrid Striped Bass

SERVES 3 TO 4

1 pound hybrid striped bass fillets
freshly ground black pepper
flour
2 tablespoons vegetable oil
2 tablespoons margarine

Lightly pepper fillets. Dredge in flour and shake off excess. Coat in egg wash.

Heat oil in medium skillet over medium heat. Add margarine. Cook fillets over medium heat until golden brown on one side, about 4 minutes. Turn and repeat on other side. Remove from pan and drain on paper towels.

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ADDRESS CORRECTION REQUIRED

Egg Wash

1 egg
1/4 teaspoon salt
2 tablespoons freshly grated Parmesan cheese

Whisk egg. Stir in salt and Parmesan.

Taste and Test Panel

The hybrid striped bass recipes were developed under the direction of Joyce Taylor. Seafood Lab health, food and nutrition leaders participating in this work were Dolly Bell, Judy Blessing, Vera Gaskins, Martha Giles, Kay Holm, Anne Lawton, Lissie McNamee, Betty Motes, Mary Dudley Price, Valaree Stanley and Dot Whitley.


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