

Buying and Preparation Tips

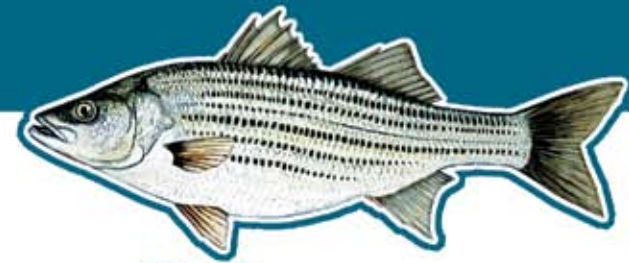
Be sure to purchase your seafood from a retailer that displays a valid license.

- Look for these signs of quality when purchasing hybrid striped bass fillets: flesh that is firm and not separating, fresh sea breeze smell and no discoloration.
- Whole fresh hybrid striped bass should have bright, clear and shiny eyes. Scales should be shiny and cling tightly to the skin. Look for bright pink or red gills.
- When you are grocery shopping, purchase seafood last and keep it cold. Ask your seafood specialist to pack your seafood on ice for the trip home. Remove from ice prior to refrigerating.
- Store fresh hybrid striped bass in the coldest part of your refrigerator (usually the lowest shelf at the back or in the meat keeper) at 32° F for up to two days.
- To freeze hybrid striped bass, wrap tightly to prevent freezer burn, write date on package and store at 0° F for up to four months. Thaw in the refrigerator or under cold running water.
- Try rubbing your favorite Cajun spice blend on hybrid striped bass. Shake the seasoning directly on the fish and gently rub into the flesh.

- Hybrid striped bass is cooked when its meat flakes easily with a fork, and loses its translucent or raw appearance. All fish should be thoroughly cooked.
- The general rule for cooking fish is 10 minutes per inch of thickness at the thickest part of the fillet or steak at 400°- 450° F. If fish is cooked in parchment, foil or a sauce, add 5 minutes to the total cooking time.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination. After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and your hands with hot soapy water.

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HYBRID STRIPED BASS



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Recipes



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Florida Department of Agriculture
and Consumer Services
CHARLES H. BRONSON, Commissioner



Striped Bass with Parmesan Cheese



- 2 pounds skinless, Florida hybrid striped bass fillets
- 2 tablespoons lemon juice
- 1/2 cup grated Parmesan cheese
- 1/4 cup butter, softened
- 3 tablespoons mayonnaise
- 3 tablespoons chopped green onions
- 1/4 teaspoon salt
- 1/4 teaspoon hot pepper sauce
- 2 teaspoons paprika

Place fillets in a single layer in a well-greased microwave-safe dish. Brush fillets with lemon juice and let stand for 10 minutes. Cover fish and cook in microwave on high for 6 to 8 minutes. Combine cheese, butter, mayonnaise, onions, salt and pepper sauce; spread on top of fish. Sprinkle with paprika. Cook 2 to 3 minutes longer or until topping is bubbly and fillets flake easily when tested with a fork.
Yield: 6 servings.

Per serving: calories 330, calories from fat 189, total fat 21g, saturated fat 8g, cholesterol 134mg, total carbohydrate 1g, protein 32g.

Baked Bass Worcestershire



- 4 8-ounce boneless Florida hybrid striped bass fillets
- 1/4 cup butter, melted
- 1 tablespoon lemon pepper
- 1/2 teaspoon cayenne pepper
- 1 large Florida onion, sliced thin and separated into rings
- 2 teaspoons Worcestershire sauce
- 2 Florida lemons

Dip bass fillets in butter and place on a non-stick baking pan. Sprinkle fish with lemon pepper and cayenne pepper. Place onion rings on fillets and sprinkle with Worcestershire sauce. Bake in a preheated 450° F oven for 8-10 minutes or until fish flakes easily with fork. Remove from oven and squeeze lemons over fillets.
Yield: 4 servings.

Per serving: calories 340, calories from fat 160, total fat 18g, saturated fat 9g, cholesterol 160mg, total carbohydrate 5g, protein 38g

**Seafood alternative:
farm-raised tilapia,
sea trout, flounder
or snapper**

Oven-Fried Hybrid Striped Bass

- 2 cups evaporated milk
- 1 teaspoon salt
- 2 pounds Florida hybrid striped bass fillet
- 1 1/2 cups corn flake crumbs
- 1/4 cup vegetable oil

Combine milk and salt. Dip fish into milk and roll in crumbs. Arrange fillets in single layer in well-oiled baking dish. Drizzle oil over fish. Bake at 500 degrees F for 8-10 minutes or until fish flakes easily with a fork.
Yield: 6 servings.

Per serving: Calories 381, Calories from Fat 144, Total Fat 16g, Saturated Fat 3g, Cholesterol 109mg, Total Carbohydrate 26g, Protein 32 g

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It's Good For Your Heart**

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www.FI-Seafood.com**