

PRIDE IN
**GLYNN
COUNTY**



SEAFOOD COOKBOOK

RECIPES, STORIES AND FACTS ABOUT FOOD

VOL. 2

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ACKNOWLEDGMENTS

We thank the many fishers, crabbers, shrimpers and consumers of seafood who have lived in and around Glynn County for over hundreds of years, and who have celebrated our rich and diverse culture, especially our food!

We thank all of our neighbors who contributed their art and taste for this second "Pride in Glynn County" cookbook. We thank Honeywell for its financial support. We thank our co-workers from the Environmental Justice Advisory Board, Rebuilding Together – Brunswick and the University of Georgia Marine Extension and Georgia Sea Grant who supported us and provided endless feedback on how to create a resource that celebrates who we are as Southerners, and how we can eat sustainably from our marshes.

This book is dedicated to those who will continue to honor and carry on these traditions.

And, importantly, this book is dedicated to YOU! Enjoy and start cooking!

Created by: **Members of the Glynn County Community**
Compiled by: **Kimberly Andrews, Doris Dollar Carter (2020)**
Cover and Layout Design by: **Brandon Dudley**

INTRODUCTION

People who live around Brunswick love nothing better than a good seafood dish, and they also love to talk about a great seafood dish! We are blessed to live near a saltwater marsh that is home to a bountiful fish population. The marsh and fishing have been part of our community's long history and are celebrated today by local chefs, and at festivals, family get-togethers and church fish dinners.

We asked some of our favorite local cooks to share their recipes and stories. Some cook for a living: others for the pure joy of it.

We invite you to explore the recipes found in our "Pride in Glynn County Seafood Cookbook" series and try new ways to enjoy fresh local fish. The University of Georgia Marine Extension and Georgia Sea Grant offers tips for safe and healthy ways to prepare the catch of the day. To follow the guidelines prepared by the Georgia Department of Natural Resources for enjoying a healthy seafood dinner: know which species can be eaten frequently, and which should be dinner less often or not at all.

EAT SEAFOOD, EAT LOCAL

Because Brunswick has a strong industrial past, manufacturing activities have impacted the marsh environment. For the past two decades the U.S. Environmental Protection Agency (EPA) and the state have been addressing those impacts. Thanks to these efforts and monitoring of seafood, we know how to enjoy a healthy seafood diet. Guidelines to consumption of seafood from the area are found at:

▶▶ <https://epd.georgia.gov/fish-consumption-guidelines>

FISH, WILDLIFE AND PLANTS



Georgia's saltwater marshes boast bountiful populations of fish. A mixture of salt and fresh water, the marsh is found between the mainland and the open ocean. It provides beautiful scenery and attracts wildlife year-round.

The fish that call it home are a great source of seafood. Healthy fish populations provide recreational fishing from land or boat. They keep the local economy rolling by supporting commercial fishermen, stores and restaurants.

MEET THE LOCALS

Many fish found in our marsh are popular with anglers and many of us who love a good seafood meal. What's your favorite seafood?



Shrimp



Spot



Black Drum



Red Drum (Redfish)



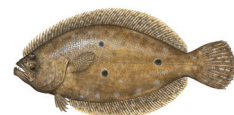
Blue Crab



Striped Mullet



Spotted Seatrout



Flounder



Atlantic Croaker



Whiting



Sheepshead

Finfish illustrations ©Diane Rome Peebles

OUR MARSH AND FISHERIES

Tidal salt marshes are located on the east coast of the U.S. between barrier islands and the mainland. Their water is a mixture of salt and fresh water. We refer to this as "brackish." Glynn County supports many types of wildlife and aquatic life, including popular seafood items like the fish, crabs and shrimp.



Data provided by the U.S. Fish & Wildlife Service National Wetland Inventory

- Salt Marsh Tidal Creeks and Ocean
- Salt Marsh Flats (grassy)
- Freshwater Habitats



Doris Dollar-Carter's **SEAFOOD SALAD** SOUTHERN STYLE

Doris Dollar-Carter

I am the Chairperson of the Environmental Justice Advisory Board in Glynn County. This recipe was passed down to me from my mother, Ms. Phoebe Carrie Stewart-Dollar.

DIRECTIONS

- Combine all ingredients except shrimp and lettuce.
- For best flavor, chill mixture over night.
- Deep-fry shrimp. Set aside in warming dish.
- Immediately before serving, scoop salad onto lettuce leaves, add fried shrimp on top and around salad, and sprinkle with additional Old Bay®.

Serves 8-10.

INGREDIENTS

- 1 pound raw shrimp, peeled**
- 24 ounces fresh blue crab meat** (approximately 12 large crabs)
- 6 hard-boiled eggs, diced**
- 2 cups celery, diced**
- 2 cups scallions, diced**
- 1 bunch baby leeks**
- 2 tablespoons fresh lemon juice**
- 1 jar Kraft Sandwich Spread®** (use extra spread if elbow noodles are added)
- Old Bay® seasoning** (use to taste)
- 1 tablespoon hot sauce**
- 1 head lettuce** (wash, drain and separate leaves; refrigerate)

VARIATIONS

- Add scallops or elbow noodles.
- Substitute four 6-ounce cans of drained crab meat in place of fresh crabs.

1/3 of the salt marshes on the east coast of the U.S. are located in Georgia.



Rick Bassett's **WILD RICE SEAFOOD SOUP**

Rick Bassett

I have been living in the Golden Isles with my wife Kim for 10 years after moving here from northern Minnesota. I was raised on the Fond du Lac Indian Reservation, and natural hand-harvested American Indian wild rice was a staple of my diet. Incredibly, I was also raised on seafood as my mother was from Baltimore, Maryland, and we would vacation there in the summer. The warm weather and the incredible wild Georgia shrimp led us to settle in the Golden Isles. Georgia shrimp's unique sweet taste and firm texture has allowed us to find many uses for it. During one of the rare, colder nights here, I created this recipe to help take the chill out of our bones. The combination of wild Georgia shrimp, local blue crab and Native American wild rice creates a blend of regional tastes into one delicious meal. I hope you enjoy.

INGREDIENTS

- 1 pound medium raw Wild GA Shrimp, peeled and deveined**
- 1 pound local crab claw meat** (less expensive and sweeter!)
- 32 ounces beef broth** (vegetable broth as substitute)
- 1/2 cup wild rice** (long grain brown rice as substitute)
- 1/2 large onion, chopped**
- 2 stalks celery, chopped**
- 1/4 clove garlic, pressed**
- 1 18.5-ounce can of beef pot roast & country vegetable soup**
- 1 can diced tomatoes**
- Old Bay® seasoning**

DIRECTIONS

- Mix beef broth, wild rice, onions, celery and garlic in large pot.
- After the vegetables are cooked, add soup.
- Bring to boil, and then reduce heat until ingredients start to become tender.
- Add shrimp, crab meat and diced tomatoes.
- Season to taste.
- Reduce heat to simmer and let sit for about an hour to allow flavors to blend, stirring occasionally.
- Serve with oyster crackers.

Serves approximately 6 people, maybe allowing for seconds from hungry feasters!

Green Green

Pastor Ryan Green's **CURRIED BLACK DRUM**



Sixteen years ago, we heard about Brunswick, Georgia, during an interview to teach in the Glynn County School system. The interviewer told us that Brunswick, a coastal community, would be similar to Jamaica. Although we discovered that the scenery and culture were different, we discovered a place where our love for seafood would be a common line that anchored us to the community. Brunswick has become home to us, and we are finally finding our place to serve and impact lives in more tangible ways as we enjoy our journey of faith. Despite missing our regular seaside dinners at our favorite fish spots on the shores of the Caribbean Sea, we have found comparable fish that can be used to make our hometown favorites. The availability of redfish, drum, whiting, flounder and our all-time favorite snapper can be sourced during the season from local fish markets. We would love to share with you one of our favorite fish recipes.



Georgia's salt marshes are nature's nurseries. They create a place for fish to eat and protect young fish from predators.

INGREDIENTS

Local fish of your preference
1/3 cup vinegar OR lemon juice
1/2-1 cup broth (vegetable or meat of your choice), **divided**
1/2 sweet Vidalia onions, diced
1/2 bell pepper, diced
1/2 Scotch bonnet pepper, diced
1/4 teaspoon ginger
2 cloves garlic, minced (or two teaspoons of garlic powder)
1 teaspoon curry powder/pound of fish
1 teaspoon black pepper
1 teaspoon adobe seasoning or salt to taste
Foil paper

DIRECTIONS

- Remove any additional scales from the gutted fish and wash in a bath of vinegar or lemon juice and water.
- Cut fish into steaks.
- Combine all seasonings, including onion and two kinds of peppers, in a food processor to ensure consistency.
- Mix about half of the seasoning mix with about half of the broth.
- Pour some of the mixture over fish steaks in a mixing bowl. Apply (rub or brush) the mixture to all surfaces of each piece.
- Place fish steaks in a refrigerator to marinate for 20 minutes.
- Preheat oven to 350°.
- Remove fish from refrigerator and place in a baking dish. Put in the oven to bake for 10 minutes.
- After 10 minutes remove from oven.
- Add the rest of the broth to the remaining seasoning mixture. Pour the mixture over the fish, evenly distributed so it will create a sauce during baking.
- Cover with the dish with foil paper and return to the oven to bake for another 20 minutes.
- Remove fish from oven and remove foil paper. Replace fish in the oven for another 10 minutes.

Serving sizes vary based on type of fish and can be adjusted according to party size using fish-curry ratio.

Cindi Phillips

Cindi Phillips'

SHRIMP AND DEVEILED EGG SALAD ROLLS



I moved to the Golden Isles in 1989. I am from Atlanta and had been coming here on vacation every chance I got. I was so happy to be able to move here! I fell in love with the marshes, the beaches, the water, and most of all, the people. I have spent many days boating, fishing, jet skiing, crabbing and throwing my cast net out for shrimp. I am also a scuba diver and I love the underwater world! Several years ago, I joined a Cookbook Club that met once a month in a local bookstore. The members would pick a cookbook for the quarter and each month each member would cook one dish from the cookbook. We would all bring our dishes and share them at our Cookbook Club meeting. This recipe is from The Lee Bros. Simple Fresh Southern Cookbook and is a favorite among the members of the club. It is easy to make and is great for picnics or outdoor gatherings as well as being a simple dinner at home. Enjoy!



INGREDIENTS

- 1 pound large raw shrimp, headless and shell-on
- 2½ teaspoons kosher salt, divided (add more to taste)
- 6 large eggs
- 2 ounces slab bacon, or 2 strips thick cut bacon, finely diced
- ¼ cup plus 2 tablespoons Duke's Mayonnaise®
- 1 tablespoon pepper-vinegar hot sauce
- 2 teaspoons Dijon mustard
- Freshly ground pepper to taste
- 2 vine-ripened red tomatoes, cut into 8 slices total
- 4 leaves butter lettuce
- 4 top-loading hot dog buns
- 2 scallions (white and green parts), finely sliced

DIRECTIONS

- Fill a large stockpot with about two quarts water and two teaspoons of the salt.
- Bring to a boil over high heat.
- Remove the pot from the heat, add the shrimp, and cook (off the heat) for 1-2 minutes, until the shrimp are pink/orange and slightly firm.
- Use a slotted spoon or skimmer to transfer the shrimp to a colander. Set the shrimp water aside.
- Rinse the shrimp under cold water until they are cool enough to handle.
- Return the shrimp water to a boil, and then reduce the heat to low so the water simmers calmly.
- Add the eggs gently, lowering them to the bottom, two at a time, with a large ladle. Let the eggs cook at a simmer for exactly 14 minutes.
- While the eggs cook, peel and chop the shrimp and put them in a large bowl.
- Sauté the bacon in a skillet over medium high heat until it is firm and just turning golden brown, 4-5 minutes. Transfer the bacon to a paper towel to drain.
- When the eggs are done, transfer them to a strainer and rinse under cold water until they are cool enough to handle, about two minutes. Peel the eggs and cut them in half lengthwise. Separate the whites from the yolks. Coarsely chop the egg whites and add them to the bowl with the chopped shrimp. Press the yolks through a mesh strainer into a medium bowl. Add the mayonnaise, hot sauce, mustard and remaining ½ teaspoon salt to the yolks and whisk until the mixture has the consistency of cake batter, about one minute.
- Using a rubber spatula, fold the yolk mixture into the shrimp mixture until the shrimp and egg whites are evenly coated with the deviled-egg dressing.
- Season with pepper and more salt if desired, and toss again.
- When covered, the shrimp and deviled-egg salad will keep in the refrigerator for two days.
- To serve, load two slices of tomato and one leaf of lettuce into each of the top-loading buns and spread ¾ - 1 cup of the shrimp and deviled-egg salad into each roll. Garnish each roll liberally with the reserved diced bacon and the scallions.

Serves 4.



Tidal salt marshes are located between barrier islands and the mainland.

Joan Shinnick's
"Joan.of.art"

SHRIMP CURRY

joan shinnick



Shrimp Curry is a perfect blend of flavors. If you are fortunate enough to get some fresh local shrimp, this meal is superb. My husband Joe and I attend a lot of potluck suppers, and my Shrimp Curry is always popular with friends. Potluck suppers are a great opportunity to try exotic recipes.



INGREDIENTS

2 pounds shrimp, peeled and de-veined
(may be cooked ahead of time)
¼ cup butter or margarine
1 cup onion, chopped
1 clove garlic, chopped (approximately 1 teaspoon)
2 tablespoons fresh ginger, chopped
2-3 teaspoons curry (Badia® brand is good and not too hot)
Salt and pepper to taste
½ cup chicken stock OR 1 can of coconut milk and ½ cup water
¼ cup all-purpose flour, if desired
Yellow rice (just add some turmeric and curry powder to white rice while cooking, and you will have yellow rice!)

Chutney
Optional: (whatever you have on hand!...all need chopping)
Fresh parsley
Green pepper
Celery (I like celery in everything, husband Joe does not)
Carrots
½ cup of raisins (really! They taste delicious in curry!)
1 cup pared tart apple OR small can water chestnuts
Pineapple chunks

DIRECTIONS

- To make the curry sauce: in a large fry pan, melt butter and sauté onion, garlic, ginger, and all options, such as apple, celery and green pepper.
- Add curry and cook approximately five minutes.
- Remove from heat. Blend in salt and pepper. Slowly add stock or coconut milk. If you want sauce to be thicker consistency, add ¼ cup flour and stir. Add water if needed.
- Add shrimp and return to stove. Bring to boil, stirring constantly.
- Reduce heat, cover pan and simmer gently for 15-20 minutes.
- Serve with rice and chutney (for authentic East Indian pizzazz!).

*Serves approximately
8 people; adjust ingredients
as you wish.*

Deborah Tyler's
(GLUTEN-FREE)

Deborah Tyler

CRAB & SHRIMP PIZZA



When my daughter was diagnosed with Type 1 diabetes and Celiac disease, I felt it was important to choose meals that would suit my family's nutritional needs as well provide an opportunity to rediscover the fun of cooking wholesome and delicious meals as a family. My daughter's favorite food is pizza, so I found a gluten-free pizza crust recipe and decided to incorporate the seafood that we caught that afternoon at the pier. That day we were reminded of the power in putting our heads together and the joy in cooking as a family. The news of her diagnosis changed our outlook on life. What could have caused us to worry actually brought us closer.



INGREDIENTS

½ pound raw shrimp, peeled and deveined
1¼ cups crabmeat
1 cup water
2 tablespoons lemon juice
1 tablespoon butter
1 cup fresh mushrooms, sliced
1 small onion, chopped
1 small sweet red pepper, cut into strips
2 garlic cloves, minced
¼ teaspoon salt
1 King Arthur's gluten-free 12-inch pizza crust®
⅓ cup Alfredo sauce
¼ basil, chopped
2 cups shredded part-skim mozzarella cheese
1 cup parmesan cheese

DIRECTIONS

- Preheat oven to 425°.
- In a small bowl, combine shrimp, water and lemon juice. Let stand 10 minutes.
- Meanwhile, in a large skillet, heat butter over medium-high heat.
- Add mushrooms, onion and pepper; cook and stir 4-5 minutes or until tender.
- Add garlic and salt; cook one minute longer.
- Drain shrimp from water and lemon mixture. Add shrimp and crab to pan; cook and stir 1-2 minutes longer or until shrimp turn pink.
- Place crust on an ungreased 12-inch pizza pan or baking sheet; spread with Alfredo sauce. Spoon shrimp mixture over sauce; sprinkle with basil and cheese.
- Bake 8-10 minutes or until crust is golden and cheese is melted.

Serves 2-4.

Melinda Ennis-Roughton

JO & LINDY'S SHRIMP CREOLE

Melinda Ennis-Roughton



This recipe was originally given to me by my mother (Jo Beth Ennis) when I was a young woman, who is still kicking it at 86. It was the first thing I ever made for my husband (then boyfriend) and he loved it (and married me!). Through the years I have adapted it a bit to our own family taste (added black olives and beer). I also put more cayenne pepper than my mother ever did (my family likes heat!). My two grown sons, one who lives in Brooklyn, New York, and other in Asheville, North Carolina, have the recipe in family cookbooks that I made for them when they left home. Even so, they usually ask me to make it with our fabulous Georgia shrimp, when they come to visit.



INGREDIENTS

Shrimp creole

- 2.5-3 pounds raw shrimp, peeled and deveined
- 1 pound raw bacon
- 3-4 tablespoons flour
- 1 onion, finely chopped
- 1 red pepper, finely chopped
- 2 large cans tomatoes
- 2-3 teaspoons curry powder
- 1-2 teaspoons of cayenne pepper
- One can Le Sueur peas
- 1/2 cup or more chopped black olives, optional
- Beer, optional

Baked rice

- 2 cups uncooked rice
- 2 cans beef consume
- 2 cans water
- 2 sticks butter



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.

DIRECTIONS

Shrimp Creole

- Fry bacon and set aside. Pour almost all of the bacon grease into a container and set aside, leaving about 2 tablespoons of grease in the skillet.
- Sauté onion and pepper in remaining bacon grease.
- In separate small saucepan or small frying pan, pour in bacon grease from the container and heat. To make the roué, slowly blend in flour, stirring constantly until it is creamy and brown.
- Crush canned tomatoes and put in big pot. Heat until bubbling then add cooked vegetables and roué.
- Crumble bacon and add to the mix, to taste.
- Add about 2 teaspoons of curry powder (more to your taste, but don't overdo it).
- Add 1-2 teaspoons of cayenne pepper (again, you may want more or less depending on how much heat you like).
- Add a bit of beer to taste and to thin sauce if too thick.
- Drain can of peas and add to sauce.
- Add drained olives, if desired.
- Simmer covered for one hour or more, stirring occasionally.
- Add shrimp to mixture about 15 minutes before serving (enough time to cook).
- Serve over baked rice.

Serves 6-8.

Baked Rice

- Combine all ingredients.
- Bake one hour at 375°.



Almost 30% of Glynn County is water — freshwater, marsh and ocean.

Patty Gibson's **DEILED CRAB CASSEROLE**

Patty Gibson

“

When we moved to St. Simons in 1966, we met AC and Evelyn Oliver at church. Over the years they became our very special mentors and friends. Evelyn became my local resident mother, mentoring me in island ways and later becoming my own mother's best island friend. They shared many miles on the beach gathering sand dollars. Evelyn was a great cook, and everyone hoped to see her deviled crabs at church dinners. I never mastered her cheese straws or dumplings but this casserole is fairly easy. Enjoy!

”

INGREDIENTS

1 pound crab meat
½ cup onion, chopped
½ cup green pepper, chopped
½ cup celery, chopped
4 tablespoons bacon drippings
2 tablespoons Worcestershire sauce
1 egg, beaten
2 tablespoons pickle relish
½-1 cup evaporated milk
Salt and pepper to taste

DIRECTIONS

- Preheat oven to 400°.
- Sauté onion, green pepper and celery in bacon drippings until soft.
- Add crab meat, Worcestershire Sauce, egg, pickle relish, milk, salt and pepper.
- Mix well and pour into greased casserole dish or individual shells.
- Top with breadcrumbs and parmesan cheese.
- Bake in oven until brown. Time will vary based on the size of your cooking dish and whether prepared as a casserole or in individual servings.

Serves 4.

Oscar & Cathy Brown's **FRIED BLUE CRAB**

Oscar & Cathy Brown

“

This recipe is one of our favorite recipes because of its simplicity. It gives an interesting twist to a southeast Georgia staple. This dish is something we bring out on special occasions which makes it more special to us. Enjoy.

”

INGREDIENTS

1 dozen blue crabs, shelled, cleaned and halved
3 tablespoons Louisiana seafood seasoning
(use favorite seafood seasoning)
1 cup all-purpose flour
1 cup hushpuppy mix
1 tablespoon black pepper
1 tablespoon cayenne pepper
1 tablespoon Hidden Valley® ranch dressing mix
2 cups vegetable oil



Tidal salt marshes are brackish, which is a mixture of fresh and salt water.

DIRECTIONS

- In a large container, mix ice and cold water to put blue crabs to sleep. Let sit for 10-15 mins.
- Remove shell, clean out the body and break into halves.
- Heat oil to 350°.
- Season crabs with seafood seasoning. Mix well.
- To a bag, add flour, hushpuppy mix, black pepper, cayenne and ranch mix together. Shake well to combine.
- Add blue crabs to bag and shake well. Remove from bag and let sit.
- Lower crabs into oil and let cook for 3-5 minutes or until golden brown. Let excess oil drain.

Serves 6-8.

Betty McKenzie's CRAB 3-WAYS

Betty J. McKenzie



Brunswick is my home. I love living on the coast. We have great weather here. I have not had a coat on in five years. I love going to the beach and taking a book to read and watching the water. I am very blessed to live in Brunswick. I love my town. The coast is a good place to live if you love seafood. These crab recipes are among my dishes that I love.



CRAB PIE

INGREDIENTS

- 1 pound lump crabmeat
- 4 eggs, beaten
- 2 tablespoons flour
- 1 cup mayonnaise
- 1 cup whole milk
- 8 ounces shredded swiss cheese
- 8 ounces shredded cheddar cheese
- 2 tablespoons Old Bay® seasoning
- 1 tablespoon finely chopped onion
- 1 tablespoon finely chopped green pepper
- 2 deep pie crusts for 9" dish

DIRECTIONS

- Preheat oven to 350°.
- Combine eggs, flour, mayonnaise and milk. Mix well.
- Add cheese, Old Bay®, onion and pepper. Mix together.
- Fold in crabmeat.
- Pour into pie crusts.
- Sprinkle with Old Bay® on top.
- Bake for approximately 50 minutes; check after 40 minutes and bake for 3-minute intervals until done.

Serves 8.

CRAB BALLS

INGREDIENTS

- 1 pound crab meat
- 2 eggs, beaten
- 1 cup Ritz Crackers, crumbled
- 2 teaspoons mustard
- 2 tablespoons lemon juice
- 2 teaspoons parsley, chopped
- 1 tablespoon Old Bay® seasoning
- 1 tablespoon mayonnaise

DIRECTIONS

- Preheat oven to 350°.
- Mix everything together and form balls.
- Bake for 30 minutes.

Serves 4-6.

CRAB CAKES

INGREDIENTS

- 1 pound crab meat
- 2 eggs
- 2/3 cup of Panko or 1 cup of Ritz Crackers
- 2 teaspoons lemon juice
- 2 teaspoons of Worcestershire sauce
- 1 tablespoon of Old Bay® seasoning
- 1 tablespoon onions, chopped

DIRECTIONS

- Preheat oven to 350°.
- Mix everything together and make patties.
- Bake for 30 minutes.

Serves 4.



Seafood is heart-healthy, and it's an excellent source of several vitamins, dietary calcium, iron and zinc.

Elizabeth Verhey

Elizabeth Verhey's SOUTHERN CRAB CAKES



My parents met in college in South Carolina, so our family's diet has always had influences from the Southeast. The amazing cooks in my family have always been able to get creative with basic recipes! My beautiful Grandma Davison, who lived in the Ozarks of South Missouri, was one of those amazing cooks. A model, playwright and savvy business-owner, she and Grandpa also ran a wonderful farm and some of the best things I gained from her were spiritual lessons and cooking skills!! Her fried chicken could easily put KFC and Popeye's on defense, and she had a way of making even mashed potatoes more delightful than desserts. Enjoy these wonderfully fun fried cakes that are Grandma-approved!



INGREDIENTS

2 6-ounce cans of crabmeat, drained well

1 egg, beaten

2 tablespoons peppers (your choice: poblano, jalapeno, green, cherry or red roasted), **finely chopped**

2 tablespoons onion, finely chopped

1 tablespoon celery, diced

1 teaspoon horseradish

2 teaspoons prepared mustard

1/3 cup mayonnaise

1 teaspoon parsley and/or cilantro

Sprinkle of garlic powder or 1/2 teaspoon minced garlic

Sprinkle of black pepper

Sprinkle of paprika

About 22-25 Ritz Crackers, crushed (you need enough to hold the patties together without making it overly "breaded")

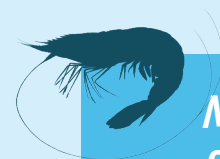
DIRECTIONS

- Mix all ingredients in a bowl then patty into 6 larger crab cakes.
- Fry over medium to medium-high heat.
- Fry patties until golden then drain on paper towels briefly before serving.

VARIATIONS

- For party/group appetizers, these can be made into bite-sized sized crab cakes.
- Jalapenos can be used in place of or in addition to the celery.
- In place of traditional dipping sauces of tarter, cocktail, or hot sauce consider:
 - mixing equal parts of honey and cocktail sauce.
 - melt a bit of cream cheese into orange marmalade and add a dash of hot sauce and/or minced jalapeno peppers.
 - change the garlic in the recipe to fresh dill and make a dill condiment of tartar sauce + a dab of sour cream mixed with fresh dill threads.
 - melt jalapeno jelly into cocktail sauce for a hot-but-sweet cocktail option.

Serves 3-6 depending on whether you plate 1 or 2 cakes.



Marshes protect coastal communities from flooding and storms, serving as "speed bumps" for water that is approaching the mainland.

Tammy Fluech's **BLUE CRAB CAKES**

As a kid I spent many hours fishing with my grandfather in New Smyrna Beach, Florida. Early mornings meant better fishing and I could cast a net properly by the time I was eight years old. When my grandparents moved away from the water I lost that part of me until I met my husband many years later. He has dedicated his life to the ocean, its inhabitants and to those who make a living working on it. Now our family lives in Brunswick, Georgia, and my husband, Bryan Fluech, is the Associate Marine Extension Director for the University of Georgia Marine Extension and Georgia Sea Grant Program. He fishes and crabs regularly and we are fortunate to obtain our seafood from many hard-working, local fishermen. I created this recipe by trial and error because I feel crab cakes are about tasting the crab. The recipes I had tried previously were too focused on adding things to make the patty hold up which missed the point. Crab cakes are about simplicity so feel free to modify it to your liking. I do highly recommend getting fresh crab if you can, and don't forget the lemon rind that should be added into the recipe. I promise you will thank me for that pop of flavor once you taste it!

INGREDIENTS

1 pound lump crab meat
1 teaspoon Lawry's® seasoning
½ cup mayonnaise
1 egg, beaten
Juice of half a lemon
Rind of whole lemon
½ cup breadcrumbs
½ cup cornmeal
½ cup vegetable oil for frying

DIRECTIONS

- Mix together crab meat and all dry ingredients (cornmeal, lemon rind, Lawry's®), and then add remaining wet ingredients (mayonnaise, egg and lemon juice) and stir to incorporate.
- Take a half a cup or so of crab mixture and form into patties.
- Cook over medium heat in a cast iron skillet and drain on paper towels before serving
- Garnish with extra lemon if you like.

Serves 4-5.

Freddie Harris' **BLUE CRAB CAKES**

INGREDIENTS

16 ounces lump crab
1 large egg, beaten
2 tablespoons mayonnaise
1 tablespoon Slap-Yo-Mama® seasoning (add to taste of spicy)
1 tablespoon Old Bay® seasoning
One sleeve of Ritz® Crackers
(don't have to add salt)

DIRECTIONS

- Mix mayonnaise, seasonings, and egg in a bowl.
- Crush crackers very fine.
- Add crab and crackers to mixture.
- Shape patties and either fry or bake.
- To bake, cook in oven heated to 350° for no longer than 10 minutes.
- To fry, form into balls or patties for 2-3 minutes until brown on each side.

Serves approximately 6 based on size of patties.

GEORGIA SEAFOOD CONSUMPTION GUIDELINES



People can enjoy a healthy local seafood diet by being aware of potential health risks and by managing their daily dietary practices. The Georgia Department of Natural Resources (DNR) produces annual recommendations on how often certain seafood from designated fishing zones around the state can be eaten safely. Depending on the zone, some species have no restrictions, while others should only be eaten once a month or once a week, while others should be avoided altogether.

Fish Age & Size

Generally, older and larger fish may be more contaminated than younger, smaller fish.

Fish Cleaning to Reduce Risk

Remove all skin

Remove the fat along the back

Remove guts

Remove the belly fat

Remove the fatty dark meat along the length of the fillet

Removing skin and fatty areas reduces some contaminants by 25 to 50% but does not remove mercury.

According to the DNR, people can maintain a healthy fish diet and reduce their risk of exposure to heavy metal (mercury) and poly-chlorinated biphenyls (PCB) by 25-50% if they: eat smaller, younger fish that have accumulated lower levels of contaminants; eat a variety of fish species; eat different kinds (species) of fish for a varied diet; eat smaller portions of big fish; clean and cook fish properly; remove the skin and the guts; clean off fatty areas (belly, side, back); and cook fish so the fat drips away (broil, bake, or grill).

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 percent of the PCBs found in crabs move into the cooking liquid during steaming/boiling.)

Cooking Methods to Reduce Risk

- GOOD**
 - Broiling
 - Baking
 - Grilling
- OKAY**
 - Deep-fat frying (do not reuse oil)
- POOR**
 - Pan frying

Women who are pregnant or nursing and children under the age of seven are most vulnerable to environmental contaminants because they experience higher rates of growth and development. The state guidelines take a conservative approach and are based on what is considered safe for pregnant women and children. Remember risks of exposure to environmental

contaminants will vary greatly from person to person! Just as these contaminants can accumulate over time in fish, they can be stored in people who eat these fish that eat smaller fish or organisms living off the sediments.

Please check the following DNR consumption guidelines when fishing in these areas in Glynn County. When you fish in other Georgia waters, follow DNR guidelines found online: <https://epd.georgia.gov/fish-consumption-guidelines>

FOUR CORE FOOD SAFETY PRACTICES FOR PREPARATION:
CLEAN SEPARATE COOK CHILL

TURTLE RIVER ESTUARY

Lower Turtle & South Brunswick Rivers (St. Simons Estuary)		
SPECIES	AREA SAMPLED	RECOMMENDATION
Atlantic Croaker, Spot, Striped Mullet Sheepshead, Southern Kingfish (whiting), Spotted Seatrout	Turtle River (from Marker 9) and South Brunswick River (downstream to Dubignon and Parsons)	1 meal/week
Black Drum, Blue Crab, Red Drum, Shrimp, Southern Flounder		No Restrictions
Clams, Mussels, Oysters		Shellfish Ban*

Middle Turtle River (St. Simons Estuary)		
SPECIES	AREA SAMPLED	RECOMMENDATION
Atlantic Croaker, Spot, Striped Mullet, Southern Kingfish (whiting)		1 meal/month
Black Drum, Sheepshead Blue Crab, Red Drum, Spotted Seatrout, Shrimp, Southern Flounder	State Hwy 303 to Channel Marker 9	1 meal/week
Clams, Mussels, Oysters		Shellfish Ban*

Purvis & Gibson Creeks (St. Simons Estuary)		
SPECIES	AREA SAMPLED	RECOMMENDATION
Atlantic Croaker, Southern Kingfish (whiting), Striped Mullet	Purvis and Gibson Creeks	Do Not Eat
Spot, Spotted Seatrout		1 meal/month
Red Drum, Black Drum, Southern Flounder, Blue Crab, Sheepshead		1 meal/week
Shrimp		No Restrictions
Clams, Mussels, Oysters		Shellfish Ban*

Upper Turtle & Buffalo Rivers (St. Simons Estuary)		
SPECIES	AREA SAMPLED	RECOMMENDATION
Atlantic Croaker, Spot, Striped Mullet	Turtle and Buffalo Rivers, Upriver of Georgia Hwy 303	1 meal/month
Black Drum, Sheepshead, Southern Kingfish (whiting), Blue Crab, Red Drum, Spotted Seatrout		1 meal/week
Shrimp, Southern Flounder		No Restrictions
Clams, Mussels, Oysters		Shellfish Ban*

TERRY & DUPREE CREEKS & BACK RIVER

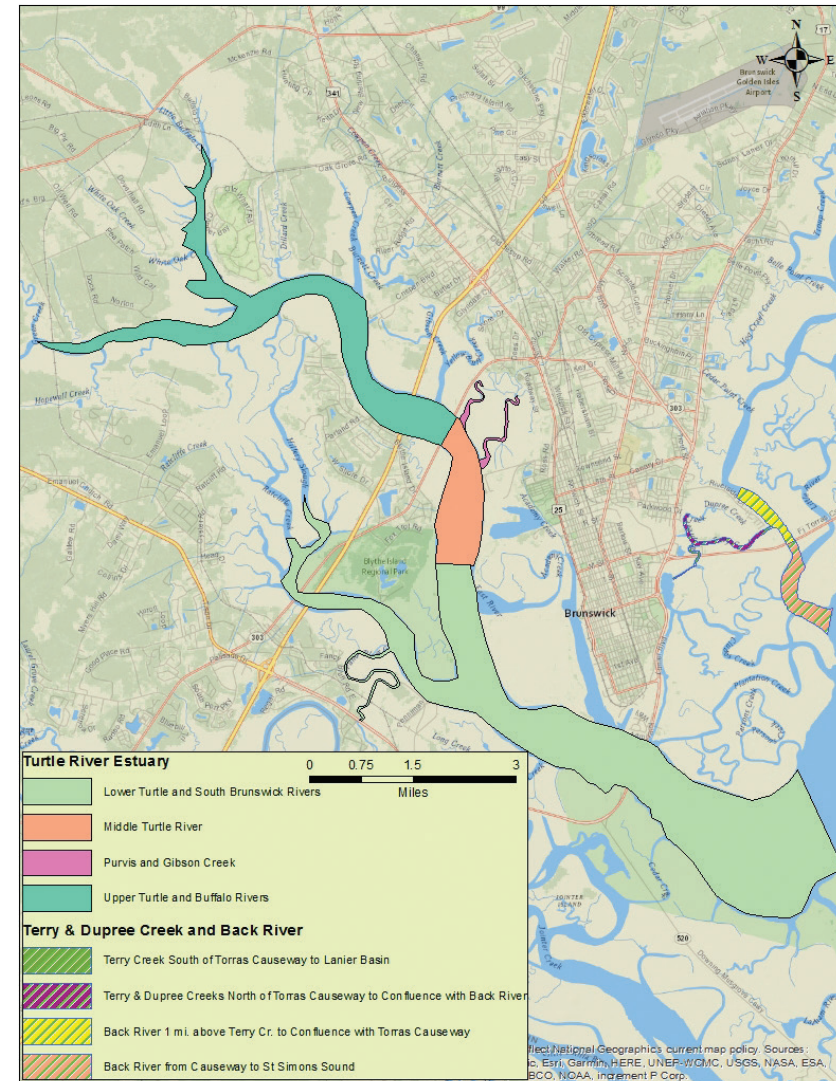
Terry Creek - South		
SPECIES	AREA SAMPLED	RECOMMENDATION
Silver Perch (Yellowtail)	Terry Creek South of Torras Causeway to Lanier Basin	1 meal/week
Blue Crab, Shrimp, Spot, Striped Mullet, Atlantic Croaker, Southern Kingfish (whiting), Spotted Seatrout		No Restrictions
Clams, Mussels, Oysters		Shellfish Ban*

Terry & Dupree Creeks - North		
SPECIES	AREA SAMPLED	RECOMMENDATION
Striped Mullet	Terry & Dupree Creeks North of Torras Causeway to Confluence with Back River	1 meal/month
Southern Kingfish (whiting), Spot, Atlantic Croaker		1 meal/week
Blue Crab, Shrimp, Red Drum, Spotted Seatrout		No Restrictions
Clams, Mussels, Oysters		Shellfish Ban*

Back River - North		
SPECIES	AREA SAMPLED	RECOMMENDATION
Atlantic Croaker	Back River 1 mile above Terry Creek to Confluence w/ Torras Causeway	1 meal/week
Blue Crab, Shrimp, Striped Mullet, Southern Kingfish (whiting), Spotted Seatrout, Red Drum, Spot		No Restrictions
Clams, Mussels, Oysters		Shellfish Ban*

Back River - South		
SPECIES	AREA SAMPLED	RECOMMENDATION
Blue Crab, Shrimp, Spot, Striped Mullet, Southern Kingfish (whiting), Spotted Seatrout, Red Drum, Atlantic Croaker	Back River from Torras Causeway to St. Simons Sound	No Restrictions
Clams, Mussels, Oysters		Shellfish Ban*

*Shellfish Ban: National Shellfish Sanitation Program.
For information see Coastal Resources Division website: <https://coastalgadnr.org>





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