

MISSISSIPPI

★ SEAFOOD ★

RECIPES



GULF★FRESH
MISSISSIPPI
SEAFOOD

★ AMERICA'S SEAFOOD ★



MISSISSIPPI GULF FRESH SEAFOOD

A RICH HERITAGE A WEALTH OF SEAFOOD

Long before settlers came ashore in Mississippi by the boatload, our nutrient-rich waterways have acted as the lifeblood of the area. For generations, fishing, shrimping and sharing our wild-caught seafood has been a way of life for people on the Mississippi Gulf Coast.

The Mississippi Gulf seafood industry profoundly shaped the history and culture of the Coast by attracting immigrant groups - Slovenians, Cajuns and Vietnamese - to the area. As far back as 1869, Biloxi was already such a thriving community that it became known as the "Seafood Capitol of the World."

While times have changed, our rich traditions and commitment to our seafood industry, its families and our state haven't. Today, our culture is made up of a blend of traditions carried on by people who pride themselves on our history and heritage. It's a culture developed over hundreds of years of life along the Mississippi waterways. Our seafood continues to be a superior product grown in our waters by Mother Nature and harvested by local fishermen. It has the taste, texture and quality that stand out from the rest.

When you purchase Mississippi Gulf seafood, you're not only getting the highest-quality seafood, you're supporting our rich local culture and our unique way of life.

NUTRITIONAL ★ INFORMATION ★



GULF SHRIMP

Serving Size: 84 g./3 oz.

Calories: 100, Calories from Fat: 10,
Total Fat: 1 g., Saturated Fat: 0.2 g.,
Cholesterol: 96 mg., Sodium: 240 mg.,
Protein: 19 g., Omega-3: 459 mg.



OYSTERS

Serving Size: 84 g./3 oz.

(about 12 medium)

Calories: 100, Calories from Fat: 35,
Total Fat: 4 g., Saturated Fat: 1 g.,
Cholesterol: 80 mg., Sodium: 300 mg.,
Protein: 10 g., Omega-3: 564 mg.



BLUE CRAB

Serving Size: 84 g./3 oz.,

Calories: 74, Calories from Fat: 8,
Total Fat: 1 g., Saturated Fat: 0 g.,
Cholesterol: 66 mg., Sodium: 249 mg.,
Protein: 15 g., Omega-3: 272 mg.



SNAPPER

Serving Size: 84 g./3 oz.,

Calories: 85, Calories from Fat: 10,
Total Fat: 1 g., Saturated Fat: 0 g.,
Cholesterol: 31 mg., Sodium: 54 mg.,
Protein: 17 g., Omega-3: 323 mg.



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**RECIPES FROM
MISSISSIPPI
★ CHEFS ★**

★ REDFISH ★

WITH SWEET POTATO PUREE, PURPLE HULL PEAS AND LAUREL BROWNED BUTTER

INGREDIENTS

6 oz redfish filet	½ C butter, separated - ½ melted
1 sweet potato	2 bay leaves
½ C purple hull peas	salt and pepper

DIRECTIONS

Redfish

Heat sauté pan hot over high heat and add oil. Season fish with salt and pepper. Place fish, presentation side down, in pan and turn after 3 minutes with fish spatula. Lower heat, add 1 T of butter and 2 bay leaves to pan. Tilt pan toward you and baste fish for about 3 minutes.

Sweet Potato Puree

Roast 1 sweet potato in oven on 350°F for about 1 hour. Peel hot potato and place in food processor. Add melted butter to processor and blend until smooth. Season with salt and pepper.

Purple Hull Peas

Fill sauce pan half way with salted water on high heat. When at a boil, add ½ C peas and turn off heat and cover. After about 10 minutes, uncover and add ice to pot to shock peas. Remove peas from water and sauté about 2 minutes in browned butter from fish pan.

To Serve

Spoon puree in the middle of plate. Using a fish spatula, carefully plate fish on puree. With a perforated spoon, gently place peas on top of fish. Garnish with pea tendrils and drizzle browned butter around fish.



Winning dish of 2014 MS Seafood Cook-off



*Gary Hawkins
Executive Chef
1908 Provisions
Jackson, MS*

★ DECONSTRUCTED GUMBO ★

INGREDIENTS

- 2 oz butter
- 3 C yellow onion, medium dice
- 1½ C green bell pepper, medium dice
- 1½ C celery, medium dice
- 2 T roasted garlic
- 4 whole smoked red bell peppers, (peeled/deseeded) rough chop
- 2 oz tomato paste

Shrimp Stock 2 quarts

- 1 lb shrimp shells
- 1 lb onion
- ½ lb celery
- ½ lb bell peppers
- 1 T tomato paste
- 2 qt water

Seafood

- 2 lb Mississippi Gulf shrimp (head on) (sautéed in butter)

- 7 soft shell crab (brined in hot sauce, fried)
- 1 lb lump crab meat (cleaned and picked)

Dark Roux 8 oz

- 4 oz fat
- 4 oz flour

Garnish

- okra (flash fried and dehydrated)

Spice Blend

- paprika
- salt
- pepper
- thyme
- oregano
- cayenne pepper

DIRECTIONS

In a Lodge® cast iron skillet, sweat trinity (onion, celery and bell peppers) in fat. Once translucent, add smoked peppers, garlic and tomato paste. Sauté for 2 minutes.

Lightly dust mixture with flour and sauté until medium (blonde) roux is formed, deglaze with stock.

Season with spice blend and reduce 30 to 45 minutes. While gumbo is reducing, sauté shrimp in butter and spices, dredge crab in flour, fry in vegetable oil and set to the side.

Stir dark roux into gumbo for added flavor and thickening.

Before serving gumbo, gently fold in lump crab meat, place gumbo in the bowl, add rice, shrimp, fried soft shell crab and garnish fried okra slices.

8 - 4oz portions



*David Crews
Executive Chef
Six Shooter Land and Timber
Drew, MS*

★ REDFISH ANNA ★

INGREDIENTS

Redfish

- 4 lb fresh redfish (skinned and all bones removed)
- salt and pepper to taste
- canola oil for sautéing

Sautéed Crabmeat

- 1 lb jumbo lump crabmeat
- 2 green onion (cut thin in rounds)
- ½ stick of butter
- salt and pepper to taste

Charred Tomato Lemon Butter

- ½ C chopped shallots
- 1 C white wine
- 1 C white wine vinegar
- 1 lb unsalted butter, cut into pieces
- salt and pepper to taste

- 2 roma tomatoes, charred on grill or in oven

Roasted Garlic Mash

- 4 lb red potatoes (boiled until knife tender)
- ½ stick of salted butter
- ½ C heavy cream (you may need a little more if potatoes are dry)
- salt and pepper to taste

Thin Beans or Haricots Verts (French Green Bean)

- 2 lb fresh beans (ends clipped)
- 2 T butter
- 1 shallot minced
- salt and pepper to taste
- 1 C water for steaming beans

DIRECTIONS

Redfish

Heat a non-stick sauté pan with enough oil to cover the bottom of the pan. When the oil starts to smoke, you are ready to add the fish.

Cook fish skin side up first until it is about ¾ of the way done, then flip the fish, cover pan with a lid or put pan in a 450°F oven until fish is cooked through. If you are cooking for a dinner party, you can sear the fish on first side and then flip it over on to a sheet or cookie pan with sides, and put all your fish in the oven at the same time so it will be ready at the same time for plating.

Sautéed Crabmeat

Melt butter in a sauté pan, add onion and crab and heat over low until warm. Add salt and pepper and serve over redfish.

Charred Tomato Lemon Butter

In a non-aluminum pan, combine shallots with wine and vinegar and



★ REDFISH ANNA ★

(CONTINUED)

reduce to a glaze. Over low heat, add one chunk of butter and whisk to blend. Slowly incorporate the remainder of the butter while whisking, thus keeping the sauce from breaking.

Strain sauce through a fine mesh strainer, add the chopped charred tomatoes and serve immediately (or hold in a double boiler barely simmering).

Roasted Garlic Mash

Whip butter and potatoes. Add cream after butter is melted. You may need a little more or less cream depending on how wet or dry your potatoes are after draining and whipping them. Add salt and pepper last, then whip until fluffy.

Thin Beans or Haricots Verts (French Green Bean)

In a large sauté pan, bring water to boil then add beans and cover for about 3 minutes or until there is still a little crunch to them. Water should be almost gone, then add butter and shallots and sauté on low until beans are tender. Add salt and pepper. Turn heat off and cover until ready to plate (in the next few minutes).



*Chef Derek Emerson
Walker's Drive In
Jackson, MS*

*Local 463 Urban Kitchen
Meridian, MS*

★ BLACK PEPPER SHRIMP ★

SNACK BAR - OXFORD

INGREDIENTS

- | | |
|--|---|
| 1½ lb large (16/20 count) Mississippi Gulf shrimp, peeled and deveined | 2 T chopped ginger |
| 2 T black peppercorns, toasted and crushed | 1 lime, zested and juiced + half a lime cut into wedges |
| 2 T coriander seeds, toasted and crushed | 6-8 curry leaves, optional (available at Indian grocery stores) |
| 1 t minced garlic | cilantro for garnish |
| | salt |
| | ½ C canola or peanut oil |

DIRECTIONS

Marinate the shrimp with salt, half the pepper, half the coriander, lime zest and juice for at least 30 minutes and up to 6 hours.

In a large skillet, heat the oil. Once the oil starts to smoke, add the ginger, curry leaves and shrimp. Toss in the remaining black pepper, coriander and a pinch of salt and stir to keep the shrimp from sticking.

Once the shrimp are just cooked through, transfer them to a serving dish and garnish with cilantro and the lime wedges.



Vishwesh Bhatt
Corporate Chef
City Grocery Restaurant Group
Oxford, MS

★ CRAB, CORN AND GREEN TOMATO RELISH ★

INGREDIENTS

- | | |
|---|--|
| 8 oz fresh Mississippi jumbo lump crab meat | 1 habanero pepper, seeded, deveined and minced |
| 2 medium green tomatoes, diced small | 1 lime, juiced and zested |
| 3 ears corn, roasted and shucked | 2 T cider vinegar |
| ½ C red onion, minced | 1 t sugar |
| ½ C red bell pepper, diced small | ¼ C cilantro |
| | 1 T cumin seeds |
| | 2 T olive oil |

DIRECTIONS

Mix all ingredients except the cumin and olive oil in a bowl and allow the flavors to blend for 15 minutes. Warm olive oil in a skillet and add the cumin seeds. Once the cumin seeds are fragrant, quickly and gently toss the relish mixture in the pan. Season lightly with salt and black pepper.

★ ITALIAN ZUPPA DI PESCE ★ OVER CREAMED GRITS

INGREDIENTS

Zuppa di Pesce

- ½ C vegetable oil (for searing)
- 6 7oz Amberjack (any fresh gulf fish will work)
- 18 Mississippi Gulf shrimp (21/25)
- 3 strips bacon
- ½ C garlic (minced)
- 1½ C white wine
- 3 C clam juice
- 1½ C tomato puree
- 6 oz coconut milk
- 1 lime, juiced and zested
- pinch saffron
- 1 T fennel seed (ground)
- 1 t red pepper (ground)

- 1 pint gulf oysters
- ½ C butter (unsalted)
- ½ C mint (fresh chopped)
- ½ C parsley (fresh chopped)
- salt & pepper to taste

Creamed Grits

- 3 qt half & half
- 1 C water
- 2 T salt
- 1 t black pepper
- 3 C grits
- 2 oz butter (unsalted)
- 2 C parmesan cheese (high quality)

DIRECTIONS

Zuppa di Pesce

In sauté pan, bring oil to smoking point. While oil is heating, cut bacon strips in half and wrap each shrimp. Season fish with salt and black pepper.

Once oil is hot, gently lay fish into pan, sear until golden brown and flip. Add shrimp. Once shrimp are golden brown on one side, flip and cook until done. Remove shrimp. Once fish is golden brown on both sides, remove from pan.

Place garlic in hot pan and deglaze with white wine, reduce by ½ and add clam juice, tomato puree, coconut milk, lime, and seasonings. Reduce liquid by ½ and add oysters, cook for 5 minutes, remove from heat and stir in butter and herbs.

Taste and adjust seasoning.

Creamed Grits

In saucepot, bring half & half, water, and seasonings to a boil, add grits and turn heat to low.

For the first 10 minutes, stir every 2 minutes. After that, stir every 8 to 10 minutes for a total cooking time of 40 minutes.

Finish by stirring in butter and cheese.



Ty Thomas
Owner & Executive Chef
Restaurant Tyler
Starkville, MS

★ LUMP CRAB CEVICHE ★

INGREDIENTS

2 lbs	Mississippi lump crabmeat	1	C sliced, julienned radishes
2½ qt	pico de gallo	2	C diced jicama
3	limes, zested	1½	C lime juice
1	C orange juice	½	T salt
1½	T ground ginger	½	T sugar
1	t cumin	1	C chopped cilantro
1½	T Louisiana hot sauce		

DIRECTIONS

Place the Mississippi lump crabmeat into a glass or porcelain bowl. (Plastic or metal are not recommended)

Add the pico de gallo and mix gently.

Add lime zest, orange juice, ginger, cumin, hot sauce, julienned radishes and diced jicama. Mix ingredients again. Finally squeeze the lime juice over everything, add the salt and sugar.

Mix one last time. Refrigerate for about 2 hours before serving.

Serving Options:

Place the ceviche in a large bowl and spoon it onto individual plates to eat with chips or saltines; spoon the ceviche into small bowls and serve tostadas, chips or saltines alongside; or pile the ceviche onto chips or tostadas and enjoy on individual plates. Garnish the ceviche with cilantro leaves before serving.



*David Ferris
Executive Chef
Babalu's Tacos & Tapas
Jackson, MS*

★ ORECCHIETTE OSTUNI ★

INGREDIENTS

- | | | | |
|---|---|---|---|
| 1 | gallon water | 2 | T dry white wine, optional |
| ¼ | C Kosher salt | 1 | C pesto |
| 1 | lb dried orecchiette pasta | 1 | C large-diced roma tomatoes,
at room temperature |
| 1 | lb large Mississippi shrimp (6 to
8 per person), peeled, deveined,
butterflied, tails removed | ¼ | C freshly grated parmigiana-
reggiano cheese |
| ½ | t freshly ground black pepper | | |

DIRECTIONS

Bring the water and ¼ cup salt to a rolling boil in a stockpot. Cook the orecchiette following the directions on the package. Set aside about ¼ cup of the cooking water, then drain orecchiette.

If serving the shrimp: while the orecchiette is cooking, heat 2 tablespoons olive oil in a large skillet over medium heat. When the oil is hot, add the shrimp, 2 teaspoons salt, and ½ teaspoon pepper. Stir frequently until the shrimp are almost fully cooked, 6 to 8 minutes. As they cook, the shrimp will turn from white to pink. This is the easiest way to see when the shrimp are almost fully cooked. They should be mostly pink with just a hint of white left.

Add the wine, stirring constantly until it has almost completely cooked out and the pan is almost dry, 2 to 3 minutes. The shrimp should be cooked at this point.

In a large bowl, stir together the pesto and 6 tablespoons olive oil, to thin the pesto slightly.

Stir in 1 tablespoon salt, ½ teaspoon pepper, the tomatoes, cheese, 2 tablespoons reserved pasta cooking water, and the hot, drained orecchiette and combine thoroughly.

Divide among 6 to 8 serving bowls. Top with the cooked shrimp if using.



*Robert St. John
Chef-Author-Columnist-
Restaurateur
Crescent City Grill, Mahogany
Bar, Purple Parrot Cafe,
Tabella, and BRANCH
Hattiesburg, MS*

★ PESCE MEDITERRANIO ★

INGREDIENTS

Pesce

- 2 4 oz fish filets of your favorite Mississippi Gulf fish (flounder, snapper, cobia, etc.)
- 4 T butter
- 2 cloves garlic chopped
- ½ C marinated artichoke hearts
- 2 t Chef Danie's seasoning blend salt and pepper to taste
- ¼ C kalamata olives (chopped)
- ½ C white wine (something you would drink)
- ¼ C Chef Danie's sun-dried tomato pesto

Pasta

- 1 lb fettuccine pasta
- 1 C heavy cream
- 2 T butter
- 2 cloves garlic chopped
- ¼ C Parmesan cheese
- 2 T sun dried tomato pesto

Asparagus

- asparagus
- 2 T butter salt and pepper

DIRECTIONS

Snapper

In a sauté pan, add 2 T butter and garlic and sauté for approximately 1 minute. Season one side of the fish with seasoning and place fish, seasoned side down, in the pan. Depending on the thickness of the fish, it should cook for approximately 3-5 minutes on each side. Add white wine to pan while the fish is still on the first side and allow to cook down for 2 minutes to rid any alcohol flavor. Add the kalamata olives and artichokes. Then flip the fish over, top it with the sun dried tomato pesto and a slice of lemon. Allow to cook another 3-5 minutes depending on the thickness of the fish. You can check for doneness by touching the top of the fish. When pushing into the top of the fish, it should slightly separate or flake when it is done. Add the last 2 T of butter to the pan, turn off the heat, cover and set aside.

Pasta

Cook pasta according to package, drain and set aside.

In a large saucepan add butter with chopped garlic and sundried pesto. Add heavy cream and parmesan to pan and simmer until sauce thickens and slightly reduces. Toss pasta with sauce and top with fish to serve.

Asparagus

In a separate pan, sauté asparagus with butter for 3 minutes. Salt and pepper to taste.

Serve with fish.



*Chef Danie
Owner and Executive Chef
LUNCH
Biloxi, MS*

★ GRILLED BLACKENED SHRIMP ★ WITH CAESAR SALAD AND YELLOW SQUASH CROUTONS

INGREDIENTS

Blackened Seasoning Mix

- 1 T black pepper
- 1 T garlic powder
- 1 T onion powder
- 1 T salt
- 2 T paprika
- ¼ t cayenne pepper
- ½ t white pepper
- 1 t ground thyme
- ½ t ground sage

Salad

- 2 3 oz. skewers with tail on Mississippi Gulf shrimp (25/30) (all peeled except tail)(should be about 5 ea)
- ½ t blackened seasoning
- ½ romaine head
- 1 egg
- 1 T garlic
- 1 t Dijon mustard

- 1 squeezed, whole lemon
- 1 t black pepper
- 1 dash (¼ t) Tabasco sauce
- 1 dash (¼ t) Worcestershire sauce
- 1 t white wine
- 1 T stock (preferably seafood base but can be vegetable as well)
- 1 small yellow squash, sliced on a bias

DIRECTIONS

Blackened Seasoning Mix

Place all ingredients in large bag and shake vigorously. Store for future use.

Makes 8 Tablespoons

Shrimp, Caesar and Zucchini

Carefully puncture tail and head of 5 shrimp per skewer and dust each skewer with blackened seasoning. Spray grill with zero fat spray to keep food from sticking. Each skewer will be cooked on grill for approximately 3 minutes per side.

In mixing bowl, place egg and whisk till frothy. Add minced garlic, lemon, mustard, ½ amount black pepper, Tabasco and Worcestershire sauces. Blend all together until frothy and then whisk in wine and stock.

Hold on side and place romaine on grill with the cut side down toward heat. Do not move for 3 minutes until slightly blackened. Remove from heat and place on plate with the grilled side up.

Slice squash on a bias about ¾" thick. Lightly dust squash with the ½ black pepper left.

Place on grill and cook for 3 minutes per side. Remove from heat and place around romaine on plate. Crisscross the shrimp skewers on top of romaine for a great appearance and drizzle salad dressing over skewers and lettuce.



*Rob Stinson
Owner and Executive Chef
Salute Italian
Look Out Steakhouse
Kelly's Sports Pub
Gulfport, MS
The Reef
Baja Beach Biloxi
Biloxi, MS*

★ BLACKENED SNAPPER ★

WITH GOAT CHEESE & FRESH HERB GRITS, TOPPED WITH MELTED LEEKS & WILD MUSHROOMS

INGREDIENTS

Snapper

- 4 T paprika
- 4 t cayenne pepper
- 3 t ground white pepper
- 3 t freshly ground black pepper
- 2 T salt
- 4 t onion powder
- 4 t garlic powder
- 2 t dried thyme
- 2 t dried oregano
- 3 sticks unsalted butter, melted
- 8 6 oz fillets fresh-caught Mississippi Gulf red snapper

Leeks

- 1½ sticks butter, cut into pieces
- 1 C thinly sliced wild mushrooms (porcini, shiitake, oyster, etc.)

- 5 leeks, chopped, white and pale green parts only (about 4 cups)
- Salt and freshly ground black pepper to taste
- 1 T finely chopped chives

Grits

- 3 C water
- 1 C heavy cream
- 1 C stone ground grits
- 1 T butter
- 4 oz soft goat cheese (chevre)
- 2 T chopped flat-leaf parsley
- 2 leaves fresh basil, cut in a chiffonade
- ¼ t coarsely ground black pepper
- Salt

DIRECTIONS

Snapper

Mix paprika, cayenne, white and black peppers, salt, onion and garlic powders, thyme and oregano. Heat a large cast iron skillet over high heat for 10 minutes. Dip fish in melted butter and sprinkle each fillet generously on both sides with seasoning mixture. Place fish fillets in hot skillet. Pour 1 tablespoon butter over each fillet. Cook until the coating on the underside of the fillets turns black, 3 to 5 minutes. Turn fish. Pour 1 more tablespoon butter over each fillet and cook until fish flakes easily with a fork, about 2 minutes.

Leeks

Melt butter in skillet over medium heat. Do not brown. Add mushrooms. Season with salt and pepper. When mushrooms are tender, add leeks and cook until translucent, about 8 minutes. Add chives.

Grits

Bring water, cream, and salt to a boil over medium-high heat. Slowly add grits, stirring constantly until smooth. Reduce heat to medium-low, cover and cook until smooth, about 45 minutes, stirring occasionally. When grits are creamy, add goat cheese, herbs and pepper.

★ BLACKENED SNAPPER ★

(CONTINUED)

Presentation

Spoon grits into centers of 8 plates or a large platter. Place fish atop grits. Top fish with leeks and mushrooms. Garnish with additional fresh herbs. Serve.



*Chef Patrick Heim
Owner & Chef
Taste! Catering
Biloxi, MS*

BLOODY MARY

★ OYSTER SHOOTERS ★

INGREDIENTS

- | | | | |
|---|----------------------------|---|--|
| 1 | C Tomato Juice | 2 | t your favorite pepper sauce |
| 2 | oz lemon juice | ½ | t celery salt |
| 1 | oz lime juice | ½ | t black pepper |
| 2 | oz Worcestershire sauce | 8 | fresh-shucked Mississippi Gulf oysters |
| 1 | T fresh grated horseradish | | Celery top leaves for garnish |
| 1 | t kosher salt | | |

DIRECTIONS

In a mixing bowl, combine all ingredients, except for the oysters, and let refrigerate for an hour.

Then take your oysters and place one each into a 2-ounce shot glass.

Top with bloody mary mix and garnish with celery leaves.

Enjoy.

★ FLOUNDER MUFFALETTA ★

INGREDIENTS

- 4 6 oz. flounder filets
- ½ C of olive salad
thin gourmet sesame cracker
crisps
- ½ lb. of arugula
thin sliced soppressata
fingerling potatoes
Parmesan/anchovy emulsion
(Caesar)

Emulsion

- 4 egg yolks
- 2 T Dijon mustard
- 5 anchovy filets
- ½ C parmesan
- 1 C olive oil
- 3 T lemon juice
- 1 T Worcestershire sauce
- ¼ C minced garlic
- 3 T fresh herbs.

DIRECTIONS

Flounder

Season flounder filets with salt and pepper. Heat pan up to medium high until slightly smoky, then add olive oil. Sear 2 minutes on each side. Add 1 T of butter on the flip.

Fingerling potatoes

Season potatoes with salt and pepper, cover with olive oil, rosemary, garlic, and thyme. Bake at 225°F until tender, then cool and slice into disks to serve (could take up to 1 hour).

Emulsion

Blend egg yolks, Dijon mustard, garlic and anchovies in food processor until smooth, then drizzle in olive oil to emulsify. Add remaining ingredients and season with salt and black pepper.

Plating

Toss arugula, soppressata, and potatoes in emulsion/dressing and plate first. Place flounder on top of salad and top with 1 T of olive salad. Garnish with sesame crisps.



*Reynolds Boykin
Executive Sous Chef
Parlor Market
Jackson, MS*



MISSISSIPPI
★ SEAFOOD ★
FAVORITES

★ SOUTHERN SEAFOOD DIP ★

INGREDIENTS

½ lb lump crabmeat	½ C chopped, cooked Mississippi Gulf shrimp (about 1/4 pound)
½ C mayonnaise	⅓ C shredded cheese of choice, plus extra for top
1½ t whole-grain mustard	⅓ C sliced almonds, toasted
½ t garlic powder	
¼ t lemon-pepper seasoning	

DIRECTIONS

Combine first 4 ingredients in a small bowl. Stir in crab, shrimp, and cheese. Spoon mixture into a 3-cup baking dish.

Sprinkle with additional cheese.

Bake at 375°F for 15 to 20 minutes or until bubbly.

★ SHRIMP ÉTOUFFÉE ★

INGREDIENTS

¼ C oil	2 bay leaves
⅓ C flour	¼ C chopped parsley
1 C each: chopped onion, celery, and bell pepper	½ bunch chopped green onions, reserve tops
2 cloves garlic, minced	2 T Lea & Perrins Worcestershire sauce
1 lb Mississippi Gulf shrimp	Salt and pepper
2 C chicken bouillon (a rich chicken stock is better)	Louisiana hot sauce, to taste

DIRECTIONS

Pour oil in cast iron skillet, stir in flour. Cook on medium-low until roux is brown, stir very often. Add both onions (except onion tops), celery, bell pepper and garlic. Cook until tender.

Add shrimp, stock, bay leaf, a little salt and pepper. Simmer for 15-20 minutes and adjust seasoning. Serve over hot rice with onion tops sprinkled over the finished dish. Garlic bread and green salad are great sides for this dish.

GRILLED ★ SHRIMP BROCHETTE ★

INGREDIENTS

2	lbs of large fresh Mississippi Gulf shrimp	¾	C white wine or sherry
2	lbs fresh shish kabob vegetables	3	large lemons, taking the juice and rinds of 1 lemon
	Cherry tomatoes	1	C olive oil
	Bell pepper	5	large cloves garlic, crushed
	Onion	1	t oregano leaves
	Mushrooms	1	T basil leaves
		3	T paprika
		½	t cayenne pepper
		1	t onion powder
		1	t black pepper

Marinade

2 C soy sauce

DIRECTIONS

Peel, devein and butterfly shrimp. Wash and cut vegetables. Marinate shrimp and vegetables in refrigerator for 1 hour.

Assemble shrimp and vegetables on skewers for shish kabobs. Grill and smoke over hot coals and hickory wood chips (cover grill) approximately 5 minutes on each side or until shrimp are lightly toasted.

★ CREOLE TOMATOES ★ STUFFED WITH SHRIMP SALAD

INGREDIENTS

1	lb cooked Mississippi Gulf shrimp	1	T lemon juice
½	bunch of green onions, minced		fresh ground pepper
3	T capers	4	large ripe tomatoes, tops cut off and all pulp removed
½	C spicy mayonnaise		

DIRECTIONS

Combine all ingredients, except tomatoes, folding together thoroughly. Chill for at least 1 hour to marry flavors.

Stuff each tomato with equal amounts of shrimp salad.

★ BLUE CRAB AU GRATIN ★

INGREDIENTS

1	lb lump blue crab meat	½	C crushed cracker crumb
1	lb Mississippi Gulf shrimp, deveined and cooked	½	C Romano cheese
3	T sherry wine	⅓	C butter, divided
3	T butter	1	T paprika
3	oz sharp cheddar cheese salt and pepper	6	T butter
		6	T flour
		3	C half & half

DIRECTIONS

Melt butter in a sauce pan; stir in flour and cook for a minute; add half & half and stir constantly until sauce thickens.

Sauté crabmeat in butter. Add sherry, sharp cheese, and pour the cream sauce mixture into the pan. Season with salt and pepper. Heat thoroughly and pour into a casserole or individual au gratins.

Sprinkle top with cracker crumbs, Romano cheese, and paprika. Drizzle with melted butter and cook at 350°F until golden brown.

COCONUT AND PANKO CRUSTED ★ GULF RED SNAPPER ★

INGREDIENTS

5	oz Mississippi Gulf red snapper	2	oz shredded coconut
2	limes	5	oz panko bread crumbs
1	Scotch bonnet pepper (chopped) salt and pepper	1	egg (beaten)
6	oz. coconut milk		extra virgin olive oil (for frying)

DIRECTIONS

Wash fish with lime juice. Marinate fish in seasoned coconut milk with salt, pepper and Scotch bonnet pepper to taste.

Place fish in egg wash, coat with coconut and panko bread crumbs. Pan fry fish in olive oil in hot skillet until golden brown on each side.

If desired, place in oven at 250°F to 300°F for 5 minutes.

★ CRAB SALAD ★

INGREDIENTS

3	T olive oil	1	lb fresh lump crabmeat, drained and picked
½	C finely chopped onion	¾	C plain yogurt (or mayonnaise)
½	C finely diced celery	½	t Old Bay seasoning
½	C diced green bell pepper		Salt and pepper
½	C diced red bell pepper		
½	t minced garlic		

DIRECTIONS

Heat oil in a large skillet over medium-high heat. Add onion, celery, bell peppers and garlic, sauté 4 minutes or until tender.

Let cool 10 minutes or to room temperature.

Place crabmeat and yogurt, seasoning, salt and pepper in a medium bowl. Add cooled vegetables; gently toss to combine.

Cover and chill.

★ MARINATED SHRIMP ★

INGREDIENTS

10	lbs Mississippi Gulf shrimp	Marinade	
2	medium onions, quartered	3	bay leaves
3	tomatoes, quartered	1	C white vinegar
1	bell pepper		Juice of 5 lemons
4	stalks celery, chopped	½	C Lea & Perrins Worcestershire sauce
1	lb fresh mushrooms	2	C salad oil
1	medium can black olives	3	T garlic, finely minced
		2	T salt
		1	C parsley

DIRECTIONS

Peel shrimp and boil until pink. Combine shrimp and vegetables in a large container. Combine marinade ingredients and pour over shrimp and vegetables. Cover container and chill for at least 4 hours.

★ CRAB AND CORN BISQUE ★

INGREDIENTS

1	lb lump crabmeat	½	t dried thyme
2	T butter	¼	C vegetable oil
1	C chopped onions	¼	C all-purpose flour
¼	C chopped red bell peppers	3½	C half & half
½	C chopped green bell peppers	1	t salt
½	C chopped celery	1½	C fresh corn kernels
1	T minced garlic	1	T chopped parsley
2	C shrimp stock or chicken broth	1	T chopped green onions
½	C dry white wine		

DIRECTIONS

Heat the butter in a large saucepan over medium heat. Add the onions, peppers, celery and garlic, and cook, stirring 1 minute. Add the stock, wine and thyme, and bring to a boil.

In a skillet over medium heat, combine the oil and flour and, stirring constantly, make a blond roux.

Add the roux to the mixture in the saucepan and mix well to blend. Reduce the heat to medium-low. Add the half & half, whisking with a wire whisk to combine the mixture. Add the salt and the corn.

Simmer for 5 minutes.

Add the crabmeat, parsley and green onions, and cook for about 5 minutes, or until the soup is well heated.



★ THAI SHRIMP FRIED RICE ★

INGREDIENTS

2	T vegetable oil, plus 2 more when rice is added	2	t Thai fish sauce
1	lb Mississippi Gulf shrimp (medium size), peeled and deveined	1	t chili oil
1	garlic clove, finely chopped	1	pinch Chinese Five Spice
1	carrot, diced	1	pinch Saigon Cinnamon (can substitute any cinnamon)
1	onion, diced	2	T butter
1	C snap peas	2	eggs, beaten
4	C cooked jasmine rice (cooled)	2	t sesame oil
2	T dark soy sauce		Garnish with chopped green onion
½	t light brown sugar		Salt and pepper

DIRECTIONS

Heat the oil in a wok. Add the garlic and stir. Add shrimp.

Cook the shrimp quickly.

Remove the cooked shrimp and garlic (you can put them on top of the cooked rice).

Increase the heat, until wok starts to smoke. Add the carrots and onions and cook until tender. Add snap peas and cook for 2 minutes. Turn off heat, stir in soy sauce, brown sugar, Thai fish sauce, chili oil and Chinese Five Spice and cinnamon.

Remove vegetables from wok and add to rice and shrimp. Melt butter in wok, add egg and cook until done.

Add remaining oil, cooked rice, shrimp and vegetables. Toss contents together.

Cook in wok over medium heat for 4-6 minutes, stirring only when rice starts to brown on bottom.

Drizzle with sesame oil.

Garnish with chopped green onions.

Season to taste with salt and pepper and serve.

BAKED LEMON GARLIC ★ HERB SHRIMP ★

INGREDIENTS

- | | | | |
|---|--|---|---------------------------------------|
| 1 | lb Mississippi Gulf shrimp,
peeled and deveined | 1 | T fresh thyme |
| | Olive oil | 5 | cloves garlic, minced |
| 1 | lemon, zested then half cut into
thin slices | | Kosher salt and fresh black
pepper |
| 1 | lemon, wedged | | Pasta of choice |
| | | 2 | T butter |
-

DIRECTIONS

Preheat oven to 400°F. In an 8"x8" glass baking pan, combine olive oil, lemon zest and thyme. Olive oil should coat the bottom of the pan. Season with salt and pepper.

Bake for 10-12 minutes, checking every few minutes so it doesn't brown.

Meanwhile, cook pasta, drain and toss with a little olive oil. Remove pan from oven, add butter and move it around a little to melt, add shrimp, garlic and the thin sliced lemons (don't squeeze them), toss to coat with oil mixture.

Bake for 8-10 more minutes or until shrimp turn pink and just start to curl, check often.

Serve over pasta, with additional extra-virgin olive oil and fresh-squeezed lemon wedges.



★ SHRIMP AND AVOCADO ★ SALAD

INGREDIENTS

- | | |
|---|--------------------------------|
| 1 lb cooked Mississippi Gulf shrimp, peeled and deveined, chopped | 1 hass avocado, diced |
| 1 medium tomato, diced | ¼ C chopped red onion |
| 1 jalapeño, seeds removed, diced fine | Juice from 2 limes |
| | 1 t olive oil |
| | 1 T chopped cilantro |
| | Salt and fresh pepper to taste |

DIRECTIONS

Combine red onion, lime juice, olive oil, pinch of salt and pepper. Marinate at least 5 minutes to mellow the flavor of the onion.

In a separate bowl, combine chopped shrimp, avocado, tomato, and jalapeño. Combine all the ingredients together, add cilantro and gently toss.

Add salt and pepper to taste.

★ MARINATED SHRIMP ★ AND SALSA TACOS

INGREDIENTS

- | | |
|--|---|
| ½ lb lump crabmeat, picked over for shell | 1 large jalapeño |
| 2 medium tomatoes, finely chopped | ½ red bell pepper, cut into ⅜-
inch dice |
| 2 large red radishes, cut into ¼-
inch dice | ½ yellow bell pepper, cut into
⅜-
inch dice |
| ½ small red onion, finely chopped | 3 T extra virgin olive oil |
| ¼ C chopped cilantro | 1 T fresh lime juice |
| 2 t sriracha sauce | 1 T chopped mint |
| Salt | Small flour tortillas, warmed |

DIRECTIONS

In a medium bowl, combine the tomatoes, radishes, red onion, 2 T of the cilantro and the sriracha. Season the salsa with salt.

Light a grill or preheat a grill pan. Grill the jalapeño over moderate heat, turning, until charred all over. Let cool, then discard the charred skin, stem and seeds. Finely chop the jalapeño.

In another medium bowl, combine the jalapeño, red and yellow bell peppers, olive oil, lime juice, mint and the remaining 2 tablespoons of cilantro. Gently fold in the crabmeat and season with salt. Serve the spiced crab with the warm tortillas and salsa.

★ CRAB STUFFED ★ MUSHROOMS

INGREDIENTS

5	oz lump blue crab meat		Salt and pepper to taste
1	lb of Baby Bella mushrooms	¼	C Greek yogurt
3	T butter	1	T cream
1	T onion, finely chopped	½	C bread crumbs
1	T red bell pepper, finely chopped	3	T Parmesan cheese
2	T green onions, chopped	1	T lemon juice + a wedge to squeeze on top
2	garlic cloves, pressed		Olive oil
¼	t Cajun seasoning		

DIRECTIONS

Lightly coat a baking dish with oil.

Wash mushroom caps, remove stems and set aside. Brush inside of caps with oil.

Pour 3 tablespoons of the butter into a saucepan; add reserved chopped mushroom stems, minced onion, garlic and red bell pepper. Cook until vegetables are tender.

Combine cooked ingredients with breadcrumbs, green onion, Greek yogurt, cream, lemon juice, crabmeat, shrimp and seasonings.

Fill each mushroom cap with mixture and top with Parmesan cheese.

Bake at 350°F for 15-20 minutes.



★ OYSTERS ROCKEFELLER ★

INGREDIENTS

4	dozen oysters	1	can mashed anchovies
1	bunch green spinach		Salt to taste
2	bunches green onions		Louisiana hot sauce
1	stalk celery	2	oz anisette liqueur
1	bunch parsley	$\frac{3}{4}$	Parmesan cheese
1	lbs butter, melted	$\frac{3}{4}$	C bread crumbs
$1\frac{1}{2}$	C bread crumbs	4	dz oyster shells
3	T Lea & Perrins Worcestershire sauce	1	box rock salt

DIRECTIONS

Chop spinach, onion, celery and parsley in a food processor until very fine.

Mix in 1 pound butter, melted and $1\frac{1}{2}$ cups bread crumbs. Season with Worcestershire sauce, mashed anchovies, salt and hot sauce to taste.

Sauté oysters in skillet for a few minutes until juice comes forth and edges curl. Then put oysters in shells, place on rock salt, and cover each with some sauce.

Cover with cheese and additional bread crumbs. Bake in 450°F oven until golden brown.

Serve hot, accompanied by freshly sliced wedges of lemon.



★ STUFFED CRAB ★

INGREDIENTS

5	lbs fresh Mississippi Gulf crab claw meat	3	bunches green onions, minced
1	lb container bread crumbs	5	medium sweet green peppers, diced
5	loaves stale French bread	8	stalks celery, finely minced
5	large eggs	2	T red pepper
3	sticks margarine	1	T thyme
5	large onions, minced	1	bunch parsley, minced
	Worcestershire sauce		Salt and pepper to taste

DIRECTIONS

Combine all minced seasonings, sauté in 1 stick margarine until tender, not brown. Soak stale bread in water, then squeeze until just moist. Sauté in 2 sticks margarine until mixture dries and cooks down. Put aside to cool.

Add whipped eggs to bread mixture and stir well. Add to sautéed vegetables. Add crab meat, then all spices and Worcestershire sauce. Mix thoroughly.

Cook a few minutes longer for eggs to pull mixture together. Then shape into patties or stuff shells. Sprinkle bread crumbs on shells or both sides of patties.

Put on large tray to freeze.

When frozen put in zippered plastic bags for storage in freezer unless they are used immediately.

To serve, dot with butter and bake in oven on 350°F until brown.



MISSISSIPPI GULF SHRIMP

★ STUFFED PEPPERS ★

INGREDIENTS

16 oz small Mississippi Gulf shrimp, boiled and chopped	8 oz pimiento olives, chopped
6 T butter, divided	8 oz reduced-fat cheddar cheese, shredded
1 large onion, chopped	Salt, to taste
4 bell peppers, tops removed and cored	Pepper, to taste
2 C cooked brown rice	

DIRECTIONS

Preheat oven to 300°F.

For softer peppers, parboil for 2 minutes.

Heat a skillet over medium-high heat; add 3 T butter and onion, and sauté until golden brown. Remove from heat.

In a medium bowl, combine shrimp, rice, onion, olives and remaining butter. Season with salt and pepper.

Divide mixture between peppers and sprinkle with shredded cheese. Place in baking dish and bake until cheese is melted, about 10 minutes.

Serving Suggestion

Serve with Caesar salad.

GARLIC MISSISSIPPI GULF

★ SHRIMP WITH ASPARAGUS ★

INGREDIENTS

16 oz Mississippi Gulf shrimp, peeled and deveined	½ t crushed red pepper flakes
2 T olive oil	1 C dry white wine
1 bunch asparagus, cut into 1-inch pieces	2 T lemon juice
3 cloves garlic, finely chopped	Salt, to taste
	Pepper, to taste

DIRECTIONS

Heat a skillet over medium-high heat and add olive oil, shrimp, garlic, red pepper flakes, salt and pepper. Let cook for 2 minutes, turning shrimp once, then add asparagus and cook another minute. Add wine and lemon juice and bring to a boil. Remove from heat and serve.

Serving Suggestion

Great with rice pilaf.

SMOKY CITRUS MISSISSIPPI

★ GULF OYSTER KABOBS ★

INGREDIENTS

16 oz Mississippi Gulf oysters, drained	¼ C barbecue sauce
6 10-inch skewers	¼ C orange marmalade
	2 T prepared horseradish

DIRECTIONS

Prepare the grill.

Thread Mississippi Gulf Oysters onto skewers (if using wooden skewers, soak in water 30 minutes to prevent burning).

In a bowl, stir together barbecue sauce, orange marmalade and horseradish, and mix well.

Brush kabobs with sauce.

Place skewers on grill and cook, basting frequently.

Grill about 8 minutes, turning as needed, until just cooked through.

Serve immediately.

Serving Suggestion

Great with grilled bell peppers and asparagus.

GREEK-STYLE MISSISSIPPI

★ GULF RED SNAPPER ★

INGREDIENTS

2 lbs Mississippi Gulf red snapper filets	1 large tomato, cored and chopped
1 large red onion, thinly sliced	¼ bunch parsley, chopped
2 t dried oregano	4 oz feta or blue cheese, crumbled
4 T lemon juice	

DIRECTIONS

Preheat oven to 350°F.

Place fish filets in a lightly oiled baking dish. Lay onions over fish and sprinkle with oregano and lemon juice.

Mix together parsley and tomato, and toss over fish. Top fish with cheese and cover tightly with foil.

Bake for 25 to 30 minutes or until fish flakes easily with a fork.

Serving Suggestion

Serve with a Greek salad.

BASIC CHARCOAL-BROILED MISSISSIPPI ★ GULF FISH STEAKS ★

INGREDIENTS

4	each 5- to 6-oz. Mississippi Gulf fish steaks (king mackerel, cobia or shark)	1	each lemon, juiced
½	C butter, melted	2	T Worcestershire sauce
8	T pepper	1	t soy sauce
		1	T garlic powder

DIRECTIONS

Prepare the grill.

In a medium bowl, combine melted butter, pepper, lemon juice, Worcestershire sauce, soy sauce and garlic powder.

Brush fish steaks with butter mixture and place on the grill.

Grill fish, brushing often with the marinade, 3-5 minutes per side or until just cooked through.

Serving Suggestion

Serve with your favorite grilled vegetables.

MISSISSIPPI GULF ★ SHRIMP DIABLO ★

INGREDIENTS

2	lbs raw Mississippi Gulf shrimp	½	C butter
½	lb fresh sliced mushrooms	12	cherry tomatoes
1	C sliced celery	1	t parsley flakes
2	t chives	¼	t tarragon leaves
½	t ginger	1	t dry mustard
2	t Season-all seasoning	¼	t garlic powder
¼	t coarse ground black pepper	3	T lemon juice
¼	C brandy, heated		

DIRECTIONS

Shell and devein shrimp. Melt butter in large skillet. Saute mushrooms and celery for 3 minutes. Push to one side of skillet. Add raw shrimp and sprinkle with seasonings which have been mixed together. Saute the shrimp, stirring 2 minutes. Add lemon juice. Combine shrimp and vegetables. Cover and simmer 5 minutes and transfer to chafing dish. Add tomatoes the last few minutes of cooking. Just before serving, flame with heated brandy. Nice over rice.

★ OYSTER & ANDOUILLE PIE ★

INGREDIENTS

- | | | | |
|---|--|---|--|
| 1 | 9-inch pie crust | 3 | cloves chopped garlic |
| 2 | dozen oysters (reserve 1 C oyster water) | 3 | T chopped parsley |
| 2 | finely chopped celery stalks | 8 | oz skinned & chopped andouille sausage |
| 1 | medium onion, finely chopped | ¼ | C Italian bread crumbs |
| 1 | bell pepper, finely chopped | ¼ | C oil and 3 tablespoons flour (for a roux) |
| 3 | bay leaves | | |

DIRECTIONS

Sauté vegetables, herbs and andouille in a little oil until tender.

Add the oyster water and simmer for 10 minutes.

In another pan, combine oil and flour, cook, stirring until dark brown.

Add the roux to the vegetables and stock, then simmer 5 minutes.

Add the oysters and cook until oyster edges are curled.

Fold in bread crumbs.

Pour mixture into crust and bake 30 minutes or until crust is golden brown.

Let stand 10 minutes before serving.

MARINATED ★ BLUE CRAB CLAWS ★

INGREDIENTS

- | | | | |
|---|-------------------------------------|---|--|
| 1 | lb Mississippi Gulf blue crab claws | 1 | t chopped fresh oregano or thyme leaves |
| ½ | C extra-virgin olive oil | 1 | t salt |
| 2 | T lemon juice | ½ | t freshly ground black pepper |
| 2 | T garlic, minced | 2 | T chopped fresh parsley or basil leaves, for garnish |
| 1 | t dry Italian seasoning | | |

DIRECTIONS

Mix together all ingredients, tossing in crab claws last.

Refrigerate covered for at least 1 hour.

★ STUFFED FLOUNDER ★

INGREDIENTS

- | | | | |
|---|---------------------------------|---|--------------------------------------|
| 1 | large Mississippi Gulf flounder | 1 | C chopped mushrooms |
| 2 | sticks butter | | French bread |
| 1 | stalk celery, minced | 2 | T Lea & Perrins Worcestershire sauce |
| ½ | bunch green onions, minced | | Salt and pepper to taste |
| ½ | bunch parsley, minced | | |
| ½ | lbs crabmeat | | |

DIRECTIONS

Sauté celery, green onions and parsley in butter. Add crabmeat and chopped mushrooms.

Wet French bread, squeeze excess water from it and shred into mixture.

Season with salt, pepper and Worcestershire sauce.

Split flounder down the center of the top side. It is best to remove the backbone, which is easily snipped out with scissors.

Lift up both halves of fish flesh and stuff with dressing.

Dot with butter and bake stuffed fish at 400°F until fish flakes off with fork.

CILANTRO LIME

★ SHRIMP SKEWERS ★

INGREDIENTS

- | | | | |
|---|--|----|-----------------|
| 2 | lb medium Mississippi Gulf shrimp, peeled and deveined | 1 | juice from lime |
| ¼ | C fresh cilantro, chopped | 1 | t kosher salt |
| 3 | garlic cloves, minced | 1½ | t cumin |
| 5 | limes, wedged | | Cooking spray |

DIRECTIONS

Heat the grill on medium heat and spray the grates with oil.

Season the shrimp with garlic, cumin, salt and half of the cilantro in a medium bowl.

Beginning and ending with shrimp, thread the shrimp and lime slices.

Grill the shrimp for 1-2 minutes on each side. Top with lime juice and extra cilantro.

MISSISSIPPI GULF SHRIMP

★ STUFFED FLOUNDER ★

INGREDIENTS

- | | | | |
|---|---|---|--|
| 4 | (5 oz) Mississippi Gulf flounder filets | ½ | lb cooked Mississippi Gulf shrimp (small), peeled and deveined |
| 1 | t olive oil | 1 | (10 oz) package of frozen spinach, thawed, drained well and patted dry |
| | Paprika | | Pinch of nutmeg |
| | | | Salt and pepper to taste |
| | | ⅓ | C nonfat sour cream |
| | | ½ | C panko bread crumbs |
| | | ¼ | C freshly grated Parmesan |

Stuffing

- 1 slice bacon, diced
- 1 small onion, chopped
- 2 garlic cloves, minced

DIRECTIONS

Preheat the oven to 375°F. Coat a 9-inch baking pan with cooking spray. Set aside.

Cook bacon over medium heat. Remove the bacon from the pan and set aside to cool.

Add onion and garlic to the drippings in the pan and cook over medium heat for about 5 minutes. Add the shrimp and cook for 3 minutes. Add spinach, nutmeg, salt, pepper and heat through for 2 minutes. Remove pan from heat.

Put the shrimp-spinach mixture in a large bowl.

Add sour cream, bread crumbs, Parmesan cheese and bacon crumbles.

Add 1/4 of the stuffing to one end of a flounder fillet. Roll the flounder over the stuffing and secure with a toothpick. Repeat with the remaining fillets. Place the flounder roll in the prepared pan. Drizzle the top of each roll with olive oil. Sprinkle with paprika.

Bake the flounder rolls for about 20-25 minutes or until done.



★ SOUTHERN BBQ SHRIMP ★

WITH SMOKED SAUSAGE, GREEN ONION AND GOAT CHEESE GRITS

INGREDIENTS

Grits

- 4 C shrimp stock
- 2 T olive oil
- 4 C whole milk
- 8 oz smoked sausage
- 1 C heavy cream
- 1 each green bell pepper, diced
- 1 T kosher salt
- 1 med white onion, diced
- 2 T Cajun seasoning
- ½ C celery, diced
- 2 C white corn grits
- 3 T parsley, chopped
- 6 oz goat cheese
- 1 bunch green onion, chopped
- ½ C butter

Shrimp

- 2 lbs Mississippi Gulf shrimp (jumbo), peeled and deveined (tail remaining)
- 2 T olive oil
- 2 T Cajun seasoning

Sauce

- 1 T olive oil
- 3 T Worcestershire sauce
- 2 T garlic, chopped
- 1 T cracked black pepper
- ¼ C white onion diced
- Juice of 1 lemon
- 1 C strong shrimp stock
- 1 sprig rosemary
- 12 oz dark beer
- ½ C veal demi glace
- 1 T Tabasco sauce
- ½ C whole butter

DIRECTIONS

Sauté smoked sausage with olive oil for 5 minutes. Add bell pepper, white onion, and celery and cook over medium heat for 5 additional minutes. Remove from heat, and when cool, add chopped parsley.

In medium pot, add shrimp stock, milk, heavy cream, salt, and Cajun seasoning and bring to a boil. Slowly add the grits stirring constantly. Reduce heat to low and cook for 20-30 minutes stirring occasionally until grits are cooked and liquid is absorbed. Add the goat cheese, green onion, butter and sausage mixture to the grits and gently fold ingredients together. Adjust seasoning with Cajun seasoning, salt and pepper if necessary.

Season shrimp with Cajun Seasoning. In large sauté pan, add the olive oil and seasoned shrimp and cook for 3-4 minutes until cooked. Remove from pan and sauté garlic and onion in olive oil. Add the shrimp stock, beer, Tabasco, Worcestershire sauce, cracked pepper, lemon juice, rosemary and demi glace. Cook sauce over high heat for about 10 minutes or until slightly thicker. Strain sauce and then add the butter, whisking continually.

Spoon grits into bowl and place shrimp around grits. Pour sauce around the bowl and shrimp. Garnish with green onions.

GULF COAST

★ BOUILLABAISSSE ★

INGREDIENTS

Stock

- 4 C water
- 3 ribs celery with tops, chopped
- 1 medium onion, cut in wedges
- 2 cloves garlic
- Lemon, cut in wedges
- 1 t salt
- 1 Bay leaf
- 1 t peppercorns
- 3 sprigs fresh thyme
- 2 fresh basil leaves
- 4 sprigs fresh parsley with stems
- 2 C fresh tomato pulp and seeds
- ½ lb Gulf of Mexico white fish bones
- 2 C Gulf of Mexico shrimp shells

Bouillabaisse

- 2 C skim milk
- 1 lb firm Mississippi Gulf white fish fillet, cut into 1-inch pieces (Wahoo)
- 2 T olive oil
- 1 C halved and sliced onions
- ¼ C sliced leeks
- ¼ C sliced fennel
- ¼ C sliced celery
- 1 garlic clove, minced

- 3 C tomato concassee (using approximately 4 large fresh tomatoes)
- ½ t fennel seeds
- 1 t fresh thyme
- ½ t dried tarragon
- 2 dashes of crushed saffron threads
- ¼ t ground cayenne
- 3 t chopped fresh flat-leaf parsley
- ¾ C sweet cooking rice wine
- 8 oz low sodium vegetable juice
- 4 C seafood stock
- 1 C oyster liquor
- ½ t freshly ground black pepper
- 1½ lb Mississippi Gulf shrimp jumbo (10-15), peeled and deveined, tail on
- 1 pt Gulf oysters
- 36 Mississippi Gulf blue crab claws
- Fresh thyme, parsley, and fennel fronds

French Bread Medallions

- 12 French bread medallions
- 3 T low fat yogurt spread

DIRECTIONS

Stock

Add all ingredients into a large stockpot and bring to a boil. Reduce and simmer for 15 minutes. Strain, reserving the stock. Set aside.

Bouillabaisse

Soak Wahoo fillets in cold milk for 15 minutes.

Heat olive oil in a large skillet over medium heat. Add onion, leeks, fennel, celery, and garlic; sauté 5 minutes, stirring frequently. Add tomato, fennel seeds, thyme, tarragon, saffron threads, parsley, and cayenne pepper; cook 1 minute. Stir in cooking wine; bring to a boil. Reduce heat, and simmer 5 minutes. Add vegetable juice, oyster liquor, seafood stock, and black pepper; bring to a simmer. Cook 15 minutes. Drain milk from fish and add Wahoo

GULF COAST

★ BOUILLABAISSSE ★ (CONTINUED)

pieces to stock pot; cook over medium heat for 3 minutes. Add shrimp and oysters; cook 4 minutes. Gently add crab claws.

Cook for two minutes. Garnish individual servings with fresh herbs. Serve with buttered, toasted French bread medallions.

French Bread Medallions

Preheat oven to 450°F. Butter each medallion with yogurt spread. Bake medallions until golden brown and toasted.

Courtesy of St. Martin 4H Culinary Team

★ FRIED OYSTER TACO ★ WITH TARTAR SLAW AND COCKTAIL AIOLI

INGREDIENTS

8	6" corn tortillas	2	T sweet pickled relish
24	fresh-shucked Mississippi Gulf oysters	2	T lemon Juice
6	oz corn flour	1	t of salt and pepper mix
1	T of your favorite creole seasoning		An additional 4 oz mayonnaise
24	oz frying oil	2	oz quality ketchup
8	oz fresh shredded cabbage	1	T horseradish
4	oz mayonnaise	1	t lemon juice
			fresh chopped chives

DIRECTIONS

Prepare the slaw first by combining 4 oz of mayonnaise with the relish, lemon juice, salt and pepper. Then combine that mixture with your shredded cabbage. Let sit about 10 minutes

Prepare your aioli by combining the second 4 oz. mayo with horseradish, ketchup and lemon juice. Place in a squeeze bottle if one is available.

Heat frying oil to 350°F. While oil is heating, combine your corn flour and creole seasoning in a dredging pan. Dredge oysters in flour mix making sure to shake off any excess flour. Drop oysters gently in oil and fry about 2 minutes until crisp. These will not take long. Remove oysters carefully and drain on absorbent paper.

Quickly warm tortilla about 10 seconds on each side in a hot skillet.

Make taco by adding slaw first, then three of the oysters per taco, and finishing with the cocktail aioli you already prepared.

Finish with some chopped chive.

Courtesy of Taste! Catering

★ FRIED GREEN TOMATO ★ WITH ROASTED CORN AND JALAPEÑO CRAB CAKE NAPOLEON

INGREDIENTS

- | | |
|---|--|
| 1 lb fresh jumbo lump Mississippi crabmeat, picked free of shells | 1 t lemon juice |
| $\frac{1}{3}$ C crushed oyster crackers | 1 t creole seasoning |
| $\frac{1}{2}$ red onion, finely chopped | $\frac{1}{2}$ C peanut oil |
| $\frac{1}{2}$ C finely chopped green bell pepper | For the Tomatoes |
| $\frac{1}{4}$ C finely chopped red bell pepper | 1 lg green tomato, sliced fairly thick |
| $\frac{1}{4}$ C fresh shucked roasted corn kernels | 3 C corn flour |
| 1 fresh jalapeño, finely chopped with all seeds and veins removed | 2 T creole seasoning |
| 2 T olive oil | 2 eggs |
| $\frac{1}{4}$ C mayonnaise | 2 C butter milk |
| 1 egg | 3 C frying oil |
| 1 t Worcestershire sauce | For the sauce |
| 1 T creole mustard | $\frac{1}{2}$ C mayonnaise |
| | $\frac{1}{4}$ C creole mustard |
| | 1 t lemon juice |

DIRECTIONS

Turn oven to 450°F. Once hot, toss olive oil with corn and jalapeño. Roast until edges turn golden brown and almost charred. Remove and let cool.

In a small mixing bowl, combine mayonnaise for the sauce with creole mustard and lemon juice. Set aside for the last step.

In a large bowl, mix together all ingredients, except for the peanut oil. Shape into small cakes.

Heat oil in a large skillet over medium heat. When oil is hot, carefully place crab cakes, in batches, in pan and fry until browned, about 4-5 minutes. Carefully flip crab cakes and fry on other side until golden brown, about 4 minutes and hold.

In another skillet, heat oil to 350°F, combine eggs and buttermilk for your wet dredge and corn flour and seasoning for the dry. Dredge tomatoes in wet and then dry and fry for 2-3 minutes or until a golden brown and crisp. Remove tomatoes and let sit for only a moment or two on absorbent paper.

Place a fried green tomato down on plate and then a crab cake and then another slice of tomato and finish with the sauce.

Courtesy of Taste! Catering

★ CILANTRO PINE NUTS PESTO GRILLED SHRIMP & SPAGHETTI SQUASH ★ WITH MANGO VINAIGRETTE WITH PINEAPPLE-BANANA RELISH

INGREDIENTS

Roasted Spaghetti Squash

½ C butter
3 spaghetti squash
Salt and pepper to taste

Mango vinaigrette:

1 C mango puree
½ C brown sugar
½ C rice wine vinegar
Lime, zest and juice
1 banana
1 clove fresh garlic

2 sprigs of fresh thyme leaves
⅓ C salad oil

Cilantro pine nuts pesto shrimp:

20 ea Mississippi Gulf shrimp (16-20), peeled and deveined, tail on, 2 per plate
1 bunch cilantro
½ oz pine nuts
1 clove of garlic
1 t chopped fresh ginger
1 t fresh lime juice

2 oz olive oil
1 t grated Parmesan cheese

Pineapple-banana relish:

½ C diced pineapple
½ C diced banana
1 t diced red onion
1 t sweet chili sauce
1 t diced yellow bell pepper
1 t diced red bell pepper
1 t fresh basil, chopped
1 t honey

DIRECTIONS

Roasted Spaghetti Squash

Cut squash in half. Brush butter on squash, season with salt and pepper. Roast in a 350°F oven for 30 minutes until tender. Scoop out seeds and scrape the roasted squash meat using the tines of a fork to resemble spaghetti noodles. Let cool and set aside for later use.

Mango Vinaigrette

Using a blender, add all ingredients and process until smooth. Set aside.

Cilantro Pine Nuts Pesto Shrimp

Place peeled, deveined, tail-on shrimp in a bowl. Using a blender, process the remaining ingredients until smooth. Pour marinade over shrimp and marinate for one hour. Reserve marinated shrimp in cooler until ready to assemble salad. Grill Shrimp 10 minutes prior to final salad assembly.

Pineapple-Banana Relish

Mix well in bowl and reserve in cooler 1 hour for flavors to develop.

Method for complete dish:

Place 4 oz. of prepped spaghetti squash in bowl and mix 1 tablespoon of mango vinaigrette and mix well to coat. Place spaghetti squash in center of plate, garnished with small quenelle of the pineapple-banana relish on right of center-plated. Add 2 shrimp on left side of spaghetti squash salad.

Serve with toast points (optional).

Courtesy of Glenn Clark, 2012 MS Seafood Cook-Off Champion



MISSISSIPPI SEAFOOD MARKETING OVERVIEW

The Mississippi Legislature created the Department of Marine Resources in 1994 as a separate state agency. Before that time, marine resources was a bureau under the Department of Wildlife, Fisheries and Parks.

The MDMR is responsible for enhancing, protecting and conserving the state's marine resources along the coast. The agency also makes and enforces the statutes that govern this area's seafood industry, which has been a way of life for generations of families.

As a division of MDMR, the Seafood Marketing Program promotes Mississippi Gulf Fresh Seafood, bringing awareness to the quality of the seafood and excellence of the industry.

The focus of the team is to improve visibility, engage consumers and partner with culinary professionals in order to support all stakeholders in the many challenges of today's market and environment.

MISSISSIPPI SEAFOOD INDUSTRY DIRECTORY

SEAFOOD RETAIL

Bozo's Seafood

2012 Ingalls Ave., Pascagoula, MS 39567
PH: (228) 762-3322
CONTACT: Keith Delcambre

Desporte & Sons Seafood, Inc.

1075 Division St., Biloxi, MS 39530
PH: (228) 435-2175 FAX: (228) 435-2170
EMAIL: desportesonsseaf@bellsouth.net
CONTACT: Sean Desporte

Family Seafood

15223 Dedeaux Rd., Gulfport, MS 39503
PH: (228) 328-1600

Gulf Fresh Seafood

4601 Tennessee Ave., Gulfport, MS 39501
PH: (228) 864-2180
CONTACT: Troung Nguyen

Kimball's Seafood

133 Davis Ave., Bldg. L
Pass Christian, MS 39571
PH: (228) 209-4446
CONTACT: Darlene Kimball

Long Beach Seafood

19009 Commission Rd.,
Long Beach, MS 39560
PH: (228) 863-4110
CONTACT: lien Hoang

Quality Poultry & Seafood, Inc.

895 Division St., Biloxi, MS 39530
PH: (228) 432-5216 FAX: (228) 432-7222
WEB: www.qualitypoultryandseafood.com
CONTACT: Todd Rosetti

Vayda's Seafood Market

20241 Hwy. 63 North, Hurley, MS 39555
PH: (228) 588-3347

SEAFOOD WHOLESALE

B&W Seafood

27055 Bradley Rd.
Pass Christian, MS 39571
PH: (228) 860-4207
EMAIL: oystern2@yahoo.com
CONTACT: William Scarborough
OYSTERS

Barnett's Catfish & Seafood

1319 Rosewood Dr.
Waynesboro, MS 39577
PH: (601) 735-9606
EMAIL: sammiebarnett@bellsouth.net
CONTACT: Sammy Barnett
OYSTERS, FISH

Bayou Caddy Fisheries

5200 Shipyard Rd., Lakeshore, MS 39558
PH: (228) 467-4332 FAX: (228) 467-9786
EMAIL: bayoucaddytrucking@msn.com
CONTACT: Joe Cure
OYSTERS

C.F. Gollott & Son Seafood, Inc.

LOC: 9357 Central Ave.
D'Iberville, MS 39540
MAIL: P.O. Box 1191 Biloxi, MS 39533
PH: (228) 392-2747 FAX: (228) 392-8848
EMAIL: cfgollott@bellsouth.net
WEB: www.gollottseafoodmarket.com
CONTACT: Dale Gollott
SHRIMP, OYSTERS

Desporte & Sons Seafood, Inc.

1075 Division St., Biloxi, MS 39530
PH: (228) 435-2175 FAX: (228) 435-2170
EMAIL: desportesonsseaf@bellsouth.net
CONTACT: Sean Desporte
SHRIMP, OYSTERS, CRABS, FISH

Gulf Coast Restaurant Group

12068 Intraplex Parkway
Gulfport, MS 39503
PH: (228) 701-0361 FAX: (228) 701-0363
EMAIL: rob.heffner@gcrginc.com
CONTACT: Rob Heffner
OYSTERS

Gulf Shores Sea Products, Inc.

LOC: 5222 Shipyard Rd.,
Lakeshore, MS 39558
MAIL: 309 Bismark St.
Bay St. Louis, MS 39520
PH: (228) 323-6370
EMAIL: gulfshorespp@yahoo.com
CONTACT: Keath Ladner
OYSTERS

Jerry Forte Seafood

LOC: Pass Christian Harbor
MAIL: 1409 E. 2nd St.
Pass Christian, MS 39571
PH: (228) 452-2681
EMAIL: dforte7723@aol.com
CONTACT: Jerry Forte
OYSTERS, SHRIMP, CRABMEAT

Jubilee Foods, Inc.

405 S. Main St., Picayune, MS 39466
PH: (601) 799-5883 **FAX:** (601) 799-5191
EMAIL: lilctb@yahoo.com
CONTACT: George Lods
OYSTERS

Merchants Foodservice

870 Boling St. Jackson, MS 39209
PH: (601) 353-2461 **FAX:** (601) 985-7229
EMAIL: mevilsizor@merchantsfoodservice.com
WEB: www.themerchantscompany.com
CONTACT: Michael Evilsizor
OYSTERS

North Bay Seafood, Inc.

LOC: 9419 Central Ave.
D'Iberville, MS 39540
MAIL: P.O. BOX 6091 D'Iberville, MS 39540
PH: (228) 392-8573 **FAX:** (228) 392-3069
EMAIL: nbayseafood@aol.com
CONTACT: Carl Dreiling
OYSTERS, SHRIMP, CRABMEAT

Pinchers, LLC

5268 Pleasure St.
Bay St. Louis, MS 39520
PH: (228) 467-6614
EMAIL: kmarquar@yahoo.com
CONTACT: Kendall Marquar
OYSTERS, SHRIMP, CRABS

Quality Poultry & Seafood, Inc.

895 Division St., Biloxi, MS 39530
PH: (228) 432-5216 **FAX:** (228) 432-7222
WEB: www.qualitypoultryandseafood.com
CONTACT: Todd Rosetti
OYSTERS, SHRIMP, CRABS, FISH

Sea Queen Brand

554 City Rd., Perkinston, MS 39573
PH: (601) 928-4556
CONTACT: Gary Shemper
OYSTERS, CRABMEAT

Seymour & Son's Seafood

3201 St. Charles Ave., D'Iberville, MS 39540
PH: (228) 392-4020 **FAX:** (228) 392-8028
EMAIL: seymourandsonssfd@cableone.net
CONTACT: Paul Seymour
OYSTERS, SHRIMP, CRABMEAT

SHRIMP PROCESSORS

Custom Pack, Inc.

211 Caillavet St., Biloxi, MS 39530
PH: (228) 435-3632 **FAX:** (228) 374-0385
EMAIL: brent@globalsea.com
WEB: www.globalsea.com
CONTACT: Brent Gutierrez

Desporte & Son's Seafood

LOC: 1075 Division St., Biloxi, MS 39530
MAIL: P.O. Box 704, Biloxi, MS 39530
PH: (228) 435-2175 **FAX:** (228) 435-2170
EMAIL: desportesonseaf@bellsouth.net
CONTACT: Sean Desporte

Golden Gulf Coast Packing Co.

LOC: 260 Maple St., Biloxi, MS 39530
MAIL: P.O. Box 1458, Biloxi, MS 39533
PH: (228) 374-6121 **FAX:** (228) 374-0599
EMAIL: GoldenGf@bellsouth.net
CONTACT: Richard Gollott

Gulfpride Enterprises, Inc.

LOC: 391 Bayview Ave., Biloxi, MS 39530
MAIL: P.O. Box 355, Biloxi, MS 39533
PH: (228) 432-1929 **FAX:** (228) 374-7411
EMAIL: gulfpride@bellsouth.net
WEB: www.gulfprideenterprises.com
CONTACT: Wally Gollott

Jerry Forte Seafood

LOC: Pass Christian Harbor
MAIL: 1409 E. 2nd St.
Pass Christian, MS 39571
PH: (228) 452-2681
EMAIL: dforte7723@aol.com
CONTACT: Jerry Forte

M & M Processing, LLC

542 Bayview Ave., Biloxi, MS 39530
MAIL: P.O. Box 730 Biloxi, MS 39530
PH: (228) 239-9300 FAX: (228) 436-0019
EMAIL: Jonathan@MMShrimp.com
CONTACT: Jonathan Mclendon, Teri Suarez

Quality Poultry & Seafood, Inc.

895 Division St., Biloxi, MS 39530
PH: (228) 432-5216 FAX: (228) 432-7222
WEB: www.qualitypoultryandseafood.com
EMAIL: qualityseafood@cableone.net
CONTACT: Todd Rosetti

R.A. Lesso Seafood Co., Inc.

598 Bayview Ave., Biloxi, MS 39530
PH: (228) 374-7200 FAX: (228) 374-7213
WEB: www.ralesso.com
EMAIL: rlesso@aol.com
CONTACT: Rudy Lesso, Jr.

Seymour & Sons Seafoods, Inc.

3201 St. Charles St., D'Iberville, MS 39540
PH: (228) 392-4020 FAX: (228) 392-8028
EMAIL: seymourandsonssfd@cableone.net
CONTACT: Paul Seymour

OYSTER PROCESSORS

Crystal Seas Seafood

LOC: 166 W. North St.
Pass Christian, MS 39571
MAIL: P.O. Box 717, Pass Christian, MS 39571
PH: (228) 452-2722 FAX: (228) 452-0801
EMAIL: jennifer@crystalseasoysters.com
WEB: www.crystalseasoysters.com
CONTACT: Joe Jenkins

D. L. Pettis & Son Seafood Shop

9400 Pettis Rd., Moss Point, MS 39562
PH: (228) 475-8678
CONTACT: David Pettis, Sr.

Fournier & Sons Seafood

MAIL: P.O. Box 732, D'Iberville, MS 39540
PH: (228) 697-4854
CONTACT: Doty Fournier

Gateway America

4300 Air Cargo Rd., Gulfport, MS 39503
PH: (228) 547-6546
EMAIL: ryan@gatewayamerica.net
CONTACT: Ryan Hollingsworth

Hopper Seafood

3701 Grand Bature Rd.
Moss Point, MS 39562
PH: (228) 475-3850
EMAIL: popponnoniof11@gmail.com
CONTACT: Paul Hopper

CRAB PROCESSORS

Jennifer Le Seafood

287 Division St., Biloxi, MS 39530
PH: (228) 424-6210
CONTACT: Thi V. Le

Pinchers, LLC

5268 Pleasure St.
Bay St. Louis, MS 39520
PH: (228) 467-6614
EMAIL: kmarquar@yahoo.com
CONTACT: Kendall Marquar

MISSISSIPPI ★ DEPARTMENT ★ OF MARINE RESOURCES



ENHANCE ★ PROTECT ★ CONSERVE

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The Honorable Phil Bryant, Governor

Mississippi Commission on Marine Resources

Mississippi Department of Marine Resources
Jamie Miller, Executive Director

Richard Gollott, Chairman
Harrison County

Commercial Seafood
Processors

Shelby Drummond, Vice Chairman
Jackson County

Recreational Sports
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Steve Bosarge
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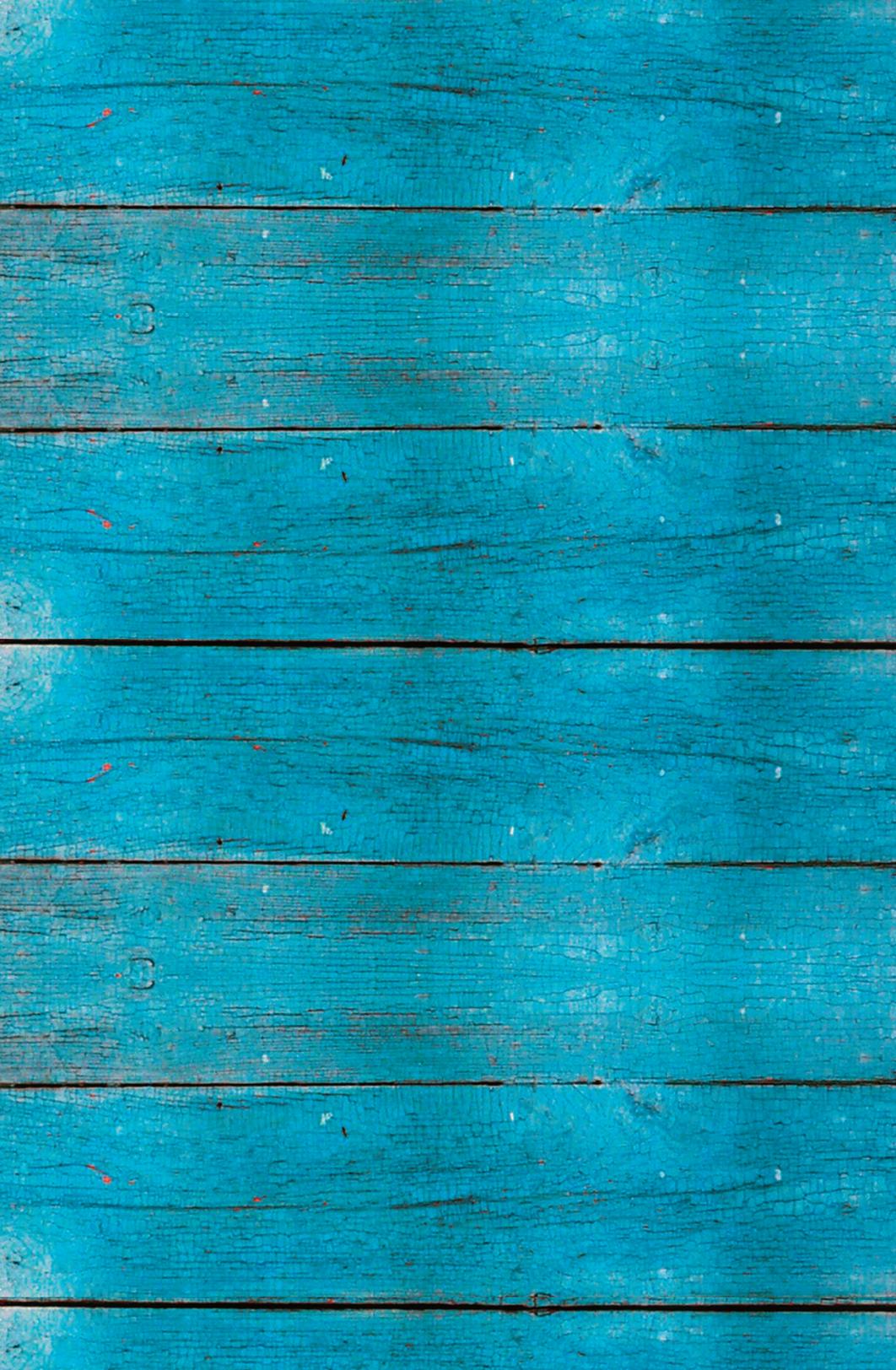
Ernie Zimmerman
Hancock County

Non-profit Environmental
Organizations

Ron Harmon
Harrison County

Charter Boat
Operators

For more information on the Mississippi Department
of Marine Resources, please visit www.dmr.ms.gov.



MISSISSIPPI ★ SEAFOOD ★ MARKETING PROGRAM



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Mississippi Department of Marine Resources
1141 Bayview Avenue
Biloxi, Mississippi 39530
228.374.5000
www.dmr.ms.gov
www.MSSeafood.com

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