MISSISSIPPI
SEAFOOD
RECIPES

GULF★FRESH
MISSISSIPPI
SEAFOOD

★ AMERICA’S 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.
**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

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>oz redfish filet</td>
<td>6</td>
</tr>
<tr>
<td>sweet potato</td>
<td>1</td>
</tr>
<tr>
<td>C purple hull peas</td>
<td>½</td>
</tr>
<tr>
<td>butter, separated - melted</td>
<td>½ C</td>
</tr>
<tr>
<td>bay leaves</td>
<td>2</td>
</tr>
<tr>
<td>salt and pepper</td>
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</table>

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 pureé in the middle of plate. Using a fish spatula, carefully plate fish on pureé. 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

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
reduce to a glace. 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).
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.

CRAB, CORN AND GREEN ★ TOMATO RELISH ★

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 Th mes
Owner & Executive Chef
Restaurant Tyler
Starkville, MS
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.

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**LUMP CRAB CEVICHE**

**INGREDIENTS**

- 2 lbs Mississippi lump crabmeat
- 2½ qt pico de gallo
- 3 limes, zested
- 1 C orange juice
- 1½ T ground ginger
- 1 t cumin
- 1½ T Louisiana hot sauce

- 1 C sliced, julienned radishes
- 2 C diced jicama
- 1½ C lime juice
- ½ T salt
- ½ T sugar
- 1 C chopped cilantro

**DIRECTIONS**

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

David Ferris  
Executive Chef  
Babalu’s Tacos & Tapas  
Jackson, MS
ORECCHIETTE OSTUNI

INGREDIENTS

1 gallon water
1/4 C Kosher salt
1 lb dried orecchiette pasta
1 lb large Mississippi shrimp (6 to 8 per person), peeled, deveined, butterflied, tails removed
1/2 t freshly ground black pepper

2 T dry white wine, optional
1 C pesto
1 C large-diced roma tomatoes, at room temperature
1/4 C freshly grated parmagiana-reggiano cheese

DIRECTIONS

Bring the water and 1/4 cup salt to a rolling boil in a stockpot. Cook the orecchiette following the directions on the package. Set aside about 1/4 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 1/2 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, 1/2 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
- \( \frac{1}{2} \) C marinated artichoke hearts
- 2 t Chef Danie’s seasoning blend salt and pepper to taste
- \( \frac{1}{4} \) C kalamata olives (chopped)
- \( \frac{1}{2} \) C white wine (something you would drink)
- \( \frac{1}{4} \) C Chef Danie’s sun-dried tomato pesto

**Pasta**
- 1 lb fettuccine pasta
- 1 C heavy cream
- 2 T butter
- 2 cloves garlic chopped
- \( \frac{1}{4} \) 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.
**GRILLED BLACKENED SHRIMP ★**
WITH CAESAR SALAD AND YELLOW SQUASH CROUTONS

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Blackened Seasoning Mix</th>
<th>Salad</th>
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</thead>
<tbody>
<tr>
<td>1 T black pepper</td>
<td>2 3 oz. skewers with tail on Mississippi Gulf shrimp (25/30) (all peeled except tail) (should be about 5 ea)</td>
</tr>
<tr>
<td>1 T garlic powder</td>
<td>½ t blackened seasoning</td>
</tr>
<tr>
<td>1 T onion powder</td>
<td>½ t romaine head</td>
</tr>
<tr>
<td>1 T salt</td>
<td>1 egg</td>
</tr>
<tr>
<td>2 T paprika</td>
<td>1 T garlic</td>
</tr>
<tr>
<td>¼ t cayenne pepper</td>
<td>1 T Dijon mustard</td>
</tr>
<tr>
<td>½ t white pepper</td>
<td></td>
</tr>
<tr>
<td>1 t ground thyme</td>
<td></td>
</tr>
<tr>
<td>½ t ground sage</td>
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</table>

**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 ⅛” 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.
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.

BLOODY MARY
★ OYSTER SHOOTERS ★

INGREDIENTS

<table>
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<tr>
<th>Item</th>
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<tr>
<td>1 C Tomato Juice</td>
<td>2 t your favorite pepper sauce</td>
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<tr>
<td>2 oz lemon juice</td>
<td>½ t celery salt</td>
</tr>
<tr>
<td>1 oz lime juice</td>
<td>½ t black pepper</td>
</tr>
<tr>
<td>2 oz Worcestershire sauce</td>
<td>8 fresh-shucked Mississippi Gulf oysters</td>
</tr>
<tr>
<td>1 T fresh grated horseradish</td>
<td>Celery top leaves for garnish</td>
</tr>
<tr>
<td>1 t kosher salt</td>
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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**

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<tr>
<th>4</th>
<th>6 oz. flounder filets</th>
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<tbody>
<tr>
<td>½</td>
<td>C of olive salad</td>
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<tr>
<td></td>
<td>thin gourmet sesame cracker crisps</td>
</tr>
<tr>
<td>½</td>
<td>lb. of arugula</td>
</tr>
<tr>
<td></td>
<td>thin sliced soppressata</td>
</tr>
<tr>
<td></td>
<td>fingerling potatoes</td>
</tr>
<tr>
<td></td>
<td>Parmesan/anchovy emulsion (Caesar)</td>
</tr>
<tr>
<td><strong>Emulsion</strong></td>
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</tr>
<tr>
<td>4</td>
<td>egg yolks</td>
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<tr>
<td>2</td>
<td>T Dijon mustard</td>
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<td>5</td>
<td>anchovy filets</td>
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<tr>
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<td>C parmesan</td>
</tr>
<tr>
<td>1</td>
<td>C olive oil</td>
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<tr>
<td>3</td>
<td>T lemon juice</td>
</tr>
<tr>
<td>1</td>
<td>T Worcestershire sauce</td>
</tr>
<tr>
<td>¼</td>
<td>C minced garlic</td>
</tr>
<tr>
<td>3</td>
<td>T fresh herbs.</td>
</tr>
</tbody>
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**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 of olive salad. Garnish with sesame crisps.
MISSISSIPPI ★ SEAFOOD ★ FAVORITES
**SOUTHERN SEAFOOD DIP**

**INGREDIENTS**

- ½ lb lump crabmeat
- ½ C mayonnaise
- 1½ t whole-grain mustard
- ½ t garlic powder
- ¼ t lemon-pepper seasoning
- ⅛ C chopped, cooked Mississippi Gulf shrimp (about 1/4 pound)
- ⅛ C shredded cheese of choice, plus extra for top
- ⅛ C sliced almonds, toasted

**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.

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**SHRIMP ÉTOUFFÉE**

**INGREDIENTS**

- ¼ C oil
- ⅛ C flour
- 1 C each: chopped onion, celery, and bell pepper
- 2 cloves garlic, minced
- 1 lb Mississippi Gulf shrimp
- 2 C chicken bouillon (a rich chicken stock is better)
- 2 bay leaves
- ⅛ C chopped parsley
- ½ bunch chopped green onions, reserve tops
- 2 T Lea & Perrins Worcestershire sauce
- Salt and pepper
- 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
2 lbs fresh shish kabob vegetables
Cherry tomatoes
Bell pepper
Onion
Mushrooms

Marinade
2 C soy sauce

¾ C white wine or sherry
3 large lemons, taking the juice and rinds of 1 lemon
1 C olive oil
5 large cloves garlic, crushed
1 t oregano leaves
1 T basil leaves
3 T paprika
½ t cayenne pepper
1 t onion powder
1 t black pepper

**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.

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**★ CREOLE TOMATOES ★ STUFFED WITH SHRIMP SALAD ★**

**INGREDIENTS**

1 lb cooked Mississippi Gulf shrimp
½ bunch of green onions, minced
3 T capers
¼ C spicy mayonnaise

1 T lemon juice
fresh ground pepper
4 large ripe tomatoes, tops cut off and all pulp removed

**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
2. lb Mississippi Gulf shrimp, deveined and cooked
3. T sherry wine
4. T butter
5. oz sharp cheddar cheese
6. salt and pepper
7. ½ C crushed cracker crumb
8. ½ C Romano cheese
9. ¼ C butter, divided
10. 1 T paprika
11. 6 T butter
12. 6 T flour
13. 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. limes
1. Scotch bonnet pepper (chopped)
6. oz. coconut milk
2. oz shredded coconut
5. oz panko bread crumbs
1. egg (beaten)
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
- ½ C finely chopped onion
- ½ C finely diced celery
- ½ C diced green bell pepper
- ½ C diced red bell pepper
- ¼ t minced garlic
- 1 lb fresh lump crabmeat, drained and picked
- ¾ C plain yogurt (or mayonnaise)
- ¼ t Old Bay seasoning
- Salt and pepper

**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.

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**MARINATED SHRIMP**

**INGREDIENTS**

- 10 lbs Mississippi Gulf shrimp
- 2 medium onions, quartered
- 3 tomatoes, quartered
- 1 bell pepper
- 4 stalks celery, chopped
- 1 lb fresh mushrooms
- 1 medium can black olives

Marinade

- 3 bay leaves
- 1 C white vinegar
- Juice of 5 lemons
- ½ C Lea & Perrins Worcestershire sauce
- 2 C salad oil
- 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
- 2 T butter
- 1 C chopped onions
- ¼ C chopped red bell peppers
- ½ C chopped green bell peppers
- ½ C chopped celery
- 1 T minced garlic
- 2 C shrimp stock or chicken broth
- ½ C dry white wine
- ½ t dried thyme
- ¼ C vegetable oil
- ¼ C all-purpose flour
- 3½ C half & half
- 1 t salt
- 1½ C fresh corn kernels
- 1 T chopped parsley
- 1 T chopped green onions

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
- 1 lb Mississippi Gulf shrimp (medium size), peeled and deveined
- 1 garlic clove, finely chopped
- 1 carrot, diced
- 1 onion, diced
- 1 C snap peas
- 4 C cooked jasmine rice (cooled)
- 2 T dark soy sauce
- ½ t light brown sugar
- 2 t Thai fish sauce
- 1 t chili oil
- 1 pinch Chinese Five Spice
- 1 pinch Saigon Cinnamon (can substitute any cinnamon)
- 2 T butter
- 2 eggs, beaten
- 2 t sesame oil
- Garnish with chopped green onion
- 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.
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 medium tomato, diced  
1 jalapeño, seeds removed, diced fine  
1 hass avocado, diced  
⅛ C chopped red onion  
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  
2 medium tomatoes, finely chopped  
2 large red radishes, cut into ¼-inch dice  
½ small red onion, finely chopped  
¼ C chopped cilantro  
2 t sriracha sauce  
Salt  
1 large jalapeño  
½ red bell pepper, cut into ½-inch dice  
½ yellow bell pepper, cut into ½-inch dice  
3 T extra virgin olive oil  
1 T fresh lime juice  
1 T chopped mint  
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.
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 bunch green spinach
- 2 bunches green onions
- 1 stalk celery
- 1 bunch parsley
- 1 lbs butter, melted
- 1½ C bread crumbs
- 3 T Lea & Perrins Worcestershire sauce
- 1 can mashed anchovies
- Salt to taste
- Louisiana hot sauce
- 2 oz anisette liqueur
- ¾ Parmesan cheese
- ¾ C bread crumbs
- 4 dz oyster shells
- 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 1½ 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**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
<td>oz small Mississippi Gulf shrimp, boiled and chopped</td>
</tr>
<tr>
<td>6</td>
<td>T butter, divided</td>
</tr>
<tr>
<td>1</td>
<td>large onion, chopped</td>
</tr>
<tr>
<td>4</td>
<td>bell peppers, tops removed and cored</td>
</tr>
<tr>
<td>2</td>
<td>C cooked brown rice</td>
</tr>
<tr>
<td>8</td>
<td>oz pimiento olives, chopped</td>
</tr>
<tr>
<td>8</td>
<td>oz reduced-fat cheddar cheese, shredded</td>
</tr>
</tbody>
</table>

**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.

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**GARLIC MISSISSIPPI GULF ★ SHRIMP WITH ASPARAGUS ★**

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
<td>oz Mississippi Gulf shrimp, peeled and deveined</td>
</tr>
<tr>
<td>2</td>
<td>T olive oil</td>
</tr>
<tr>
<td>1</td>
<td>bunch asparagus, cut into 1-inch pieces</td>
</tr>
<tr>
<td>3</td>
<td>cloves garlic, finely chopped</td>
</tr>
<tr>
<td>½</td>
<td>t crushed red pepper flakes</td>
</tr>
<tr>
<td>1</td>
<td>C dry white wine</td>
</tr>
<tr>
<td>2</td>
<td>T lemon juice</td>
</tr>
</tbody>
</table>

**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) |
| ½  | C butter, melted |
| 8  | T pepper |
| 1  | each lemon, juiced |
| 2  | T Worcestershire sauce |
| 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  | lb fresh sliced mushrooms |
| 1  | C sliced celery |
| 2  | t chives |
| ½  | t ginger |
| 2  | t Season-all seasoning |
| ¼  | t coarse ground black pepper |
| ¼  | C brandy, heated |
| ½  | C butter |
| 12  | cherry tomatoes |
| 1  | t parsley flakes |
| ¼  | t tarragon leaves |
| 1  | t dry mustard |
| ¾  | t garlic powder |
| 3  | T lemon juice |

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

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

**DIRECTIONS**
Mix together all ingredients, tossing in crab claws last.
Refrigerate covered for at least 1 hour.
**STUFFED FLOUNDER**

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>large Mississippi Gulf flounder</td>
</tr>
<tr>
<td>2</td>
<td>sticks butter</td>
</tr>
<tr>
<td>1</td>
<td>stalk celery, minced</td>
</tr>
<tr>
<td>½</td>
<td>bunch green onions, minced</td>
</tr>
<tr>
<td>½</td>
<td>bunch parsley, minced</td>
</tr>
<tr>
<td>½ lbs</td>
<td>crabmeat</td>
</tr>
<tr>
<td>1 C</td>
<td>chopped mushrooms</td>
</tr>
<tr>
<td>1</td>
<td>French bread</td>
</tr>
<tr>
<td>2 T</td>
<td>Lea &amp; Perrins Worcestershire sauce</td>
</tr>
<tr>
<td></td>
<td>Salt and pepper to taste</td>
</tr>
</tbody>
</table>

**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.

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**CILANTRO LIME SHRIMP SKEWERS**

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>lb medium Mississippi Gulf shrimp, peeled and deveined</td>
</tr>
<tr>
<td>¼</td>
<td>C fresh cilantro, chopped</td>
</tr>
<tr>
<td>3</td>
<td>garlic cloves, minced</td>
</tr>
<tr>
<td>5</td>
<td>limes, wedged</td>
</tr>
<tr>
<td>1</td>
<td>juice from lime</td>
</tr>
<tr>
<td>1 t</td>
<td>kosher salt</td>
</tr>
<tr>
<td>1 ½ t</td>
<td>cumin</td>
</tr>
</tbody>
</table>

**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.
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.
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.

**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.
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

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

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

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
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**

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

**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

<table>
<thead>
<tr>
<th>Crab Cake Ingredients</th>
<th>Tomato Ingredients</th>
<th>Sauce Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb fresh jumbo lump Mississippi crabmeat, picked free of shells</td>
<td>1 lg green tomato, sliced fairly thick</td>
<td>½ C mayonnaise</td>
</tr>
<tr>
<td>⅓ C crushed oyster crackers</td>
<td>3 C corn flour</td>
<td>¼ C creole mustard</td>
</tr>
<tr>
<td>½ red onion, finely chopped</td>
<td>2 T creole seasoning</td>
<td>1 egg</td>
</tr>
<tr>
<td>⅛ C finely chopped green bell pepper</td>
<td>2 eggs</td>
<td>1 t Worcestershire sauce</td>
</tr>
<tr>
<td>⅛ C finely chopped red bell pepper</td>
<td>2 C buttermilk</td>
<td>1 T creole mustard</td>
</tr>
<tr>
<td>¼ C fresh shucked roasted corn kernels</td>
<td>3 C frying oil</td>
<td>½ t lemon juice</td>
</tr>
<tr>
<td>1 fresh jalapeño, finely chopped with all seeds and veins removed</td>
<td>For the Tomatoes</td>
<td></td>
</tr>
<tr>
<td>2 T olive oil</td>
<td>1 C mayonnaise</td>
<td></td>
</tr>
<tr>
<td>¼ C mayonnaise</td>
<td>1 C corn flour</td>
<td></td>
</tr>
<tr>
<td>1 egg</td>
<td>2 T creole seasoning</td>
<td></td>
</tr>
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<td>2 C buttermilk</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 C frying oil</td>
<td></td>
</tr>
</tbody>
</table>
| For the sauce | | ❖

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
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
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.
**SEAFOOD RETAIL**

**Bozo's Seafood**  
2012 Ingalls Ave., Pascagoula, MS 39567  
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CONTACT: Keith Delcambre

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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  
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**Gulf Fresh Seafood**  
4601 Tennessee Ave., Gulfport, MS 39501  
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CONTACT: Troung Nguyen

**Kimball’s Seafood**  
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**Long Beach Seafood**  
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CONTACT: Todd Rosetti

**Vayda’s Seafood Market**  
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**SEAFOOD WHOLESALE**

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**Barnett’s Catfish & Seafood**  
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FAX: (228) 701-0363  
EMAIL: rob.heffner@gcrginc.com  
CONTACT: Rob Heffner  
**OYSTERS**
<table>
<thead>
<tr>
<th>Company Name</th>
<th>Address</th>
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<th>Email</th>
<th>Website</th>
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<td>(228) 323-6370</td>
<td></td>
<td>Keath Ladner</td>
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<td>Jerry Forte Seafood</td>
<td>LOC: Pass Christian Harbor</td>
<td>Pass Christian, MS 39571</td>
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<td>Jerry Forte</td>
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<td>Jubilee Foods, Inc.</td>
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<td>(601) 799-5883</td>
<td>(601) 799-5191</td>
<td>George Lods</td>
<td><a href="mailto:ilctb@yahoo.com">ilctb@yahoo.com</a></td>
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<td>Merchants Foodservice</td>
<td>870 Boling St. Jackson, MS 39209</td>
<td></td>
<td>(601) 353-2461</td>
<td>(601) 985-7229</td>
<td>Michael Evilsizor</td>
<td><a href="mailto:mevilsizor@merchantsfoodservice.com">mevilsizor@merchantsfoodservice.com</a></td>
<td><a href="http://www.themerchantscompany.com">www.themerchantscompany.com</a></td>
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<tr>
<td>North Bay Seafood, Inc.</td>
<td>LOC: 9419 Central Ave. D'Iberville, MS 39540</td>
<td></td>
<td>(228) 392-8573</td>
<td>(228) 392-3069</td>
<td>Carl Dreiling</td>
<td><a href="mailto:nbayseafood@aol.com">nbayseafood@aol.com</a></td>
<td></td>
<td>OYSTERS, SHRIMP, CRABMEAT</td>
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<tr>
<td>Pinchers, LLC</td>
<td>5268 Pleasure St.</td>
<td>Bay St. Louis, MS 39520</td>
<td>(228) 467-6614</td>
<td></td>
<td>Kendall Marquar</td>
<td><a href="mailto:kmarquar@yahoo.com">kmarquar@yahoo.com</a></td>
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<td>OYSTERS, SHRIMP, CRABS</td>
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<td>Quality Poultry &amp; Seafood, Inc.</td>
<td>895 Division St., Biloxi, MS 39530</td>
<td></td>
<td>(228) 432-5216</td>
<td>(228) 432-7222</td>
<td>Todd Rosetti</td>
<td>Qualitypoultryandseafood.com</td>
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<td>OYSTERS, SHRIMP, CRABS, FISH</td>
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<tr>
<td>Sea Queen Brand</td>
<td>554 City Rd., Perkinston, MS 39573</td>
<td></td>
<td>(601) 928-4556</td>
<td></td>
<td>Gary Shemper</td>
<td><a href="mailto:seymourandsonssfd@cableone.net">seymourandsonssfd@cableone.net</a></td>
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<td>OYSTERS, CRABMEAT</td>
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<tr>
<td>Seymour &amp; Son’s Seafood</td>
<td>3201 St. Charles Ave., D’Iberville, MS 39540</td>
<td></td>
<td>(228) 392-4020</td>
<td>(228) 392-8028</td>
<td>Paul Seymour</td>
<td><a href="mailto:desportesonseaf@bellsouth.net">desportesonseaf@bellsouth.net</a></td>
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<td>Custom Pack, Inc.</td>
<td>211 Caillavet St., Biloxi, MS 39530</td>
<td></td>
<td>(228) 435-3632</td>
<td>(228) 374-0385</td>
<td>Brent Gutierrez</td>
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<td><a href="http://www.globalsea.com">www.globalsea.com</a></td>
<td>SHRIMP PROCESSORS</td>
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<tr>
<td>Desporte &amp; Son’s Seafood</td>
<td>LOC: 1075 Division St., Biloxi, MS 39530</td>
<td></td>
<td>(228) 435-3632</td>
<td>(228) 374-0385</td>
<td>Sean Desporte</td>
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<tr>
<td>Golden Gulf Coast Packing Co.</td>
<td>LOC: 260 Maple St., Biloxi, MS 39530</td>
<td></td>
<td>(228) 374-6121</td>
<td>(228) 374-0599</td>
<td>Richard Gollott</td>
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<tr>
<td>Gulfpride Enterprises, Inc.</td>
<td>LOC: 391 Bayview Ave., Biloxi, MS 39530</td>
<td></td>
<td>(228) 432-1929</td>
<td>(228) 374-7411</td>
<td>Wally Gollott</td>
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9400 Pettis Rd., Moss Point, MS 39562  
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The Honorable Phil Bryant, Governor

Mississippi Commission on Marine Resources

Mississippi Department of Marine Resources
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