



## MISSISSIPPI DEPARTMENT OF MARINE RESOURCES

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# News Release

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15-40-MMS  
June 9, 2015

**FOR IMMEDIATE RELEASE**

### *June Adventure Quencher: Cooking healthy seafood outdoors*

BILOXI, Miss. – Summer is here, and it's time to bring out the grills.

Learn how to cook seafood on the grill with this month's Adventure Quencher, "Barbecue with Benefits: Cooking Healthy Seafood Outdoors."

Former food editor Jim Matthews of Pass Christian will demonstrate how to prepare and grill a variety of Mississippi seafood dishes at the Grand Bay National Estuarine Research Reserve.

Matthews was the food editor for the "Gulf Coast Fisherman" magazine and has appeared as a guest chef on the New Orleans TV show, "Alec's Kitchen."

Some of the dishes Matthews will prepare include redfish on the half-shell, bronzed fish and grilled shrimp kabobs. These recipes and others are included in his soon-to-be-released cookbook, "Barbecue with Benefits: A Guide to Healthier Grilling and Smoking."

This free class will be held from 10 a.m. to noon Saturday, June 13, at the Grand Bay NERR, 6005 Bayou Heron Road, Moss Point, Miss. 39562.

For more information and to register, call Jennifer Buchanan at 228-475-7047 or email her at [jen.buchanan@dmr.ms.gov](mailto:jen.buchanan@dmr.ms.gov).

The NERR is managed through a state-federal partnership between the Mississippi Department of Marine Resources, Mississippi Secretary of State's Office, U.S. Fish and Wildlife Services, Mississippi State University, The Nature Conservancy and the National Oceanic and Atmospheric Administration.

The Mississippi Department of Marine Resources is dedicated to enhancing, protecting and conserving marine interests of the state by managing all marine life, public trust wetlands, adjacent uplands and waterfront areas to provide for the optimal commercial, recreational, educational and economic uses of these resources consistent with environmental concerns and social changes. Visit the DMR online at [www.dmr.ms.gov](http://www.dmr.ms.gov).

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