

U. S. Farm-Raised Hybrid Striped Bass with Crabmeat Stuffing

Striped bass has always been a popular sport fish, but the stocks fluctuate, so U.S. farm-raised hybrid striped bass are an environmentally sound alternative.

Striped bass were harvested by the Pilgrims in Massachusetts and the early settlers in Virginia.

4 U.S. farm-raised hybrid striped bass
3 Tbsp. butter
¼ cup celery, chopped
¼ cup yellow onion, chopped
3 Tbsp. mayonnaise
¼ t. prepared mustard
¼ t. seafood seasoning
½ pound crabmeat
1 cup breadcrumbs
Cooking spray

Melt butter in a skillet, then add celery and onion. Cook until tender. In a bowl, mix mayonnaise, mustard, seafood seasoning, crabmeat, and breadcrumbs. Add celery and onion to bowl ingredients and mix.

Rinse fish under cool running water. Pat dry. Fill the belly cavity of each fish with stuffing. Spray a baking dish with cooking spray. Place fish on baking dish and cook for about 20 minutes at 425 degrees.

National Aquaculture Association

PO Box 1647, Pine Bluff, Arkansas, 71613

Phone: 870-850-7900 Fax: 870-850-7902 Email: naa@thenaa.net