



FISHWATCH

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STRIPED BASS



Wild striped bass, often called striper or rockfish, are caught along the East Coast, mainly in Virginia and Maryland. They are abundant and harvested at a sustainable rate, and have supported one of the most important commercial and recreational fisheries on the Atlantic coast for centuries. In the 1980s, the fishery collapsed due to overfishing and poor environmental conditions. Through science-based management and the dedication of commercial and recreational fishermen, striped bass was rebuilt in 1995. Scientists and managers continue to monitor this valuable resource.

A good source of low-fat protein and selenium, striped bass has a slightly sweet flavor. This species has consumption advisories varying from state to state, based upon levels of polychlorinated biphenyls (PCBs) in the fish. Most advisories are targeted toward pregnant women and children. U.S. federal waters (beyond 3 miles offshore) are closed to both commercial and recreational striped bass fishing. Striped bass caught in state commercial fisheries or raised through aquaculture are available to consumers in markets and restaurants.

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POWERED BY TRAKOR

STRIPED BASS WITH SUMMER CORN PUREE

Ingredients:

6 4-oz pieces of striped bass
3 oz canola oil
1 tablespoon butter
1 large pinch fresh thyme
Pinch of salt and pepper

For puree:

2 cups fresh corn
4 cups milk
1 pinch saffron
2 tablespoons butter
3 tablespoons shallots (chopped)
Pinch of salt and white pepper

Season fish with salt and pepper.
Cook in hot oil. Baste with butter
and thyme.

Corn puree:

Cook all ingredients together until
corn is tender. Place corn in high
speed blender. Puree with a little bit
of milk, adding more as needed, until smooth.

Recipe adapted by Chef Michael Schlow, Massachusetts chef, 2007 Great American Seafood Cook-Off.

