



FISH TALES™

AUGUST 2024 | A SAMUELS SEAFOOD MAGAZINE

MID-ATLANTIC EDITION

WILD CAUGHT CHESAPEAKE BLUE CATFISH

A tasty solution for &
from the Chesapeake



SPANISH SEAFOOD SPHERES

Once you pop,
you can't stop

GET WILD AND STAY LOCAL

NJ's Graveling Point Oysters

AUGUST SAVINGS SPECTACULAR

Don't miss our hot
summer discounts!

SWEET HOME CAFÉ

A culinary journey
through African American
history and culture

Samuels Spotlight

Sweet Home Café

A Culinary Journey Through African American History and Culture

By Zachary Blumberg



Sweet Home Café is located inside the Smithsonian's National Museum of African American History & Culture in Washington, D.C. The name comes from the song "Sweet Home Chicago," a blues standard by musician and songwriter Robert Johnson.

The café is situated on the bottom floor of the museum, underground at the furthest point from the above-ground entrance of the building. This unusual layout is by design. The food at Sweet Home Café offers a small sampling of Black culture and history. This layout guides visitors through the exhibits, providing context and knowledge about the culture behind the food and the history behind that culture, before they arrive at the café. So, when they do finally sit down and enjoy the food, they can appreciate it from an enriched perspective.

Executive Chef Ramin Coles provides a steady, guiding hand for menu development at the café. A graduate of Maryland's L'Academie

de Cuisine and a restaurant industry veteran, Chef Coles uses his knowledge to help lead the restaurant through the unique challenges of running a restaurant within a museum. The menu itself is an ever-rotating mix of foods from African American history, current trends within the community, and possibilities for the future of the community. It also changes when the time of year coincides with a holiday or historical event.

Seafood makes up around one-third of the menu. Each day, Sweet Home Café offers a different fish of the day, as well as a wide variety of other seafood-centric dishes. The restaurant makes full use of the knowledge base at its disposal to help support this diversity, ranging from the complex layers of flavor found in jambalaya to simpler dishes like mussels. The menu has also included shrimp and grits, crab quiche, oysters, fried bass, catfish, and more. The café also offers off-premise catering.

For guests looking to recreate Sweet

Home Café's menu at home, there is **The Sweet Home Café Cookbook (A Celebration of African American Cooking)**. Boasting an impressive 109 recipes that the restaurant has cooked over the years, the cookbook also provides the histories and people behind the dishes.

Sweet Home Café feeds not only the body but also the mind. It is a great place to enjoy delicious food, learn about the history that shaped that food, and understand the culture that shaped that history.



Mark Adams



Philadelphia’s Mark Adams, Team Manager – Supermarket, has been a dedicated member of the Samuels team since April 2011. Mark recently achieved a significant and first-of-its-kind milestone with one of our supermarket customers, showcasing his exceptional skills and dedication to expanding the business. Mark is always available when needed and willing to go above and beyond to ensure our customers receive the best service. His respect and professionalism in dealing with all employees make him a valued leader in our company.

Thank you, Mark, for your hard work, commitment, and respectfulness. Your contributions are deeply appreciated.

Employees of the Month

Jorge Ojito, DOT Driver – Orlando, has been an essential member of the Samuels team since November 2019. Jorge is the most versatile driver with unparalleled knowledge of routes. He is responsible for training all new drivers on every route, ensuring that Samuels’ standards of excellence are upheld. In addition, Jorge consistently steps up to fill in whenever needed, demonstrating an unwavering commitment to the team. Jorge’s dedication doesn’t stop there. He works on his days off and handles second runs or pickups without hesitation. As one of our longest-serving drivers, Jorge has proven to be incredibly reliable and an indispensable part of our South Coast operation.

Thank you, Jorge, for your hard work, dedication, and reliability. You truly deserve this recognition.

Jorge Ojito

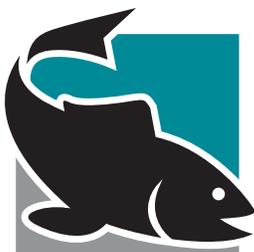


Spanish Seafood Spheres: Once you pop, you can’t stop



Not only are they beautiful, but these seafood spheres produced in Spain are packed with flavor. Perfect for raw or cooked shellfish (think oysters and clams) or adding a pop to seafood carpaccios or crudos, these spheres are available in three distinct flavors: Cuttlefish Ink, Plankton, & Sea Urchin.

Each jar contains 220-240 spheres, ideal for garnishing raw bar items, tuna steaks, seafood dishes, and, of course, the summer staple: deviled eggs. These spheres are a must-try, providing the purest flavor of the sea in an easy, ready-to-use form. Experience the magic of these edible spheres that burst in your mouth, delivering a delightful and innovative taste sensation.



FOLLOW US ON SOCIAL MEDIA
@SAMUELSSEAFOOD



Trademark 2024, all rights reserved, by Samuels Seafood Company. To be published 12 times in 2024: January, February, March, April, May, June, July, August, September, October, November, and December. The editors reserve the right to select and edit all material submitted for publication.

Contact marketing@SamuelsSeafood.com to sponsor Fish Tales or for any other inquiries.

FISH TALES STAFF

CHIEF CREATIVE OFFICER
LILY COPE

lilyc@samuelsseafood.com

DIRECTOR OF MARKETING
KRISTIN O’NEILL

kristino@samuelsseafood.com

CONTRIBUTING CHEF
ANNE COLL

annec@samuelsseafood.com

FISH TALES DESIGNER
BLAKE MONTALTO

blakem@samuelsseafood.com

CONTRIBUTING WRITER
ZACHARY BLUMBERG

zachb@samuelsseafood.com

CONTRIBUTING PHOTOGRAPHER
DOMINICK AMELOTI

dominicka@samuelsseafood.com

Wild Caught Chesapeake Blue Catfish: A Tasty Solution for & From the Chesapeake



Since wild caught Chesapeake blue catfish were introduced to the Chesapeake Bay in the 1970s and 1980s from the rivers of the central United States, these fish have thrived, significantly increasing in number due to their prolific reproduction and adaptability. While they prefer freshwater, wild caught Chesapeake blue catfish are not selective about their habitat and have expanded into most Chesapeake Bay rivers (including the Susquehanna River which extends into Pennsylvania). The voracious appetite of these omnivores poses a major threat to the Chesapeake's ecosystem, and their impact may soon extend to the Delaware Bay and its tributaries. The species consumes a wide range of food, including blue crabs, oysters, clams, and other fish such as young-of-the-year striped bass and perch. With few natural predators

besides humans, their predation disrupts the food chain, threatening native fish species and impacting the livelihoods of local fishermen.

Bummer... Well, not entirely!

Fortunately, wild caught Chesapeake blue catfish are great eating fish. Their mild, clean taste is often compared to striped bass, making them a popular choice for seafood enthusiasts. Consuming wild caught Chesapeake blue catfish not only offers a delicious meal but also helps control their population, benefiting the ecosystem.

By incorporating wild caught Chesapeake blue catfish into menus, chefs and consumers can enjoy a versatile and tasty protein while contributing to the health of the United States' largest estuary, and the third largest in the world.

Thanks to diligent and ongoing efforts by the Maryland Department of Agriculture and the Virginia Marine Products Board, there is now a market for wild caught Chesapeake blue catfish in grocery stores, seafood markets, and restaurants around the Chesapeake Bay. However, there is still a long way to go to help impacted waterways. Working alongside these two states, Samuels is hoping to move the needle as much as possible.

Culinary Versatility

Wild caught Chesapeake blue catfish's firm, white meat is delicately flavored and versatile in the kitchen. It can replace tilapia, haddock, and cod in many recipes,



offering a sustainable alternative. With near limitless culinary potential, it's a great choice for any number of preparations.

The Ecological Impact

Introduced in the late 1970s and 1980s by the Virginia Department of Game and Inland Fisheries, wild caught Chesapeake blue catfish now make up an estimated 70 percent of the biomass in some tributaries. Their adaptabil-

ity to a range of environmental conditions, including lower salinity waters, has allowed them to proliferate. Studies by the Chesapeake Bay Program and other research institutions have shown that wild caught Chesapeake blue catfish negatively impact native species through predation. These fish are opportunistic feeders, consuming a wide variety of prey, including commercially important species like blue crabs,



striped bass, Atlantic menhaden and gizzard shad.

A Path Forward

The economic potential of wild caught Chesapeake blue catfish is significant. With no harvest limits, minimum sizes, or closed seasons, the commercial fishery has room to grow. The Maryland Department of Agriculture and the Virginia Marine Products Board are working to change public perception of wild caught Chesapeake blue catfish through public awareness campaigns, education, tastings, and consumer outreach.

Without increased efforts to control wild caught Chesapeake blue catfish populations by increasing consumption, the Chesapeake and Delaware Bays' ecosystems face significant risks. Developing markets for wild caught Chesapeake blue catfish presents a unique opportunity for conservation and economic growth – not to mention delicious food. This multi-state initiative could lead to a sustainable solution that benefits both the environment and the economy, ensuring the health of the Chesapeake Bay and other local waterways for future generations.





AUGUST SAVINGS SPECTACULAR



ECUADORIAN WHITE SHRIMP
31/35 Count
40 lb Case
\$3.90 lb



QUICK PEEL SHRIMP
8/12 Count
20 lb Case
\$6.90 lb



PEELED & DEVEINED TAIL ON SHRIMP
8/12 Count
10 lb Case
\$7.90 lb



AKAROA KING SALMON
From New Zealand
Skin on Fillets
\$15.90 lb



GIANT AUSTRALIAN KING PRAWNS
6/8 Count
11 lb Case
\$10.00 lb



WHOLE POMPAÑO
400-600 Grams Each
IQF, 40 lb Case
\$5.00 lb



FROZEN MAHI FILLETS
Skin On
50 lb Case
\$5.00 lb



FRESH CLAM JUICE
Aunt Connie's Famous
1 Gallon Unit
\$10.00 ea

Crazy for Crabs



CLAW CRABMEAT
Pasteurized
12 lb Case
\$10.00 lb
Buy 10 Cases Save \$1.00/lb



SPECIAL CRABMEAT
Pasteurized
12 lb Case
\$11.00 lb
Buy 10 Cases Save \$1.00/lb



BACKFIN CRABMEAT
Pasteurized
12 lb Case
\$12.00 lb
Buy 10 Cases Save \$1.00/lb

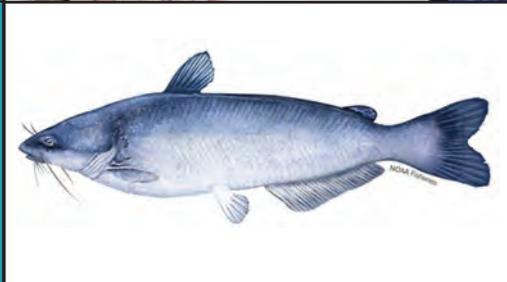


SUPER LUMP CRABMEAT
Wild Caught
24 lb Case, Frozen
\$13.00 lb
Buy 10 Cases Save \$1.00/lb

Sale Dates: August 1 - 31
East Coast
800-580-5810
215-336-7810

Call Your Sales Agent Today!
Special pricing is reserved for current Mid-Atlantic account holders and Giuseppe's 7 Fish Club members only. Price and availability subject to change. Additional freight charges may apply.
Please consult with your Samuels Sales Agent for more information.

SamuelsSeafood.com
Mid West
888-512-3636
412-244-0136



**FRESH WILD
CAUGHT CHESAPEAKE
BLUE CATFISH**
Skin Off Fillets
\$7.95 lb



**BREADED
BUTTERFLIED SHRIMP**
31/40 Count
10 lb Case
\$39.75 cs



**WARM WATER
LOBSTER TAILS**
5 oz Each
10 lb Case
\$19.75 lb



**HOT SMOKED
AKAROA SALMON**
From New Zealand
Whole Fillets
\$19.75 lb



**BALSAMIC
VINEGAR**
Product of Italy
5 Liter Unit
\$19.75 ea



**RED KING
CRAB LEGS**
9/12 Count
20 lb Case
\$39.75 lb



**GRAVELING POINT
OYSTER**
From New Jersey
50 Count
\$0.75 ea



**SOY
SAUCE**
Yamasa
1/2 Gallon
\$5.00 ea



**POKE
SAUCE**
Enhance your poke bowls
1/2 Gallon
\$12.00 ea



**KEWPIE
MAYONNAISE**
1 Gallon Unit
4 per Case
\$82.00 cs



**DUNGENESS
CRAB**
Clusters
25 lb Case
\$12.00 lb



**ITALIAN
OSETRA CAVIAR**
Canterbury Cure
1 oz Unit
\$40.00 ea



**KOSHIHIKARI
SHORT GRAIN RICE**
Senshuumai White
50 lb Bag
\$40.00 bg



**FRESH
SEAWEED**
From New England
Large Bag
\$40.00 bg



**TRADITIONAL
SQUID SALAD**
Aunt Connie's Famous
5 lb Unit
\$40.00 ea



**JAPANESE
WAYGU**
Rib Cap
A5 Grade
\$40.00 lb



CHEF'S CORNER



Wild Caught Chesapeake Blue Catfish Gumbo

Ingredients

- 1 ½ tablespoon cooking oil
- 1 cup chopped onion
- 1 cup chopped green pepper
- 2 cloves garlic, minced
- 2 cups beef broth
- 1 16 oz. can tomatoes or 2 cups fresh tomatoes, chopped
- ½ teaspoon salt
- ½ teaspoon thyme
- ½ teaspoon red pepper or several drops of hot sauce
- ½ teaspoon oregano, crushed
- 12 oz. skinless blue catfish fillet (1-inch cubed)
- 1 cup okra or 1 10-oz. package frozen okra
- Cooked rice*

Instructions

1. Heat oil in large pot or Dutch oven. Add onion, green pepper and garlic. Sauté until tender. Add broth, tomatoes and seasoning. Simmer for about 15 minutes. Add fish and okra. Cook briefly until fish are cooked through. Serve over rice.

*Rice based on ¾ cup per serving.

Smoked Wild Caught Chesapeake Blue Catfish Cakes

Ingredients

- 12 oz smoked catfish
- ¼ cup sweet pickle relish
- ½ cup unseasoned bread crumbs
- 1 red bell pepper, minced
- 1 tsp soy sauce
- ⅓ cup mayonnaise
- 2 eggs, slightly beaten
- 1 tsp dried Italian seasoning
- 2 tbsp minced fresh dill
- 1 tsp fresh ground black pepper
- Butter for frying

Instructions

1. In a food processor bowl fitted with a steel blade, pulse the fish, relish, bread crumbs and bell pepper until finely chopped. Scrape into a bowl and mix in the soy sauce, mayonnaise, eggs, dried herbs, dill and pepper. Add more bread crumbs, if necessary, to make a firm fish mixture. Form into twelve or so (three inch) patties.
2. In a non-stick skillet over medium-high heat, heat enough butter to generously coat the bottom of the pan. Arrange the fish cakes, not touching, in the pan and cook until brown on both sides, turning once (about four minutes per side). Cakes should be moist but not mushy inside. Top with a dollop of tartar sauce or your favorite fish sauce.

For additional recipes, please visit marylandsbest.maryland.gov and virginiaseafood.org

Get Wild and Stay Local: Graveling Point Oysters

This month's featured oyster, the Graveling Point from Great Bay, NJ, has a fresh, light taste with a thick and hearty shell. This plump, wild variety grows in a reef bed of oyster shells which allows them to grow quickly with maximum exposure to the rich and dynamic flavors offered to them in these marine environments. Thanks to shell recycling efforts there, juveniles can attach themselves and grow on these hard surfaces. Graveling Point oysters are 15 to 24 months old by the time they are harvested, and a great, local addition to any raw bar or summer grilling application.

