

# FROM THEIR BOATS TO YOUR PLATE

Ask for locally-caught seafood at fish markets or restaurants to support the family fishermen of Cape Cod.

## What's in Season Now on Cape Cod

- Black Sea Bass
- Bluefish
- Butterfish
- Clams (Quahogs of all sizes: littlenecks, topnecks, cherrystones, chowders)
- Clams (Sea, razor, steamers)
- Cod
- Conch (Channeled Whelk)
- Dogfish
- Flounder
- Fluke (Summer Flounder)
- Grey Sole
- Haddock
- Hake
- Lobsters
- Monkfish
- Mussels
- Oysters
- Pollock
- Scup (Porgy)
- Sea Scallops
- Skate Wings
- Striped Bass
- Swordfish
- Tuna (Bluefin)



## RECIPE



### Bluefish with Ginger Glaze

From the kitchen of Chef Barton Seaver, Cookbook Author, *For Cod and Country*

#### Ingredients

- 2 Tbsp. mayonnaise
- 1 Tbsp. soy sauce
- Juice of 1 lemon
- 1 inch knob of ginger, grated
- 2 cloves of garlic, finely grated
- ½ bunch of scallions, thinly sliced
- 1 lb. bluefish fillets

#### Directions

- For the glaze, combine the mayonnaise, soy sauce, lemon juice, ginger, garlic and scallions in a medium bowl and whisk to combine.
- Add the bluefish fillets to the glaze and toss to coat with the mixture.
- Place the fillets on a baking sheet and spoon any remaining glaze over them.
- Bake for about 15 minutes or until just cooked through.
- Turn the oven to broil and move the fish closer to the broiler. Broil for a few minutes until mayonnaise browns slightly and forms a light crust on the fish.
- Remove and serve immediately.

Support the family fishermen of Cape Cod:  
[www.capecodfishermen.org/donate](http://www.capecodfishermen.org/donate)

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