

Sauteed Shad Roe

1½ pounds shad roe (2 pairs)
Flour
3 Tablespoons butter
2 Tablespoons oil
Salt and pepper to taste
Sprig parsley, minced
4 slices bacon, cooked crisp and crumbled
1 lemon, cut in wedges
Cucumber slices

Roll roe in flour. Fry slowly in butter and oil until nicely brown, about 6 minutes on each side. Season with salt and pepper and serve on a warm platter, sprinkled with parsley and crumbled bacon. Garnish with lemon wedges and cucumber slices.



Baked Shad

3-4 pounds shad fillets
Salt and pepper to taste
Garlic powder
1 stick butter
1 teaspoon freshly snipped rosemary
1 Tablespoon white wine vinegar
1 lemon, cut in wedges

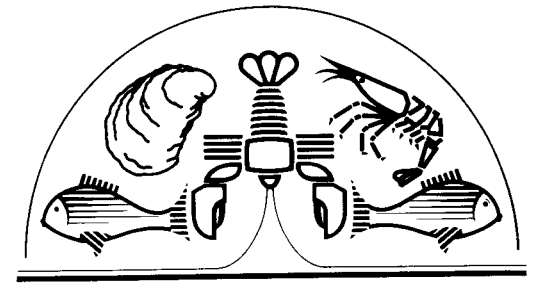
Sprinkle fillets with salt, pepper and garlic powder. Preheat oven to 425 degrees. Arrange shad in a buttered baking dish, dot generously with butter and sprinkle rosemary over the fish. Bake for 10 minutes per inch thickness of fish, basting about every 3 minutes. When fish flakes easily, transfer to a warm platter. Mix vinegar with pan juices and pour over fish fillets. Garnish with lemon wedges and serve with new potatoes.

Jersey Fresh Seafood

Fillet it,
saute it,
bake it,
cake it,
broil it,
foil it,
fry it,
but try it.



New Jersey Department of Agriculture
Fisheries Promotion Program
(609) 984-6757



The Herald of Springtime New Jersey Shad



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The Herald of Springtime

The American Shad (Alosa sapidissima) is one of the most respected members of the herring family from a culinary standpoint and this spring's New Jersey shad are the best ever. The species name for shad, sapidissima, translates as "most delicious" and judging by the anticipation along the East Coast for the start of shad season, the name is well deserved. Often called "poor man's salmon", this delicious fish is meaty and has a rich-flavored, moderately oily, white flesh, which is moist and flavorful. A three and one-half ounce of shad contains only 170 calories, while being high in protein and low in sodium. Shad also contains a high level of omega-3 fatty acids, which help to reduce the risk of heart disease and lower cholesterol levels.

American Shad is also well known for the delicate roe taken from the female, which is considered to be a delicacy. Shad roe is another of those foods whose potential as a flavorful dish, rich in vitamins and minerals, has been sadly neglected. It is not surprising that American Indians knew the value of shad roe and fed it to weaning babies. Shad roe is at its best in the prespawning stage and can be prepared in a variety of ways. Shad roe simply sauteed in butter is a regional culinary delight.

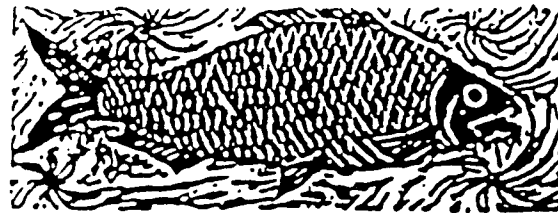
Here are a few of the many recipes that can be used to prepare American Shad. Sample these delicious dishes to welcome the spring season.

Broiled Shad With Lemon-Cress Butter Sauce

2 pounds shad fillets
1 cup butter, melted
1 teaspoon salt
Freshly ground pepper
1/2 cup watercress, finely chopped
Juice of 1 lemon

Brush fillets on both sides with butter and sprinkle with salt and pepper. Place fillets on foil and broil (3" from heat source), skin side down, for about 10 minutes or until fish flakes easily. Meanwhile, combine remaining butter with watercress and lemon juice. Remove cooked fish to a hot platter and pour sauce over. Serve immediately while very hot.

Yield: 4 servings.



Shad Cakes

4 cups cooked shad
1 small onion, chopped
1/2 green pepper, chopped
1/2 cup chopped celery
3 Tablespoons butter
1 cup dry bread crumbs
2 eggs, beaten
2 teaspoons Worcestershire sauce
Salt and pepper to taste
Butter for frying
Parsley

Flake cold cooked shad coarsely. Saute vegetables in butter until they are tender, but not brown. Stir in bread crumbs, then mix with fish. Add beaten eggs and seasonings, mix well, moistening mixture with a little water. Form into patties and chill for 1 hour. Fry patties in butter, browning them nicely on both sides, then serve garnished with parsley.

