



2021-22 Calendar

Including Shareable Recipes for
Enjoying Your Favorite Local Fish



New Hanover
County Branch



NEW HANOVER COUNTY
PUBLIC HEALTH



This project has been funded wholly or in part by the United States Environmental Protection Agency under assistance agreement OOD49616. It does not necessarily reflect the views of the Agency nor should official endorsement be inferred.

Which fish are safe to eat?

Most fish are good to eat and good for you—high in protein and other nutrients, and low in fat. But some kinds of fish contain high amounts of mercury, which can cause health problems in people, especially children. To help you make the healthiest choices, North Carolina offers the following advice. For more information, see bit.ly/eatsafefish or call (919) 707-5900



People who are or may become pregnant, nursing people, and children under age 15:

- Do not eat fish from the HIGH in mercury list.
- Eat up to 2 meals per week of fish from the LOW in mercury list.



All other people:

- Eat only 1 meal of fish per week from the HIGH in mercury list.
- Eat up to 4 meals of fish per week from the LOW in mercury list.



! **CHECK:** Everyone should check advisories for all fish from the Cape Fear River

- ➔ Visit bit.ly/eatsafefish
- ☎ Call (919) 707-5900
- 🔍 Search online for “Fish advisories NC”



Catfish



Largemouth Bass



Red Drum



Blue Crab



Striped Mullet



- ➔ Visit bit.ly/eatsafefish
- ☎ Call (919) 707-5900

How to use this recipe calendar:

In this calendar, you will find recipes to help you choose and enjoy fish in the Cape Fear River that are lower in mercury in the seasons when they are most often caught. Feel free to tear off the recipe for each month to share with a friend! On the back of the calendar, you will find shareable cards with information about how to choose safer fish from the Cape Fear River.



early life exposures, later life consequences



New Hanover County Branch



JULY 2021

Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Did you know? You can also find frozen tilapia filets in the freezer section of the grocery store.

Share this recipe with a friend!  There's a copy on the back of the calendar for you to keep.

Microwave Tarragon Tilapia

Original recipe by Tamra Scott-Hunt
(www.allrecipes.com)

INGREDIENTS

- 1 lb. tilapia fillets
- 1 tablespoon butter
- 1 garlic clove, minced
- 1 teaspoon chopped fresh tarragon
- 1/4 cup apple cider vinegar

Some fish from the Cape Fear River are high in contaminants such as mercury, including catfish and largemouth bass. The fish in this recipe is lower in mercury. Enjoy!

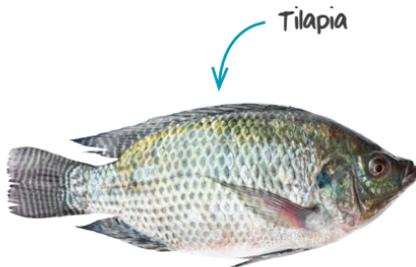


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DIRECTIONS

1. In a microwavable baking dish, arrange tilapia fillets in a single layer. Dot with pieces of butter, and minced garlic. Sprinkle over fresh tarragon. Cover with wax paper and microwave on high for 2 minutes.
2. Turn fillets over, re-cover, and continue to microwave on high for another 2 minutes. Remove immediately, sprinkle with apple cider vinegar, and serve.

Duke University Superfund Center Community Engagement Core

✉ SuperfundCEC@duke.edu bit.ly/eatsafefish



DIRECTIONS

1. In a microwavable baking dish, arrange tilapia fillets in a single layer. Dot with pieces of butter, and minced garlic. Sprinkle over fresh tarragon. Cover with wax paper and microwave on high for 2 minutes.
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AUGUST 2021

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1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Did you know? Using fillets, or cutting the fat and skin off your fish before cooking, can reduce your risk of contamination from certain fat-loving chemicals (but not necessarily mercury).

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Shrimp Ceviche

Recipe by Chef Sam Cahoon (Savorez Restaurant)

INGREDIENTS

- 1 box shrimp, cut in half
- 2 red onions, diced
- 2-4 red bell pepper, depending on size, diced
- 1 head of cilantro, chopped
- 1 cup mild yellow hot sauce
- 1 cup passion fruit puree (blended fruit)
- 2 cups lime juice

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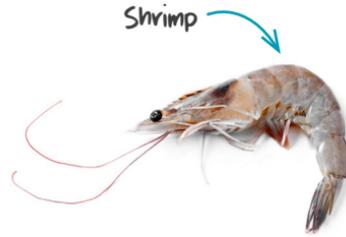


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Some fish from the Cape Fear River are high in contaminants such as mercury, including catfish and largemouth bass. The fish in this recipe is lower in mercury. Enjoy!

DIRECTIONS

Blanch the shrimp and put them in ice water. Combine with all the other ingredients, mix well, and store it.

Note: Blanching means boiling in hot water for a short amount of time, then plunging it into ice water.

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SEPTEMBER 2021

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26	27	28	29	30		

Did you know? 2021 marks the 57th anniversary of the annual spot Festival in Hampstead, NC!

Share this recipe with a friend!  There's a copy on the back of the calendar for you to keep.

Simple Baked Spot in Foil

Adapted from recipe by user *BakinBaby* on GeniusKitchen.com

INGREDIENTS

- 2 spot fish fillets
- 1/3 sweet onion (sliced 1/3-1/2-inch thick)
- 1/2 tablespoon olive oil
- 1 teaspoon butter (softened)
- 1 teaspoon lemon pepper (or your favorite fish seasoning)
- 4 lemon slices (optional)

Some fish from the Cape Fear River are high in contaminants such as mercury, including catfish and largemouth bass. The fish in this recipe is lower in mercury. Enjoy!

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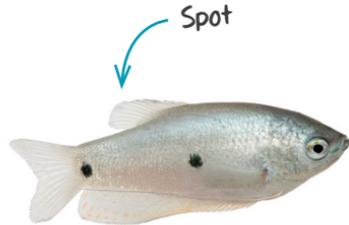


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DIRECTIONS

1. Place sliced onion rings on aluminum foil, place fillets on top, drizzle with oil and butter and sprinkle on seasoning, top with lemon slices (if using).
2. Wrap tightly, bake or grill at 350° for about 20 minutes, or until fish flakes.
3. Serve with fresh lemon if desired.

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DIRECTIONS

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2. Wrap tightly, bake or grill at 350° for about 20 minutes, or until fish flakes.
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Did you know? This year marks the 57th annual Spot Festival in Hampstead, NC!

OCTOBER 2021

Su	M	Tu	W	Th	F	Sa
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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	<p>Did you know? Though it may not reduce mercury levels, baking or grilling can reduce the amount of other fat-loving contaminants in your meal. Plus, it is a healthy alternative to frying!</p>					

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Shrimp and Grits

Adapted from Med Instead of Meds

INGREDIENTS

2 cups cauliflower rice
 1 cup uncooked grits
 4 cups water
 1/2 teaspoon salt
 2-4 tsp olive oil, divided
 8 oz white mushroom,
 chopped

1 cup sliced green onions
 1/3-1/2 cup grated parmesan
 1 lb. shrimp (peeled and deveined)
 2 tablespoons lemon juice
 1 tablespoon lemon zest
 2 tablespoons olive oil

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Some fish from the Cape Fear River are high in contaminants such as mercury, including catfish and largemouth bass. The fish in this recipe is lower in mercury. Enjoy!

Shrimp



DIRECTIONS

1. Combine first 4 ingredients in large pot.
2. Cook covered on medium heat for 1.5 hours, Turn down heat or add water as needed.
3. Heat 1-2 tsps olive oil in pan and saute mushrooms for 5-7 mins. Place mushrooms in a bowl. Repeat step with green onions.
4. When grits are done, add mushrooms, onions, and cheese. Mix well to combine.
5. Heat olive oil in pan, saute shrimp for 2-3 minutes. Add lemon juice and zest. Salt to taste.
6. To serve, place 1/4 of cauliflower grits on each plate, topped with 1/4 of the shrimp.

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5. Heat olive oil in pan, saute shrimp for 2-3 minutes. Add melon juice and zest. Salt to taste.
6. To serve, place 1/4 of cauliflower grits on each plate, topped with 1/4 of the shrimp.

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NOVEMBER 2021

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Did you know?

Too much mercury in your body can lead to problems with your heart and nervous system.

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Fish (or Shrimp) Cakes

Recipe by Chef Sam Cahoon (Savorez Restaurant)

INGREDIENTS

- 2 pounds cooked fish, or shrimp, thawed, all water pressed out
 - 1 quart heavy cream, reduced to 1.5 cups, chilled (or use mayo)
 - 1 bunch green onions
- (continued on back)

Some fish from the Cape Fear River are high in contaminants such as mercury, including catfish and largemouth bass. The fish in this recipe is lower in mercury. Enjoy!

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INGREDIENTS

- 2 pounds cooked fish, or shrimp, thawed, all water pressed out
- 1 quart heavy cream, reduced to 1.5 cups, chilled (or use mayo)
- 1 bunch green onions
- 2 red bell peppers, diced
- 1 stalk celery, diced
- 1 cup bread crumbs, plus however much more is needed to bread
- Salt & pepper, as needed
- 2 ounces of lemon juice

Shrimp



Some fish from the Cape Fear River are high in contaminants such as mercury, including catfish and largemouth bass. The fish in this recipe is lower in mercury. Enjoy!

DIRECTIONS

Once fish is thawed and pressed and cream is reduced and cooled, simply mix all ingredients in a large bowl. Taste for seasonings. Each cake should be about 4 ounces. If the mix is not sticking together, add more bread crumbs. Once portioned, pat out cakes. They should be about two inches thick. Once formed, toss the cakes in bread crumbs.

Duke University Superfund Center Community Engagement Core

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INGREDIENTS CONT'D

- 2 red bell peppers, diced
- 1 stalk celery, diced
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- Salt & pepper, as needed
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DECEMBER 2021

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			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Did you know? Shrimp and salmon are two healthy, lower in mercury options available for purchase at grocery stores when it's too cold to fish! They can also be bought canned or frozen.

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NC Shrimp Jambalaya Recipe by Chef Keith Rhodes (Catch Restaurant)

INGREDIENTS

- 2 pounds shrimp in the shell
- 2 tablespoons corn, peanut or vegetable oil
- 2 tablespoons flour
- 1 cup finely chopped onion
- 1 cup finely chopped green onions or scallions
- 1 cup finely chopped green pepper
- 1 cup finely chopped celery
- 1 tablespoon finely minced garlic
- 1 cup cooked ham cut into 1/2-inch cubes

- 2 cups crushed tomatoes
- 1/4 teaspoon dried thyme
- 1 teaspoon dried crushed oregano
- 1 cup uncooked long-grain rice
- Salt to taste if desired
- Freshly ground pepper to taste
- 5 cups shrimp broth
- 1/2 cup finely chopped green onion or scallions, optional, for garnish

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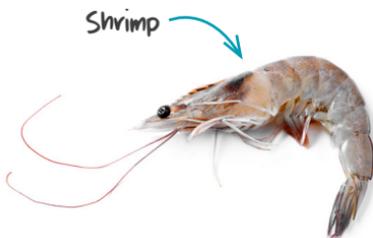
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DIRECTIONS

1. Peel and devein the shrimp. The shells may be used to make a broth. To make the shrimp broth, add the shells & heads of the shrimp to a pot with 6 cups of water, 2 tsp of Old Bay & 1 tsp of sea salt. Bring to a boil & strain.
2. Heat the oil in a kettle or large saucepan with a heavy bottom over medium heat. Add the flour, and cook, stirring constantly, until lightly browned. Do not burn.
3. Add the onion, green onions, green pepper, celery and garlic. Cook, stirring, until wilted. Add ham and stir. Add the tomatoes, thyme and oregano, and bring to a boil. Stir in the uncooked rice, if desired. Add salt, pepper and shrimp broth. Reduce heat to medium-low, and simmer, uncovered, about 25 minutes; add the shrimp and stir. Cook about 10 minutes longer or until it has thickened, but is still slightly soupy.
4. Serve in bowls with chopped green onions on the side as an optional garnish.

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JANUARY 2022

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						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	<p><i>Did you know?</i> Cooking stew or chowder is one way to stretch out the protein from your catch into several meals!</p>				

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Fish Chowder

Adapted from a recipe in *Taste of Home*

INGREDIENTS

- 6 bacon strips, cut into 1-inch pieces
- 2/3 cup chopped onion
- 1/2 cup chopped celery
- 3 medium potatoes, peeled and cubed
- 2 cups water
- 1/2 cup chopped carrots
- 2 tablespoons minced fresh parsley
- 1 tablespoon lemon juice
- 1/2 teaspoon dill weed
- 1/4 teaspoon garlic salt
- (continued on back)*

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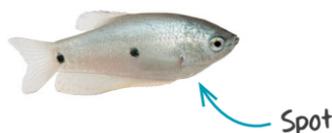
Fish Chowder

Adapted from a recipe in *Taste of Home*

INGREDIENTS

- | | |
|--|--|
| 6 bacon strips, cut into 1-inch pieces | 1 tablespoon lemon juice |
| 2/3 cup chopped onion | 1/2 teaspoon dill weed |
| 1/2 cup chopped celery | 1/4 teaspoon garlic salt |
| 3 medium potatoes, peeled and cubed | 1/8 teaspoon pepper |
| 2 cups water | 1 pound fish fillets, cut into 1-inch chunks |
| 1/2 cup chopped carrots | 1 cup half-and-half cream |
| 2 tablespoons minced fresh parsley | |

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DIRECTIONS

1. In a 3-qt. saucepan, cook the bacon over medium heat until crisp. Using a slotted spoon, remove bacon to paper towels; drain, reserving 2 tablespoons drippings. Sauté onion and celery in reserved drippings until tender.
2. Add the potatoes, water, carrots, parsley, lemon juice and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, until vegetables are tender, about 30 minutes. Add fish and bacon; simmer for 5 minutes or just until fish flakes with a fork. Add cream and heat through. Yield: 4-6 servings.

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INGREDIENTS CONT'D

- 1/8 teaspoon pepper
- 1 pound fish fillets, cut into 1-inch chunks
- 1 cup half-and-half cream

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FEBRUARY 2022

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	<p>Did you know? Cooking fish in parchment paper is fun, convenient, and healthier if you reduce the amount of butter. The trick is to make sure you seal the bag air-tight so flavors concentrate in the bag as it cooks. Rest the bag for 5 minutes out of the oven and use extreme caution when opening the bag because the steam can be very hot!</p>				

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Baked Speckled Sea Trout & Shrimp in Parchment Paper

Recipe by Dean Neff, Pinpoint restaurant

INGREDIENTS

4 6-8 ounce speckled sea trout fillets
 12 shrimp (shell on or off)
 12 medium-small red potatoes
 (cooked, cooled, and cut in half)
 6-8 ounces green beans with stems removed
 4 ounces of lemon juice

4 teaspoons of cold butter
 2 tablespoons olive or vegetable oil
 4 tablespoons chopped fresh dill
 (1 teaspoon dried)
 seasoning salt or chili-salt
 seasoning of choice

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Speckled Trout



DIRECTIONS

1. Preheat the oven to 400 degrees F.
2. On each piece of parchment paper, put 5 pieces blanched potatoes (season lightly) first, 1/4 of the green beans (season lightly), and topping with 1 piece of speckled trout and 3 shrimp on the right half of the parchment paper.
3. Put 1 teaspoon of cold butter and 1 ounce of lemon juice. Fold the left half of the parchment paper over and fold tight creases forming a circle around the perimeter of the ingredients. The goal is to create an air-tight pouch.
4. Transfer the pouches to a large sheet tray and bake on 400 degrees F for 13-16 minutes.
5. Allow the bag to cool for 5 minutes before tearing open the pouch to serve. Make sure the fish and shrimp are cooked through.
6. Slice tomatoes, toss with chopped fresh dill, and drizzle with the oil and season lightly with seasoned salt and serve on the side of the fish.

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Did you know? Cooking fish in parchment paper is fun, convenient, and healthier if you reduce the amount of butter. The trick is to make sure you seal the bag air-tight so flavors concentrate in the bag as it cooks. Rest the bag for 5 minutes out of the oven and use extreme caution when opening the bag because the steam can be very hot!

MARCH 2022

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Did you know? According to the NC Wildlife Resources Commission, no one is allowed to keep more than 5 American shad or 10 hickory shad per day from the Cape Fear River.

Share this recipe with a friend!  There's a copy on the back of the calendar for you to keep.

Grilled Shad

Adapted from a recipe by David Beresoff in *Coastal Review Online*

INGREDIENTS

2 pounds of American shad fillets

SEASONING OPTIONS

1/4 cup of barbecue sauce

1/2 cup Italian dressing

Paprika, Butter, and/or Texas Pete Sauce to taste

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1/2 cup Italian dressing

Paprika, Butter, and/or Texas Pete Sauce to taste

Some fish from the Cape Fear River are high in contaminants such as mercury, including catfish and largemouth bass. The fish in this recipe is lower in mercury. Enjoy!



DIRECTIONS

1. Prepare a medium-hot charcoal fire in a grill or set a gas grill on medium-high or high.
2. Rinse filets, pat dry and season with salt and pepper.
3. If using barbecue sauce, brush a light coating of the sauce on the flesh side of the filets. If using Italian dressing, pour dressing over fish and let marinate in the refrigerator for 20 to 30 minutes. If using a seasoning blend, sprinkle a light coating of garlic powder, paprika and Texas Pete on flesh side of filets. Lightly dot with butter.
4. Place seasoned filets in a single layer on the grill grate and close the grill's lid.
5. Cook fish 8 to 10 minutes, depending on the thickness of the filets. The flesh will flake easily and release from the skin when the fish is cooked.
6. Slide a spatula between the grill and the fish, lifting skin and all onto a serving plate.

Duke University Superfund Center Community Engagement Core

✉ SuperfundCEC@duke.edu bit.ly/eatsafefish



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Did you know? According to the NC Wildlife Resources Commission, no one is allowed to keep more than 5 American shad or 10 hickory shad per day from the Cape Fear River.

APRIL 2022

Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Did you know? Regardless of what fish you catch from the Cape Fear River, you should always check North Carolina fish consumption advisories to find out how many meals of that fish are safe to eat per week. You can find more info on these advisories at: bit.ly/eatsafefish

Share this recipe with a friend!  There's a copy on the back of the calendar for you to keep.

Fish (or Shrimp) Tacos with Avocado Mango Salsa

Adapted from *Brunswick County Cooperative Extension*

INGREDIENTS

- 1 tablespoon cumin
- 1/2 teaspoon each, salt, paprika, & chili powder
- 2 garlic cloves, minced
- (continued on back)*

Some fish from the Cape Fear River are high in contaminants such as mercury, including catfish and largemouth bass. The fish in this recipe is lower in mercury. Enjoy!



Fish (or Shrimp) Tacos with Avocado Mango Salsa

Adapted From *Brunswick County Cooperative Extension*

Speckled trout

INGREDIENTS

- 1 tablespoon cumin
- 1/2 teaspoon salt
- 1/2 teaspoon each paprika & chili powder
- 2 garlic cloves, minced
- 1 pound white fish filets or shrimp
- 1 tablespoon olive or canola oil
- 1 avocado, finely diced
- 2/3 cup mango or pineapple, diced
- 1/4 cup green onions, finely diced
- 1/2 red onion, finely diced
- 2 tablespoons minced cilantro
- 1 lime, juiced
- 8 (6-inch) tortillas



Some fish from the Cape Fear River are high in contaminants such as mercury, including catfish and largemouth bass. The fish in this recipe is lower in mercury. Enjoy!

DIRECTIONS

1. Salsa: Combine avocado, mango/pineapple, green and red onions, cilantro, and lime juice in medium bowl. Place in refrigerator.
2. Mix cumin, salt, paprika, chili powder, and garlic. Pat fish dry and rub spice mixture on both sides.
3. Heat large skillet over medium heat and add oil to pan.
4. Add fish to pan and cook for about 5 minutes on each side (or until internal temperature of 145°F).
5. Warm tortillas, separate fish into pieces, and divide evenly among tortillas. Top tacos with salsa and serve

Duke University Superfund Center Community Engagement Core

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INGREDIENTS CONT'D

- 1 pound white fish filets or shrimp
- 1 tablespoon olive or canola oil
- 1 avocado, finely diced
- 2/3 cup mango or pineapple, diced
- 1/4 cup green onions, finely diced
- 1/2 red onion, finely diced
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- 8 (6-inch) tortillas

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MAY 2022

Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<p>Did you know? Currently, it is not legal to catch striped bass (striper) from the Cape Fear River, because the NC Division of Marine Fisheries is trying to protect these fish populations and grow them.</p>			

Did you know? Currently, it is not legal to catch striped bass (striper) from the Cape Fear River, because the NC Division of Marine Fisheries is trying to protect these fish populations and grow them.

Share this recipe with a friend! 

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Smoked Fish Guacamole

Recipe by Chef Sam Cahoon (Savorez Restaurant)

INGREDIENTS

- 10 avocados
- 1 sheet of bacon, diced and rendered (save fat)
- 3 poblano peppers, roasted, diced
- 4 cloves garlic, roasted, minced
- 1 bunch green onion
- 1.5 pounds smoked fish (such as trout)
- 1/2 bunch cilantro, chopped
- 1/2 cup lime juice
- 2 tablespoons of bacon fat
- Salt to taste

Some fish from the Cape Fear River are high in contaminants such as mercury, including catfish and largemouth bass. The fish in this recipe is lower in mercury. Enjoy!

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Recipe by Chef Sam Cahoon (Savorez Restaurant)

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- 1 sheet of bacon, diced and rendered (save fat)
- 3 poblano peppers, roasted, diced
- 4 cloves garlic, roasted, minced
- 1 bunch green onion
- 1.5 pounds smoked fish (such as trout)
- 1/2 bunch cilantro, chopped
- 1/2 cup lime juice
- 2 tablespoons of bacon fat
- Salt to taste

DIRECTIONS

Combine ingredients in a large bowl. Taste for fishiness, smokiness, salt, and citrus.

Some fish from the Cape Fear River are high in contaminants such as mercury, including catfish and largemouth bass. The fish in this recipe is lower in mercury. Enjoy!



Speckled Trout

Duke University Superfund Center Community Engagement Core

✉ SuperfundCEC@duke.edu bit.ly/eatsafefish



DIRECTIONS

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JUNE 2022

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Did you know? Most of the mercury and other contaminants found in fish come from human sources, and are not naturally occurring.

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Colorful Fish in the Microwave

Adapted From Brunswick County Cooperative Extension

INGREDIENTS

- 1 pound thawed fish fillets of your choice
- 3 green onions, finely chopped
- 1 cup fresh mushrooms, sliced
- 1 cup tomatoes, chopped
- 1/8 teaspoon dried basil or parsley
- salt and pepper to taste

Some fish from the Cape Fear River are high in contaminants such as mercury, including catfish and largemouth bass. The fish in this recipe is lower in mercury. Enjoy!

Duke University Superfund Center Community Engagement Core

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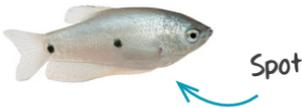
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DIRECTIONS

1. Arrange fish fillets in 8'x8' glass baking dish. If there are thicker pieces, place them near the edge of the dish, thinner pieces can overlap
2. Top the fish with the green onions, mushrooms, and tomatoes. Cover the dish with plastic wrap or a tight-fitting lid.
3. Microwave, covered on HIGH power for 3-4 minutes. Fish will flake easily with a fork and will be 145°F at its thickest point. Do not overcook.
4. Allow to stand 1-2 minutes and then serve on a bed of spinach or with rice.

NOTE: Make this fish one of the last items you prepare for a meal, as reheating may overcook the fish.

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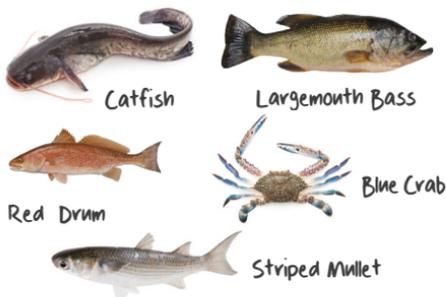
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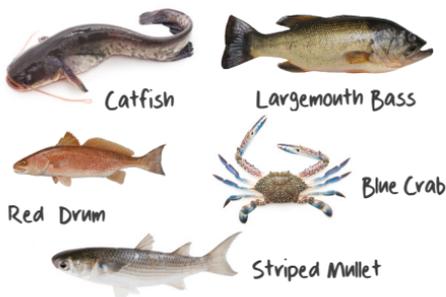
! CHECK: Everyone should check advisories for all fish from the Cape Fear River

- Visit bit.ly/eatsafefish
- ☎ Call (919) 707-5900
- 🔍 Search online for "Fish advisories NC"



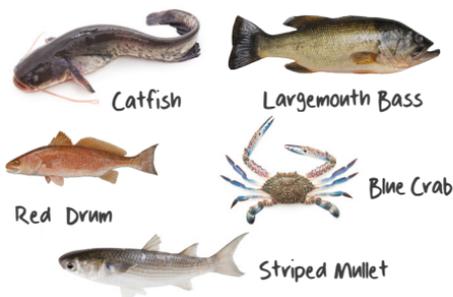
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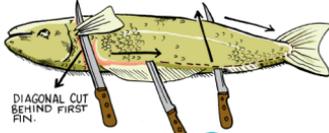
Fillet Fish

to remove PCBs and dioxin contaminants stored in fat.

Diagram by Heather Hardison
Lettering & Illustration

Instead of cooking fish whole, cut off fat and skin to remove chemicals like PCBs.

- 1 Make a single cut where the head ends & the meat begins, all the way through.

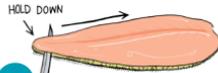


- 2 Insert knife about 1 inch and run along side of dorsal fin all the way to the tail.

Repeat Steps 1-2 on the other side.



- 3 Separate fillet from the carcass with several straight & shallow cuts. Don't use too much pressure or you'll get bones in your fillet. Repeat on the other side.



- 4 To remove the skin, hold down the tail end of the fillet, & run the knife between the skin & meat towards where the head was.



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