

STRIPED BASS

Striper action heats up in September into fall, when surfcasters descend on LI's east end beaches in search of trophy fish. It is a special treat to see these fish schools ride the tides at sunset. Conservation measures that were implemented in response to the stock decline in the 1990s helped to rebuild the local stocks. Presently, anglers fishing south of the George Washington Bridge (GWB) can keep up to two fish – one fish between 28-40 inches and another fish bigger than 40 inches; while anglers fishing north of the GWB (e.g., Hudson River, Tappan Zee, etc.) can keep one fish 18 inches long. Passengers fishing from licensed party/charter boats keep two fish each 28 inches. Fish consumption advisories for PCBs limit consumption of stripers from certain ocean areas to one meal per week for everyone. For women of child bearing age, pregnant women and children, the advisory says to eat no more than one meal per month or less for striped bass caught in western LI Sound, the New York City area, and the Hudson River.

– Antoinette Clemetson and Ken Gall

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...for more on striped bass regulations and advisories



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Bringing Science to the Shore

SEAFOOD

CORNER

Poached Striped Bass With Gewurztraminer

Ingredients

- 4 6 oz. bass fillets, boneless, skinless
- 1 cup shallots chopped finely
- 2 tbsp. olive oil
- 1 tbsp. salt
- 1 tsp. pepper
- 2 cups Gewurztraminer* wine
- 1 tsp. ginger, fresh grated
- 15 grapefruit sections
- ½ cup mint leaves, chopped
- ½ cup cold butter or fish stock

Method

Season bass with salt and pepper. Coat large sauté pan with oil and shallots. Place fish in pan and pour wine over fish to almost cover. Cover pan with foil and bring to a boil. Simmer until fish is just cooked (about 10 min.) and remove fish to warm plate. Reduce cooking liquid by half and add ginger and grapefruit. Stir in cold butter or fish stock. Add fish and garnish with mint leaves.

This dish can also be made by substituting striped bass with weakfish, tilefish, sea bass, catfish, mahi-mahi, snapper or grouper. Serves 4

Source: *The Food and Wine of the North Fork: Historical Anecdotes and Recipes*, by John Ross

*Recommended wine for cooking and drinking: Long Island or Finger Lakes Gewurztraminer



New York Sea Grant
121 Discovery Hall
Stony Brook University
Stony Brook, New York
11794-5001

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