

CHEF

Here is Something
A Little Different!!!
Easy to Get
Easy to Prepare
Fun to Serve

Product Notes

Chesapeake Ray is a very lean meat

Only 100 Calories per serving

A low fat alternative to red meat

Rich, red coloration like #1 Tuna.

Has the mouth feel of veal.

Mild flavor profile allows Ray to work with a wide range of herbs, spices, and sauces.

Cooked to medium rare there is very little shrinkage.

Suitable for any course: Soup, Appetizer, Entrée, Salad
Breakfast, Lunch, or Dinner

Interested?

Contact your
local seafood
supplier

Preparation Tips

Try One of These

Sonora style "Hangover Soup"

with tomatoes and vegetables in a seafood broth.

Chesapeake Ray Fajitas

Chesapeake Ray Oscar

With Asparagus and Crab

Pan Seared Ray

With Red Wine Reduction

Blackened Ray with Mango Salsa

(recipes available from virginiaseafood.org)

For more information contact

Virginia Marine Products Board, 554 Denbigh Boulevard, Suite B, Newport News, Virginia 23608

Telephone: 757-874-3474, Fax: 757-886-0671, Website: www.virginiaseafood.org

Can Your
Menu
Use Something
Special?



*Wild
Day Boat Harvested
Available*



Chesapeake Ray

A delicious, mild tasting fish caught Along Virginia's Eastern Shore, The Chesapeake Bay, and its many tributaries
A fish for meat eaters.

A tender, red meat fish with a "meaty bite" and the dining excitement of Wild Game

Customers are raving about the taste!

Chefs are raving about the versatility!

This fish is recipe friendly.

Chesapeake Ray
adapts to most culinary applications.

Broil it, Sauté it

Grill or Pan Sear it,

Pan Fry, Braise, Stew,

or

Fry it