



Can Your
Menu
Use Something
Special?



*Wild
Sustainable
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, Sauté

Grill, Pan Sear,

Pan Fry, Braise, Stew,

Deep Fry

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



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.

Ray should be cooked over high heat for a short
duration of time.

Suitable for any course: Soup, Appetizer, Entrée,
Salad, 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

To enhance the tenderness,
Ray fillets should be cut on a bias, against the grain

recipes and supplier list available from
virginiaseafood.org

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