

# Chesapeake RAY

VIRGINIA SEAFOOD



*Wild. Available.  
Day boat harvested.*

Chesapeake Ray (*Rhinoptera bonasus*) is a delicious, mild tasting fish caught in the United States along Virginia's Eastern Shore, the Chesapeake Bay and its many tributaries. Ray is a tender, red meat fish offering a "meaty bite".

Captain John Smith dined on ray in 1608. Today, chefs are excited about adding a new fish to the menu and their customers rave about the taste.



## **Ray FILLET**

- Resembles tuna with a rich red coloration like No. 1 tuna and has a beef or veal flavor.
- An average fillet is 2 lbs.
- Skinless fillets are packed fresh daily.
- Harvest season – late May until late September.

## **Fresh FILLET**

- Packaged in poly bags in 10 pound increments, chilled to 32°F, surrounded by ice for a long shelf life.

## **IQF frozen FILLET**

- Packed in 15 lb. seafood freezer boxes with each fillet separated by freezer paper, for easy access to individual fillets.
- Available year round

## **HARVESTING**

- Ray are harvested by day boats using pound or gill nets.

## **PREPARATION**

- Chesapeake Ray can be sautéed, grilled, fried, pan seared, steamed or broiled.
- Ray fillet accepts all marinades and sauces.
- Ray should be cooked over high heat for a short duration of time, approximately three minutes on each side to medium well.
- To enhance the tenderness, ray fillets should be cut on a bias or against the grain.

## **Serving SUGGESTIONS**

- Serve as you would veal or beef.
- Can be used as an appetizer or entree; or in a sandwich, wrap or soup.
- Delicious when marinated or served with sauces.
- Can also be grounded for stuffing or meat sauces.

### **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](http://www.virginiaseafood.org)

## PRODUCT IMAGE & NUTRITION FACTS



CHESAPEAKE RAY FILLET

### Nutrition Facts

Serving size 4 oz (112 g)  
Servings per container to be specified

Amount Per Serving

**Calories** 100      Calories from fat 0

%Daily Value\*

**Total Fat** 0 g      0 %

Saturated Fat 0 g      0 %

Trans Fat 0 g

**Cholesterol** 120 mg      40 %

**Sodium** 105 mg      4 %

**Total Carbohydrate** 2 g      1 %

Dietary Fiber 0 g      0 %

Sugars 0 g

**Protein** 22 g

Vitamin A 0 % • Vitamin C 0%

Calcium 0 % • Iron 10%

\* Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your Calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	Less than 25g	30g

## PACKAGE INFORMATION



CHESAPEAKE RAY SHIPPING CARTON



CHESAPEAKE RAY FILLET, PACKAGED IN SHATTER PACK STYLE BOX FOR EASY FILLET ACCESS.

*Call today to  
schedule a tasting.*

Your *Chesapeake* RAY Supplier:

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