

LOCAL CHEFS TO HEADLINE NATIONAL AQUARIUM'S FRESH THOUGHTS SEAFOOD DINING SERIES

Chefs from The Dogwood, Gertrude's and Roy's to lead cooking demonstrations for fall series

(August 25, 2009- Baltimore) This fall, local chefs from The Dogwood, Gertrude's and Roy's restaurants will headline the National Aquarium's second installment of ***Fresh Thoughts: A Sustainable Seafood Dining Series***, which celebrates sustainable and scrumptious seafood choices.

The first event of the series will be held on **Tuesday, September 22** and will feature oysters prepared multiple ways, courtesy of ***Chef Galen Sampson of The Dogwood*** and his sustainable oyster source. Chef Sampson will impress with a cooking demonstration that shows how to prepare oysters as appetizers and entrées. Guests will then enjoy a three-course menu that emphasizes oysters. Featured entrées include pasture-raised chicken breast with Confit Virginia oyster stuffing and Olin's classic oyster stew, slow-roasted.

An award winning, five-star chef and Baltimore native, Galen Sampson creates innovative American cuisine that blends classical technique with a contemporary touch. He is dedicated to sustainable practices, sourcing from local farmers and sustainable and organic producers for his successful Hampden restaurant, The Dogwood whenever possible. The Dogwood was named best sustainable restaurant by Baltimore Magazine in 2008.

The second Fresh Thoughts dinner will be held on **Tuesday, November 3** and feature trout prepared by noted Baltimore chef, John Shields of Gertrude's. The final event of the series will be held in **January** and feature a chef from Roy's. Details on those events will be announced shortly.

This unique series of three dining events features educational cooking demonstrations by well-known local chefs followed by seated dinners overlooking the Aquarium's coveted view of the Baltimore Harbor.

Each evening is themed around one sustainable seafood choice that is available in this region. Guests will enjoy a cocktail reception and cooking demonstration led by the head chef from a local restaurant that offers sustainable seafood, followed by a three-course fine dining experience that includes the sustainable entrée paired with perfectly matched regional wine. The evening will conclude with a stroll through the Aquarium. Guests will leave with complete recipes and information about where to purchase sustainable seafood locally.

Fresh Thoughts: A Sustainable Seafood Dining Series

Tuesday, September 22: Oysters featuring Chef Galen Sampson of Dogwood Gourmet

Time: 6:30 – 9 p.m.

Cost: \$79 for members, \$89 for non-members

Reservations required.

Event details at aqua.org/freshthoughts

Like clams, mussels and scallops, oysters are filter-feeding shellfish that inhabit most of the world's oceans, and are well-suited for aquaculture, or fish farming. Oysters have a low impact on marine resources as they don't rely on wild-caught fish - in the form of fishmeal or fish oil - for food.

The National Aquarium is proud to partner with Dogwood, Roy's and Gertrude's in conjunction with the Classic Catering People. All of these events will be environmentally friendly.

<http://www.aqua.org/freshthoughts/>