



FISH TALES™

FEBRUARY 2025 | A SAMUELS SEAFOOD MAGAZINE

MID-ATLANTIC EDITION



UNDER THE STONE:
The Story of Virginia's
White Stone Oyster Company



DISH OSTERIA & BAR
A Taste of Sicily
In Pittsburgh

**FEBRUARY
SPECIALS**
For the Love of Savings

Samuels Spotlight

Dish Osteria & Bar A Taste of Sicily in Pittsburgh

By Lily Cope



Spaghetti Frutti di Mare

Photos by Anderson English

Since 2000, Dish Osteria & Bar has been a cornerstone of Pittsburgh's Southside dining scene. Housed in a historic bar from 1885, Dish combines old-world charm with contemporary Sicilian flavors, thanks to Chef-Owner Michele Savoia. Born in Brooklyn and raised in Sicily, Savoia brings his rich culinary heritage and a deep passion for food to this beloved restaurant.

The name "Dish" was suggested by Savoia's wife, reflecting its many meanings in English while also staying true to its roots as a classic Osteria. Originally envisioned as a neighborhood bar with a small menu, Dish

evolved into a cozy, sophisticated dining destination. Its minimalist décor, candlelit ambiance, and handcrafted copper bar create a vibe inspired by the hidden gems of New York City, filling a void in Pittsburgh's restaurant landscape.

A Seafood Lover's Paradise

Seafood is the heart of Dish's menu, reflecting Savoia's southern Italian and Mediterranean influences. He sources the freshest ingredients, including French anchovies, cuttlefish, and razor clams, often adding seasonal variety.

Signature dishes include:

- **Grigliata Mista di Pesce:** A daily selec-

tion of grilled fish and shellfish, such as swordfish, scallops, and shrimp, served with saffron risotto and Sicilian eggplant caponata.

- **Cozze al Vapore:** Bangs Island mussels from Maine steamed in white wine, garlic, and parsley, accompanied by grilled ciabatta.

- **Gamberi in Padella:** Wild-caught Texas shrimp sautéed with olive oil, garlic, cherry tomatoes, and parsley.

- **Spaghetti ai Frutti di Mare:** A seafood lover's dream, featuring spaghetti tossed with clams, scallops, shrimp, and calamari, sautéed in white wine, garlic, and extra virgin olive oil.

For fans of Sicilian tradition, Dish also serves grilled sardines and Maccu, a rustic fava bean soup with fennel, onion, and garlic.

Simple Philosophy, Exceptional Quality

Savoia’s culinary philosophy is simple: focus on great ingredients and let their natural flavors shine. He uses high-quality extra virgin olive oils, including Partanna, Olio Verde, and Frantoia, all imported from Sicily.

Warm Hospitality and Timeless Appeal

Dish is known not only for its food but also for its exceptional service. Guests are welcomed like family, and the staff’s ability to balance attentiveness with discretion keeps diners coming back. The restaurant’s low

staff turnover ensures consistency and familiarity.

Dish serves dinner five nights a week, staying open until 10:30 p.m., offering a rare late-night option in the post-COVID dining landscape. For Valentine’s Day and other special occasions, Savoia crafts unique dishes like pasta in saffron cream sauce with

jumbo lump crabmeat or bucatini with lobster and cherry tomatoes.

Reservations are highly recommended and can be made up to 30 days in advance. Whether savoring a classic Sicilian dish or indulging in seasonal seafood, every visit to Dish Osteria & Bar is a celebration of tradition, flavor, and hospitality.



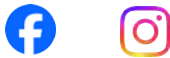
Capesante



Grilled Sardines & Grilled Octopus



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Under the Stone: The Story of White Stone Oyster Company



Nestled in the pristine waters of Virginia's Northern Neck, where the Rappahannock River meets the Chesapeake Bay, White Stone Oyster Company has become a name synonymous with quality and innovation in oyster aquaculture. Since its founding in 2015 by Tom Perry, the company has redefined oyster farming in the region, producing some of the most sought-after oysters in the United States.

In 2024, White Stone Oyster Company joined the Atlantic Aqua Farms family, combining its legacy of innovation with the expertise and resources of one of North

America's leading sustainable shellfish producers. This further strengthens White Stone's commitment to delivering premium oysters while advancing environmentally responsible aquaculture practices.

Revolutionizing Oyster Aquaculture

White Stone Oyster Company introduced a groundbreaking method to Virginia's oyster farming industry. Unlike traditional Virginia farming methods, White Stone oysters are raised entirely in floating cages, suspended in the open waters of the Chesapeake Bay. This approach allows the oysters to thrive in natural currents, feeding

on nutrient-rich waters, which enhances their flavor and quality.

The farm's design ensures the oysters are in constant motion, which strengthens their shells and creates a consistently high-quality product. Positioned at the water's surface, the oysters are exposed to an abundant food supply, resulting in healthy, clean, sustainable oysters.

The Perfect Flavor Profile

One of the defining features of White Stone oysters is their distinct flavor profile. The farm's location was strategically chosen to blend the bay's salty and sweet waters,

producing oysters with a balanced flavor profile that makes them a favorite among chefs, seafood lovers, and oyster connoisseurs alike.

To maintain their exceptional quality, White Stone oysters are harvested and shipped on the same day, ensuring they reach customers at peak freshness.

Sustainability at the Core

At White Stone Oyster Company, sustainability is more than a buzzword—it's a guiding principle.

Oysters are natural filter feeders, playing a vital role in improving water quality by filtering out pollutants and promoting clearer waters. Each oyster can filter up to 50 gallons of water a day, contributing to the health of the Chesapeake Bay ecosystem.

Looking Ahead

With a shared vision for quality and sustainability, White Stone and Atlantic Aqua Farms' mission is to deliver the finest oysters while preserving the Chesapeake Bay for generations to come.

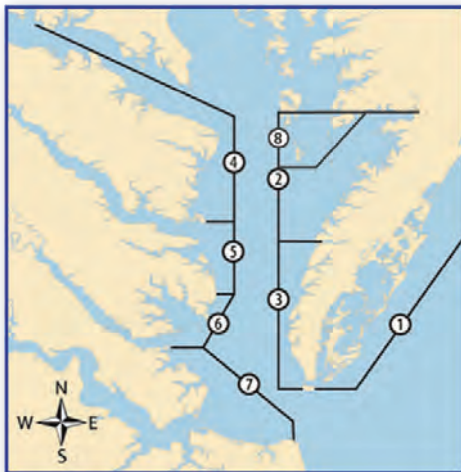
White Stone Oyster Company is proud to partner with Samuels Seafood Company to bring these exceptional oysters to seafood lovers across the country. Whether served at a fine dining restaurant or at home, White Stone oysters are a testament to the unparalleled flavors of Virginia's waters and the dedication of those who farm them.



A Guide to the Flavors of VIRGINIA OYSTERS



The Eight Regions of the Chesapeake Bay



Tasting Virginia Oysters

To enjoy the many flavors of a Virginia oyster, you need to chew it a number of times or you'll miss the subtle tastes. After the initial salt, you will often notice a light creamy/butter flavor of different intensities and then a sweetness. The finish varies depending on the oyster.

Oyster Guide

Saltiness	1	2	3	4	5	6	7	8	9
Buttery/Creamy	1	2	3	4	5	6	7	8	9
Sweetness	1	2	3	4	5	6	7	8	9

- 1-2:** Barely Perceptible
- 3-4:** Slight
- 5-6:** Moderate
- 7-8:** Very Noticeable
- 9:** Strong

Oyster Characteristics by Region

Region	Salinity Range	Saltiness	Buttery/Creamy	Sweetness	Comments
#1 Seaside	28-32	9	3	3	Initial bold saltiness mellowing into a taste of sweet butter/cream at the finish.
#2 Upper Bay Eastern Shore	16-18	5	1	3	Classic Virginia bay oyster flavor with balanced salt and sweet with a savory finish.
#3 Lower Bay Eastern Shore	18-22	7	3	3	Salty and Creamy with mellow sweetness and a quick finish.
#4 Upper Bay Western Shore	10-17	5	2	2	Sweetwater oyster with a light cream taste.
#5 Middle Bay Western Shore	16-18	5	3	3	Lightly salty with easily distinguished cream or butter and a pleasant slight minerality.
#6 Lower Bay Western Shore	16-18	5	2	2	Mild saltiness moving to a sweet finish.
#7 Tidewater	16-30	8	2	2	Salty oyster with a sweetness and a smooth finish.
#8 Tangier/Middle Chesapeake Bay	16-18	5	5	4	Traditional Virginia Bay Oyster flavor with a balance of salt and sweet, and a savory butter/cream finish.

Virginia's oysters are as unique and varied as the waters from which they are harvested. Oysters directly reflect place and take their tastes from the location where they are cultured. Virginia's coastal waters include a range of salinities from the briny Atlantic to the sweet water of Virginia's upper Chesapeake on the western shore and all combinations in between. The dynamic nature of Virginia's tidal waters also influences the flavors of an oyster from the same location throughout the year. Oysters from the same grower can be different every time you enjoy them.

Sustainability

Virginia oysters are being raised in cages or on private reefs. They are harvested from healthy populations in an environmentally friendly way and are available year round to keep up with consumer demand.



Benefits of Eating Oysters

Omega-3 fatty acids such as DHA and EPA found in oysters can contribute to a healthy heart. Oysters provide 0.37 – 1.17 grams of omega-3 fatty acids per 3 oz. serving.



Visit VirginiaOysters.org to view the video on “How to Shuck a Virginia Oyster” and recipes. A directory of the Virginia Aquaculture Oyster Growers is also available online.

This guide, courtesy of the Virginia Marine Products Board, characterizing regional Virginia oyster tastes, is the result of work done by eight panelists who met twenty-one times to taste oysters. All panel members were oyster lovers, but none had previously tasted oysters in an organized manner. The panel was made up of chefs, oyster sellers, scientists and a restaurant critic. All of them were folks who never pass on a chance to taste half-shell oysters. There were six sensory training sessions and fifteen oyster tasting sessions. A representative oyster from each region was blind tasted several times. The reported numbers are the group averages from those tastings. The sensory panel was organized and directed by scientists at the Virginia Tech Virginia Seafood Agriculture Research and Extension Center in Hampton, Virginia.



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Employees of the Month



Ed Schreiber

Ed Schreiber joined the Samuels Seafood family in April 2023, bringing nearly three decades of cooking and catering experience into his new role as a seafood sales representative. After getting his feet wet on the Retail Team, Ed truly hit his stride as a member of the Red Team. His hard work, culinary know-how, and dedication to customer satisfaction are evident in his impressive monthly sales totals.

Working with a range of customers primarily in Pennsylvania, Delaware, and New Jersey, Ed's future with Samuels looks exceptionally bright. We look forward to watching him sharpen his skills for many years to come!



Wayde Huff

Since joining Samuels in April 2023, Wayde Huff has consistently demonstrated an outstanding work ethic and goes above and beyond to ensure the fish his team delivers is of the highest quality.

One remarkable example of Wayde's dedication is his revitalization of a previously inactive account, transforming it into one of our most successful relationships.

Wayde's commitment, enthusiasm, and ability to deliver significant results make him truly deserving of this recognition. He exemplifies what it means to be a dedicated and impactful team member.

Let's celebrate Wayde's contributions and show our appreciation for his exceptional performance!



Don Robinson

Don Robinson has consistently demonstrated exceptional dedication and commitment to Samuels since joining the team in 2008.

He is an indispensable asset, excelling in all aspects of heavy lifting and receiving. He meticulously handles all incoming paperwork, ensuring it is accurately directed to the appropriate areas. His uncompromising work ethic is demonstrated by his willingness to come in and stay late on his days off, especially throughout the Christmas and New Year holidays. Thank you, Don, for your longstanding commitment and exemplary service.



John Tamanini

John Tamanini's journey with Samuels began in 2018, and since then, he has proven himself to be an integral part of our Southcoast team. Over the past year, he has worked tirelessly to enhance the night operations of our Orlando warehouse, demonstrating remarkable dedication and a strong ability to take ownership of any situation.

John's engagement and leadership in night operations have propelled his team forward, making him an invaluable resource to our company. We are proud to recognize his hard work and commitment.

We greatly appreciate John's efforts and achievements!

CHEF'S CORNER

Sweet Thai Chili Mussels

Prep Time
5 Minutes

Cook Time
7-10 Minutes

Serves
2 People

Ingredients

- 2 lb (1 kg) fresh PEI Mussels
- 1/4 cup (60 mL) white wine
- 1 tsp (5 mL) finely chopped red onions
- 4 Tbsp (60 mL) sweet Thai chili sauce
- 2 Tbsp (30 mL) fresh chopped cilantro
- 1/4 cup butter
- Juice of 1/2 Lime

Instructions

1. Toss the fresh mussels in a colander while rinsing under cold tap water.
2. In a sauté pan place your mussels then add the white wine, red onions, sweet chili sauce, cilantro and butter.
3. Finish with the squeeze lime and drop it on top.
4. Cover pan and allow to steam until mussels start to open up.



5. Sauté the pan occasionally to ensure the chili sauce coats all the mussels. Discard any mussels that do not open.
 6. Serve mussels and sauce in a large oval bowl.
- For extra zing, try adding freshly squeezed lime to the dish. Serve with your favorite bread for dipping in that incredible sauce.



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