



27 Feb 2009 06:04 pm

### [Waiter, Bring Me Shad Roe!](#)

Although much of the country is still bundled up in its warmest winter coat, make no mistake about it: Spring is almost here. How can you tell, when there's still bitter wind in the Midwest and more than two feet of snow in parts of New England? Easy. The shad, they are a-swimmin'.



They do it every year. Like salmon and striped bass, they spend their entire adult lives living at sea. Then, come spring, they swim upstream from the Atlantic Ocean towards the freshwater streams and rivers where they were born, inland on the Atlantic coast. There, they reproduce. Like strawberries in summer and squash in the winter, the result is a seasonal treat — shad roe — that's worth looking forward to every year.

It's hard to go wrong with roe. Sturgeon eggs make delicious black caviar. Salmon eggs, meanwhile, make sumptuous red caviar. Cod roe is the stuff of excellent taramosalata and tuna roe of fantastic botarga.

Shad roe, however, is especially savory — if for no other reason than because it's so rare. While one can usually enjoy caviar or cod roe year-round, the shad roe season is short. Really short, in fact, as it typically lasts just a few months, from March until May, while the shad are making their run as far south as the Chesapeake Bay and as far north as southern New England.

The time is now, therefore, to steal a taste of this fleeting American delicacy. Be on the lookout for it on your favorite fine-dining menus. When you see it this spring, order it ... while you still can, that is. You won't regret it. Although it probably won't look especially delicious to the shad roe newbie — inside the large, double roe sacs

are millions of tiny fish eggs that are held together inside a thin and gooey-looking membrane — the taste is pure perfection. Fresh, like the sea.

Even shad's Latin name — *sapidissima* — is delicious, meaning “most savory.”

Most savory, indeed. If you see us out to dinner this spring, don't be surprised if you see us crooning the words of Ella Fitzgerald, who sang in her famous standard, *Let's Do It (Let's Fall in Love)*, “Waiter, bring me shad roe!”

[Share This](#)

Archived Under: [Farmers Market](#) & [Seasonal Specials](#) & [Spotlight](#) & [Uncategorized](#) |



### 3 Responses

1. [Sherri](#) Says:

[April 24th, 2009 at 4:00 am](#)

Would like to find a source that sells fresh shad roe for a lady that I take care of. It is one of her last wishes!

2. [TravelsinTaste Staff](#) Says:

[April 27th, 2009 at 7:50 am](#)

Your best source of fresh shad roe should be a local high end market who obtains the roe locally. Shad Roe does not travel well at all and the fresher the better. There are local stores in the NY Metropolitan area such as Citarella, Zabars, Elis, Whole Foods etc who usually sell the item. Similar stores in the Boston, Washington DC, and East Coast locals are possibilities. The internet provides a few suppliers who provide shipping which most roe fans consider a risky choice. Some untested internet choices are [meade@amoryseafood.com](mailto:meade@amoryseafood.com) [captchoiceseafood.com](http://www.virginiaseafood.org/the_trade/va_suppliers/images/vaseafood_2004_croaker.pdf), [http://www.virginiaseafood.org/the\\_trade/va\\_suppliers/images/vaseafood\\_2004\\_croaker.pdf](http://www.virginiaseafood.org/the_trade/va_suppliers/images/vaseafood_2004_croaker.pdf)

The above one is a big Va site with many suppliers

3. [Sheelah Kaye Stepkin](#) Says:

[March 27th, 2010 at 3:09 am](#)

Sherri, did you find the shad roe last year for your special lady? I am working on a project and would love to hear this intriguing story. If you are interested, please contact me here: [sheelah@torteknox.com](mailto:sheelah@torteknox.com)

## Leave a Comment

Name

Mail (will not be published)

Website

---

**Please note:** Comment moderation is enabled and may delay your comment. There is no need to resubmit your comment.

Submit Comment



Travels In Taste is a website devoted to gourmet food. We want to provide you, the diner, with the most comprehensive and objective information on the Web about the world's most talked-about dining experiences so that you can make your informed decisions.



[Rob Lubin](#)

[Matt Alderton](#)

[Susannah Kopecky](#)

[Jarrett Melendez](#)

[TravelsinTaste Staff](#)

## Recent Posts

[Charlie Palmer Steak  
Cut of the Week](#)  
[MOzen Power Lunch](#)  
[Bistro 61 Debuts  
New Menu and Wine  
Clearance](#)

## Topics

- [Farmers Market](#) (24)
- [Fun Fine Dining  
Fridays](#) (16)
- [Green Market  
Mondays](#) (14)
- [Restaurant Trends](#)  
(50)
- [Seasonal Specials](#)  
(100)
- [Spotlight](#) (259)
- [Table Talk](#) (30)
- [Thursday's Top Picks](#)  
(16)
- [Tuesday's Table](#) (16)
- [Uncategorized](#) (24)
- [Wine & Spirits  
Wednesdays](#) (17)

## Most Read

- [Las Vegas Restaurant  
Openings](#)
- [Waiter, Bring Me  
Shad Roe!](#)
- [Asparagus Spears:  
Eat Them, Don't  
Throw Them!](#)

## Archives

- [October 2010](#) (8)
- [September 2010](#) (20)
- [August 2010](#) (22)
- [July 2010](#) (20)
- [June 2010](#) (23)
- [May 2010](#) (19)

- [April 2010](#) (20)
- [March 2010](#) (22)
- [February 2010](#) (6)
- **Search:**
- [December 2009](#) (20)
- [November 2009](#) (5)
- [October 2009](#) (5)
- [September 2009](#) (20)
- [August 2009](#) (16)

Copyright 2009 Travels In Taste | Website | Contact

- [April 2009](#) (7)
- [March 2009](#) (7)
- [February 2009](#) (9)



## Polls

**Who is your  
favorite Chef at  
Encore?**

- Kim  
Canteenwalla  
(Society Café  
Encore)
- Rene Lenger  
(Switch  
Steakhouse)
- Mark LoRusso  
(Botero)
- Theo  
Schoenegger  
(Sinatra)
- Jet Tila  
(Wazuzu)

[Vote](#)

[View Results](#)

- [Polls Archive](#)