

# Make a splash at the 2023 JetBlue Shamrock Splash

Get Cold for a Cause on Sunday March 12 with Save the Harbor/Save the Bay at the 12th annual JetBlue Shamrock Splash! Join 250 splashers to raise money for free, fun summer events in YOUR community by plunging into the cold, clean waters of Boston Harbor at Constitution Beach in East Boston.

After a plunge in the cold harbor, participants will warm up with plenty of hot clam chowder and Harpoon beverages. Splashers are encouraged to wear a zany outfit or kooky costume of their choosing. The top six

fundraisers and participants with the best costumes will win free round trip JetBlue tickets to anywhere JetBlue flies.

Money raised at the Shamrock Splash will support Save the Harbor/Save the Bay's Better Beaches Program in partnership with the Department of Conservation and Recreation. The Better Beaches grant allows local organizations to host fun beach events free to the public in Nahant, Lynn, Revere, Winthrop, East Boston, South Boston, Dorchester, Quincy, and Hull.

Last year, money raised at the splashed sponsored

events in Winthrop including movie nights, kayaking, canoeing, swimming, and more.

This year, with your help, Save the Harbor will be able to award \$300,000 in Better Beaches grants to local organizations.

Make a team, raise money, and brave the cold harbor! To register for the 2023 JetBlue Shamrock Splash, visit [www.shamrocksplash.com](http://www.shamrocksplash.com)

Got a great idea for a free beach event or program? Let us know and apply for a Better Beaches grant at <https://www.savetheharbor.org/better-beaches!> You can also

vote for your favorite event idea at <https://www.savetheharbor.org/participatory>.

Save the Harbor's success would not be possible without our program partners and event sponsors, including Arctic Chill, FMC Ice Sports, Bay State Cruise Company, Blue Cross Blue Shield of MA, The Blue Sky Collaborative, Boston & Maine Webcams, The Boston Foundation, BostonHarbor.com, Boston Properties, Coast Cannabis, The Coca-Cola Foundation, Comcast, Cronin Group, Constellation Generation, Comcast Foundation,

the Daily Catch, Department of Conservation and Recreation, Eastern Salt Company, Inc, Executive Office of Energy and Environmental Affairs, Harpoon, IR+M Charitable Fund, JetBlue, John Hancock Financial Services, Massachusetts Convention Center Authority, Massport, P&G Gillette, Mix 104.1, National Grid, and The Richard Saltonstall Charitable Foundation.

In addition, Save the Harbor recognizes the Metropolitan Beaches Commission Co-Chairs Senator Brendan Crighton of Lynn, and Representa-

tive Adrian Madaro of East Boston and the legislative and community members of the Commission as well as Senate President Karen Spilka and House Speaker Ron Mariano for their support for our beaches and our communities. We also thank the Baker-Polito Administration, the Massachusetts Legislature, Save the Harbor's partners at the Department of Conservation and Recreation, the Boston Centers for Youth & Families the YMCA of Greater Boston, and the hundreds of people who take part in the Shamrock Splash for their support.



Participants of the 2022 Shamrock Splash run into the cold water of East Boston's Constitution Beach.



Splashers dress up in all kinds of costumes for the event, and the best costume wins roundtrip JetBlue tickets.

## FRESH AND LOCAL

### Steam it!

By Penny & Ed Cherubino

If all you're steaming is vegetables, you are missing out on a world of easy cooking. Just think of all those Dim Sum carts filled with bamboo steamer baskets of dumplings, fish balls, buns, and cakes.

New England cooking includes many steamed favorites. We love clam shack "steamers," the local name for soft-shelled clams steamed in salt water, wine, or beer. Steaming is our preferred way to cook lobsters or crabs. Traditional Boston brown bread is steamed in a coffee can. This makes sense when you realize that many colonial homes did not have an oven.

Steaming is a great way to cook fish at home. Classic Asian recipes for scallion ginger fish and French fine dining Paupiette de Sole are both steamed. Delicate fish can be steamed off the burner in just the residual steam

in the pan. This helps prevent overcooking.

#### Double Duty

Melissa Clark recently published her recipe for One Pot Salmon and Rice in the New York Times. She started by steaming a pot of coconut rice with a bit of green curry paste added for zest. When the rice was about half cooked, she added the fish. She wrote, "...since salmon's so easygoing, draping the filets right on top of the rice to steam struck me as the simplest way to go, with the fewest dishes to wash afterward."

Clark is right about clean-up. Not only will you use fewer pots and pans when you steam things but this wet cooking method also makes those things you use easier to clean. Another trick used by those who do a lot of steaming is to protect the steamer with parchment paper with holes to let steam move about. You can make your own or buy

these premade to fit popular steamer sizes.

#### Equipment

You can spend money and take up space with specialized steaming appliances. However, there's a good chance that your kitchen will have something that can be used to steam food. A soup pot with a folding steamer basket will work fine for many items. Other food can be steamed on a heat-resistant dinner plate.

Most companies that sell pans offer a multi-pot with a couple of baskets that let you steam more than one item at a time. These come in various materials and price points from aluminum to stainless steel. Some cooks use their rice cookers as steamers. Instant Pots have steamer settings.

Simple multi-level bamboo steamers let you cook different food on each level, and you can remove each item from the stack when it is cooked to



Steamed dumplings are always a treat! (photo by Rasmus Gundorff Sæderup)

your desired doneness.

If you have a wok, you could use it for steaming. Although wok guru, Grace Young warns that this might ruin the seasoning patina. She suggests a second wok just for steaming and boiling.

#### Steaming Tips

Never underestimate the danger of burns with steam. Use protection for your hands when you touch the pan or steamer.

Always lift covers away from your face, so the cover protects you from the steam.

Make certain any plate or bowl you use in a steamer is heat resistant. To encourage good steam circulation, put an upside-down saucer under your food dish to lift it from the bottom of the cooking pot.

Make sure the water does not boil away. You

can open the steaming vessel to check the water level. While this is most important when steaming a whole chicken or large pudding, it can also happen with shorter cooking times.

*Do you have a question or topic for Fresh & Local? Send an email to [Penny@BostonZest.com](mailto:Penny@BostonZest.com) with your suggestion.*



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for helping us win The Boston Globe's *Top Places to Work* for an eighth time. We are proud to be a team that delivers compassionate, high-quality care to our community.



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