



Washington Duke  
Inn & Golf Club

## Washington Duke Inn & Golf Club Celebrates National Seafood Month in October with Chef Cunningham's Four Tips for Enjoying Oysters

**DURHAM, N.C., Sept. 8, 2015** – [Washington Duke Inn & Golf Club](#), the premier AAA Four Diamond luxury inn and golf club located on the campus of Duke University in Durham, North Carolina, is celebrating National Seafood Month this October with four tips for enjoying oysters from Executive Chef Jason Cunningham. National Seafood Month is a time to highlight smart seafood choices and the health benefits of eating a diet rich in seafood.

Chef Cunningham has cultivated a passion for preparing seafood, stemming from summers spent on his grandfather's sailboat in New England and maturing through his experiences as a chef, including his time as a sous-chef in Hawaii. He brings his passion and experience to all of Washington Duke Inn & Golf Club's restaurants, including Fairview Dining Room, a AAA Four Diamond and 2015 Forbes Travel Guide Four-Star restaurant, and Bull Durham Bar, as well as banquet, meeting, special event and in-room dining services.

"Seafood dishes are among my favorites to prepare. By focusing on quality ingredients and preparing with time and care, you can really make seafood shine. Give me a fish, and I can make it sing," said Jason Cunningham, executive chef, Washington Duke Inn & Golf Club. "My favorite seafood to enjoy in the fall is oysters. There are many different ways to appreciate them, whether around the dinner table or at an intimate gathering with family and friends."

1. **Enjoy Oysters in Months that End in "R":** You may have heard this "R" association passed down from your wise elder uncle as historically it was best to avoid oysters during the hottest months of the year partly due to challenges with keeping them cold and fresh. While you can get fresh, delicious oysters year-round today, the best wild oysters from the Southeast are still going to be found when temperatures are cool. This is when small-batch oyster farmers will find the most plump, flavorful oysters.
2. **Host an Oyster Roast:** Oysters on the half-shell are not commonly seen on the home dinner table, but can be a great feature dish for a get-together. An oyster roast is a great opportunity to bring people together over delicious food and refreshing beverages. October in North Carolina is especially a great time for grilling when the air is crisp and company is warm. I recommend pairing them with mignonette or herb butter and a few growlers of your favorite North Carolina brew.
3. **Fry 'Em Fast or Stew 'Em Slow:** Fried oysters can be the perfect addition to a home cooked meal. I recommend adding them onto a dinner salad or dipping them in an aioli. Another unique way to enjoy oysters at home is by making oyster stew. For added flavor, cook the oysters in their own juice with a little cream and serve with crusty bread. It will help warm you right up on colder fall nights.



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4. **Choose Local Oysters at the Farmers Market:** October is a prime time of year to find fresh, wild oysters sourced from the Southeast. In the Triangle-area, oysters sourced from North Carolina or Virginia are great options. Look to your local farmers market or fishmonger for inspiration.

To learn more information about Fairview Dining Room and The Washington Duke Inn & Golf Club, please visit <http://washingtondukeinn.com>.

#### **About The Washington Duke Inn & Golf Club**

The Washington Duke Inn & Golf Club is located on the campus of Duke University, only twenty minutes from Raleigh-Durham International Airport and ten minutes from Research Triangle Park. The Washington Duke Inn is the only AAA Four Diamond hotel in Durham, North Carolina. Nestled on 300 acres filled with tall pines and hardwoods, the Inn is known for its beautiful facility and grounds, 271 elegantly appointed guest rooms and suites, marvelous cuisine in the Fairview Dining Room — winner of the AAA Four Diamond Award, 2015 Forbes Travel Guide Four-Star Award and Wine Spectator Award of Excellence — the Bull Durham Bar, the Robert Trent Jones-designed 18-hole championship Duke University golf course, and its convenience to local points of interest. It is set apart from other area hotels and conference centers by unparalleled service, a gracious staff, luxurious interiors and attention to detail. The Inn is owned by Duke University and is managed by WDI Hospitality, LLC of Durham, North Carolina. For more information or reservations call 919.490.0999 or 800.443.3853, or by visiting [washingtondukeinn.com](http://washingtondukeinn.com). Follow the Inn on Facebook at [facebook.com/WashingtonDukeInn](https://www.facebook.com/WashingtonDukeInn), Twitter at [twitter.com/washingtonduke](https://twitter.com/washingtonduke), or Instagram at [https://instagram.com/washingtondukeinn/](https://www.instagram.com/washingtondukeinn/).

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