



Купить книгу "Seafood. How to Buy, Prepare, and Cook the Best Sustainable Fish and Seafood from Around the World"

Seafood

How to buy, prepare, and cook the best sustainable fish and seafood from around the world

300 classic and contemporary recipes

Editor-in-Chief **C.J. Jackson**



Sustainable fish—what's the story?

Mention the words “fish” and “sustainability” and many people think of worrying press headlines about dwindling fish stocks. Such articles often correctly highlight the negative issues but rarely praise the positive work that is being done, resulting in an incomplete and sometimes misleading picture.

What went wrong?

World sustainability of all our food sources is a complex and emotive subject, and this is certainly true when it comes to seafood. There are many different views within and without the seafood industry but all agree that some species of fish are under threat, and some near collapse and extinction. Overfishing is often highlighted as a key culprit, but there are other forces at work here.

Overfishing occurs when a particular species is removed from the water at such a rate that the stock left behind does not have time to replenish itself. Understanding how quickly each species of fish grows and matures is key to the success of fishing. Orange roughy is a popular species caught around the New Zealand coast. It was extensively fished some decades ago, but only when stocks began to dwindle did it become apparent that the fish took many years to mature. This species is now protected and monitored carefully to allow stocks to replenish. It can be difficult for customers to know which fish they should be avoiding to aid this replenishment—the situation is always changing, and moreover it may be the case that stocks of a fish are relatively healthy in one sea area yet worryingly low in another. What is certain though, is that the current situation, whereby there is only serious demand for a few well-known species, is damaging, and matters would be improved if a greater number of species were to be targeted. Different methods of fishing also have a direct effect on the ecosystem. With high-impact methods such as trawling (whereby large nets are dragged through the water behind a



Trawling for shrimp scoops up other sealife—choose organically farmed specimens.



Legislation determines what fishing gear can be used, which varieties of fish can be caught, and the size of the catch.

boat), the fisherman will produce a large bycatch of sealife that he does not want. By the time these creatures are returned to the water, they are often dead or dying. Beam trawling is an even more destructive method whereby the nets are attached to metal beams that drag along the seabed, ploughing up large quantities of flora and fauna and causing enormous damage to the ocean environment. Line-fishing is rightly considered a more responsible way to fish, but it should be noted that this somewhat generic term covers a number of methods, some of which also produce a considerable bycatch. Longlining, for example—a technique whereby hundreds of baited hooks hang from a single main line via a series of branch lines—is known to claim the lives of significant numbers of turtles and sea birds, and is less useful than some nets for allowing immature fish to escape.

What is being done?

Now that these problems are well known, there is more legislation in place. Strict fishing quotas have been introduced by many governments to ensure that their coastal waters are

"Quotas ensure that coastal waters are fished responsibly"

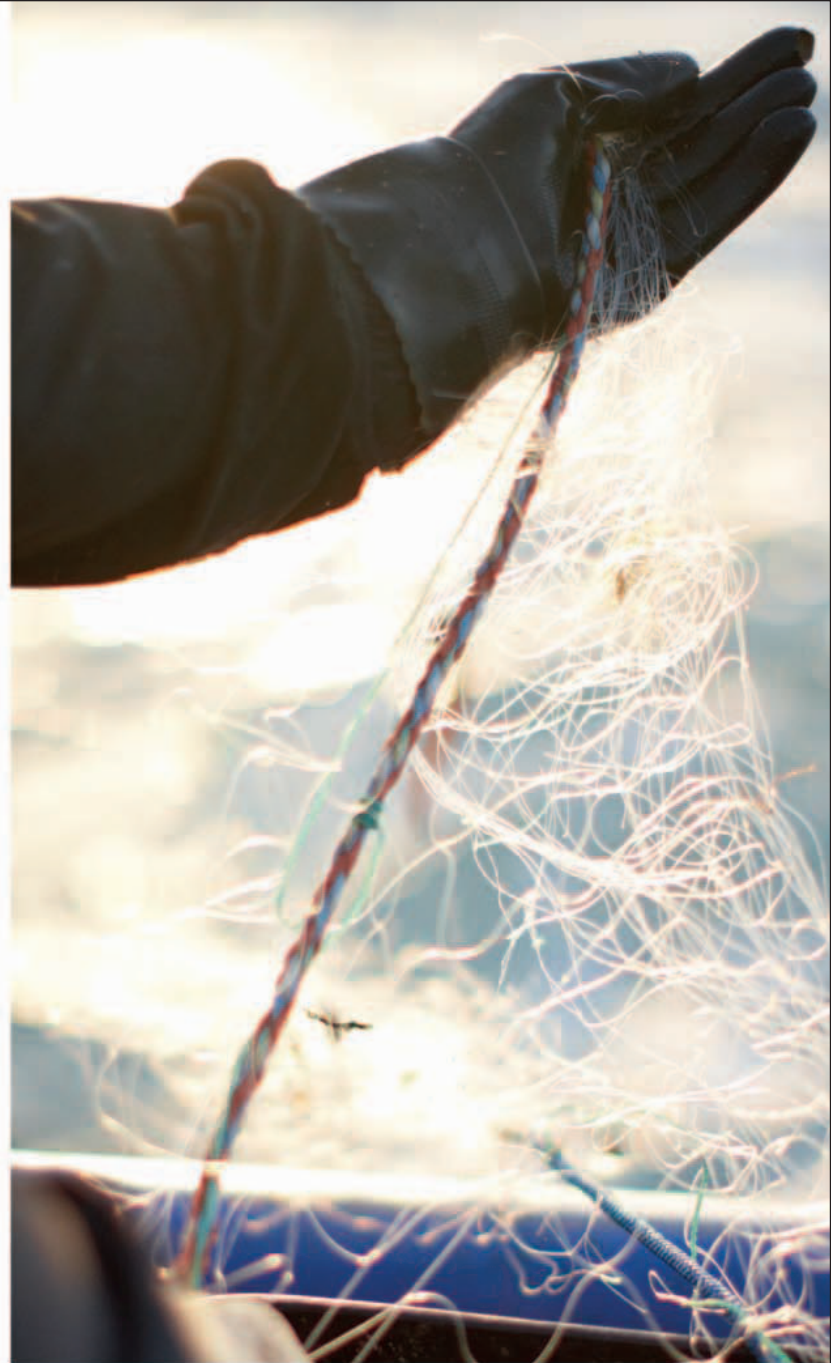
fished responsibly. These “catch quotas”, which detail exactly how many specimens of a particular species can be caught over a fixed period of time, are advised upon by government scientists who have researched the subject in detail.

A minimum landing size helps to control the stock levels of many species: if a fish that measures less than the designated size is caught, it cannot be sold as part of the catch. (Traditionally, it would be returned to the water, but with the odds of survival being negligible, several countries have now banned this practice of “discarding”, in order that the bycatch figures can be more closely monitored. Action can then be taken—for example, sea areas can be closed for fishing—if the bycatch levels become excessive.) A minimum landing size can change annually, but the idea is that a fish isn’t caught until it has reached sexual maturity and produced the next generation. To avoid catching undersize fish, many countries have strict controls to determine the size of mesh that can be used, the intention being that only mature fish will be held in the nets, while younger fish will be able to escape.

There are various bodies committed to supporting such practices. The Marine Stewardship Council (MSC) is an independent international organization that certifies sustainable fisheries. Anyone believing that they are sourcing fish sustainably can apply to the MSC for certification. Currently, there are over 5,000 MSC-labeled products on sale.

The Monterey Bay Aquarium’s Seafood Watch program is working to promote sustainability in the US. The program works with consumers and businesses to promote sustainable seafood choices with the aim of ensuring healthy oceans.

The rapidly growing fish farming industry is, by definition, a sustainable way to bring fish to market and about 45 percent of the fish that we now consume is farmed. Commercial fish



Large-meshed nets prevent immature fish from being trapped, allowing those fish to reproduce and replenish the stock.

"The current situation, whereby there is only serious demand for a few well-known species, is damaging"

Alaskan pollock (sometimes sold as imitation crab) is one to try—its taste rivals that of cod and it is considerably more abundant worldwide.





Farmed mussels feed on naturally occurring plankton, so are very sustainable.

"Fish farming is seen as one of the best ways to take pressure off wild fish stocks in the long term"

farming is only a few decades old, but in this relatively short space of time, a number of serious issues have had to be confronted. Chemicals that were used to keep fish healthy were affecting other life forms and damaging the environment, while pollution issues arose from both fish feces and wastage of excess food. Much of this has been corrected and tighter laws and legislation are now in place.

While it seems that sustainability might almost be taken for granted in a farming operation, issues have arisen further down the food chain. The fish meal pellets that are used as food for farmed fish are made from smaller wild fish, and if these are not sourced sustainably, there could end up being insufficient levels in rivers and oceans to sustain the larger fish that would naturally feed on them in the wild. Finding solutions to this has proved difficult in some cases, but there



Responsible farms are monitored closely to ensure their fish are in good health and their cages are clean and secure.

are an increasing number of "responsible" farms where they use fish meal that comes labeled as sustainable, or sometimes even farm the food on the same site as the fish. Efforts will continue to be made to improve fish farming practices, because it is seen as one of the best ways to take pressure off wild fish stocks in the long term.

What should I buy?

You, the customer, can have your say by choosing fish that are caught in a responsible way. Fishing methods that are selective, including hand-lined fishing with large-meshed nets that allow small fish to escape, or, in the case of shellfish, hand-gathered, diver-caught, or any method that catches the seafood alive so that they can be returned easily to the sea if they are too small, are best. Additionally, these methods of fishing generally do little damage to the environment.

There are a number of ways to find out this information. Looking at packaging is one—those large retailers that do source their fish sustainably will often make a feature of it. Meanwhile, any product certified as sustainable by the MSC will feature the organization's logo: a blue oval with a white check mark. Although not all sustainable fisheries subscribe to MSC certification, this is a good place to start.

A number of comparable labeling systems exist in different parts of the world. In the US, the Monterey Bay Aquarium has a sustainability guide called Seafood Watch, which is available online as a downloadable guide that shows what is a

sustainable choice and what isn't. Recommendations may come with caveats about where the fish is from or how it was caught. Unfortunately, this key information about a product is not always listed on product labels for the consumer to review.

The same information ought also to be available if you are buying your fish from a fishmonger or fish market where the produce does not come pre-packaged. The seller should be able to help you make the best choice (see below). When weighing up the impact your choice of fish will have on the environment, you might also consider the carbon footprint. Unless you live near the coast, it may not be possible to buy local, and you should consider the merits of buying frozen rather than fresh. In many cases, frozen fish will have been transported over land and sea and will have a smaller carbon footprint than fresh fish that may have traveled considerable distances by air. For the best flavor, look out for fish that is labeled as "frozen at sea", which will have been frozen within a few hours of being landed.

Look for farmed fish that have been responsibly farmed, using sustainable fish meal. In addition, there are some particularly good farmed species of fish to look out for, such as tilapia, which can be sustained partly by a vegetarian diet. When it comes to shellfish, rope-grown mussels are also an excellent choice (see page 352).

"Frozen fish may have a smaller carbon footprint, as it is more likely to have traveled by boat and not air-freighted"

Your decisions in the supermarket can make a difference to the varieties of fish that are caught and sold, and what fishing methods are used to land them. If retailers are convinced that people want responsibly sourced fish, and will buy different varieties rather than just the same old few, then that is what they will offer. Enough people voting with their feet and their wallets is the surest way of hastening a future in which all fish is sourced sustainably.

Questions to ask

Talk to your fish seller. Knowing what questions to ask is imperative for supporting sustainable fishing.

- How and where was the fish caught?
- Is the fish carrying roe (see page 180)?
- Is the fish farmed? If so, where is the farm and what are their policies? Do they use sustainable fish meal, for instance?
- Is the fish certified by any organizations, such as the MSC?



Tilapia feeds partly on vegetation, making it an environmentally friendly choice for farming.

A good fish seller will know where his fish have come from, and will be able to help you choose responsibly sourced species.





RECIPES



Salmon recipes



Whole poached and dressed salmon (see page 224)



Salmon jungle curry (see page 154)



Salmon fishcakes (see page 56)



Salmon with mushrooms and bok choy
(see page 196)



**Roasted salmon with Swiss chard
and herb butter** (see page 196)



Salmon en papillote (see page 197)



Asian cucumber salad with smoked salmon (see page 74)



Rich smoked salmon croustades (see page 34)



Salmon rillettes (see page 37)



Salmon coulibiac (see page 119)

Further recipes

- **Marinated salmon** (see page 62)
- **Salmon salad with mint yogurt dressing** (see page 75)
- **Salmon chowder with whiskey** (see page 87)
- **Salmon and shrimp fish pie** (see page 117)
- **Salmon in puff pastry** (see page 119)
- **Salmon, horseradish, and kale bake** (see page 126)
- **Crisp salmon with cilantro pesto** (see page 167)
- **Saltimbocca of salmon** (see page 167)
- **Baked salmon with salsa verde and cucumber** (see page 194)
- **Poached salmon with dill butter** (see page 224)
- **Jerk salmon** (see page 246)
- **Smoked salmon and pancetta crostini** (see page 30)
- **Smoked salmon with mustard and dill dressing** (see page 62)

Trout recipes



Smoked trout mousse (see page 37)



Smoked trout, fennel, and mascarpone crostini (see page 31)



Steamed trout in lettuce (see page 229)



Smoked trout with beet, apple, and dill relish (see page 63)



Trout with orange-mustard glaze
(see page 236)

Further recipes

- **Smoked trout with pickled cucumber and minted yogurt** (see page 63)
- **Smoked trout and pancetta salad** (see page 75)
- **Creamy smoked trout soup** (see page 87)
- **Pan-fried trout with almonds** (see page 172)
- **Sautéed trout with hazelnuts** (see page 174)
- **Truite au bleu** (see page 220)

Tuna recipes



Tuna and eggplant yakitori skewers with soy dipping sauce (see page 28)



Grilled tuna steaks with salsa (see page 246)



Marinated sweet and hot tuna steaks (see page 242)



Seared tuna with a black sesame seed crust (see page 170)

Further recipes

- **Tuna carpaccio** (see page 60)
- **Salade Niçoise** (see page 73)
- **Tuna and bean salad** (see page 78)
- **Risotto al tonno** (see page 103)
- **Penne with tuna and roasted onion** (see page 111)
- **Tuna and pasta bake** (see page 127)
- **Seared tuna with cucumber and fennel** (see page 170)

Prawn and shrimp recipes



Keralan prawn soup (see page 93)



Shrimp and zucchini balls with caper cream (see page 69)



Spaghetti mare e monti (see page 112)



Tom yum goong (see page 94)



Pan-fried shrimp in garlic butter
(see page 183)



Grilled prawn satay (see page 240)



Shrimp gumbo (see page 137)



Sesame prawn toasts (see page 35)



Chile shrimp with cilantro and lime (see page 67)

Further recipes

- **Dublin Bay prawns with lemon and garlic mayo** (see page 28)
- **Classic shrimp cocktail** (see page 55)
- **Shrimp spring rolls** (see page 56)
- **Thai fishcakes** (see page 58)
- **Salt and pepper prawns** (see page 69)
- **Prawn, grapefruit, and avocado salad** (see page 77)
- **Vietnamese salad of shrimp with papaya** (see page 77)
- **Shrimp risotto** (see page 104)
- **Salmon and shrimp fish pie** (see page 117)
- **Pad Thai** (see page 144)
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- **Soba noodles with shrimp and avocado** (see page 145)
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- **Sesame grilled prawns** (see page 240)
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Scallop recipes



Pan-fried scallops with chile, ginger, and an anchovy dressing (see page 179)



Scallops with bacon (see page 65)



Scallop and pesto crostini (see page 31)



Coquilles St. Jacques (see page 124)



Steamed scallop curry (see page 160)



Broiled scallops with prosciutto and lime (see page 45)



Linguine with scallops (see page 112)



Scallops skewered with Parma ham
(see page 45)



Scallops with sweet chili sauce (see page 66)

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- **Scallop and tobiko sashimi** (see page 52)
- **Creamy scallop bisque** (see page 92)

Crab recipes



Crab and mango salad (see page 76)



Dressed crab (see page 70)



Crab balls (see page 57)



Pasta with crab and lemon (see page 111)



Crab salad with grapefruit and cilantro (see page 76)



Thai crab cakes (see page 58)



Crab croustades (see page 34)

Further recipes

- **Nori maki** (see page 48)
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(see page 146)
- **Stir-fried yellow curried crabs**
(see page 147)
- **Chile crab** (see page 162)
- **Crab and mango curry** (see page 163)