



"The Earth provides enough to satisfy everybody's needs but not every person's greed; when we take more than we need, we are simply taking from each other, borrowing from the future..."

~ MAHATMA GANDHI

www.passionfish.org

School of Fish, Liza Riddle.

passionfish!

RESPECT»ENJOY»INSPIRE»TEACH



Cover: ©Sandro Michalhelles Fotografia; Inside front cover: ©Edouard Bouba/TOP/Rapho, Rémi, Paris 1995

Passionfish is about respecting nature, communities, and businesses |

enjoying fish and their unique roles in our lives | inspiring people by

rekindling their passion for and optimism about our ocean | teaching

children how the sea touches all lives

welcome

Passionfish is also about catalyzing positive change | young ideas for

an old tradition | sensible dialogue about sensitive issues

We're honored to join with area James Beard chefs to celebrate the centennial of Scripps Institution of Oceanography. May their second century of ocean exploration be as wondrous as their first. We hope you enjoy the food, the drink, the camaraderie, and the fun! Share the passion!



A few words from SIO...



For 100 years, Scripps Institution of Oceanography has had a passion for fish—studying them. Almost everyone else has a passion for fish as well—eating them. Scripps science is helping show us that we must restrain that passion and learn how to select fish more wisely, so that we can continue to enjoy studying and eating them in the centuries ahead. This is why Scripps has a passion for Passionfish and for the San Diego Gastronomically Correct Chefs. They are teaching us about sustainable seafood and with this book, issued in honor of the Scripps centennial celebration, we can understand and taste just how delicious sustainable gastronomy can be in our own homes. Many thanks to Passionfish and the Gastronomically Correct Chefs for their dedication to making a difference and for partnering with Scripps Institution of Oceanography. *Enjoy!*

Charles F. Kennel
Director
Scripps Institution of Oceanography
University of California, San Diego

*“What lies behind
us and what lies
before us are but
tiny matters
compared with what
lies within us.”*

~RALPH WALDO EMERSON

Crates on fishing pier, Photos.com



What is passionfish?

Passionfish is a non-profit organization that promotes sustainable wild fisheries and aquaculture through public education and stakeholder collaboration.

- GOALS

Passionfish initiates dialogues that forge partnerships to safeguard the future of fish and fishing. It confronts the critical and highly charged issues of fisheries and seafood sustainability by:

Creating a scientifically sound, comprehensive, multimedia education program;

Generating balanced awareness of fisheries issues and demand for sustainable seafood; and

Catalyzing regional industry initiatives from within the seafood and restaurant sectors.
- NICHE

No other group like Passionfish exists. Our strictly educational and non-advocacy approach grants us unique and privileged access to the full spectrum of interested individuals and organizations. We put the process of defining sustainability and implementing its outcomes back into the hands of those affected by it—people become the fulcrum of fisheries issues. Our geographic niche is the West Coast of North America; we do direct outreach in California and the Pacific Northwest, and we plan to extend our programs to Mexico, Alaska, and Hawaii.
- HISTORY

Passionfish was conceived in 2000 by co-founders journalist Patricia Parisi, marine scientist Carl Rebstock, and event designer/executive chef Andrew Spurgin. Passionfish became a project of the Tides Center in spring 2001, and received its first grant from the David and Lucile Packard Foundation the same year. The Passionfish team has educated thousands of people on fisheries and seafood sustainability through its innovative outreach programs.



This page: *Catch of the day* (Art Explosion), *Man with Lobster*, Andrew Spurgin; facing page: *Boys in Water with Boats*, Patricia Parisi



OUTREACH Passionfish has two principal audiences: business leaders and students—one sets the table, the other sets trends. By providing balanced and reliable information—serving as an honest broker for a variety of stakeholders—Passionfish works to reveal common ground for action. By entertaining while educating Passionfish draws a crowd. Its private sector educational outreach targets decision makers at local and regional levels whose retail or wholesale seafood purchases strongly influence what’s available to the general public. Passionfish’s educational outreach into kindergarten through college classrooms involves, informs, and inspires. The organization imparts a sense of wonder and develops students’ critical thinking skills within the context of richly complex and contentious fisheries issues. Important byproducts of both corporate and classroom outreach help generate a buzz within local communities that help compel consumers to understand the power they wield when making informed purchases.

PROGRAMS Business Forums: Our collaborative forums bring together civic leaders and business decisionmakers in the fisheries and seafood industries to share knowledge and work to overcome obstacles to sustainability. Working with our partners in conservation and business, our events help create a flow of sustainable seafood products from the ocean to the market.



“Boldness has genius, power, and magic in it. Begin it now.”

~ JOHANN WOLFGANG VON GOETHE

Children’s education: Passionfish sets out to capture the imagination of kids through a book about the sea and its living resources written by and for children (and the young at heart). The project is intended to engage students with the ocean, to encourage future stewardship, and to inspire adults to see through children’s perspectives how the sea touches all lives.

Exhibitions: Passionfish conducts public and industry outreach by exhibiting at festivals and trade shows. These activities inject awareness of sustainability into mainstream shows.

“Get the Dish on Fish” dinners: These are our celebrations of sustainable seafood, coupled with provocative talks by renowned scientists and industry leaders on popular fish. These events build communities of informed consumers.

Passionfish!: This is a seafood cookbook with a conscience and a love for zestful food. Highlighting recipes from renowned and up-and-coming chefs, the book will promote environmentally sound, simple, and irresistible alternatives to familiar seafood. It will inform consumers through compelling storytelling and imagery of the lives and innovations of those who make their living on or around the sea.

What's this about a book?

Passionfish! is seafood cookery with pizzazz; a catalyst for positive change, a cookbook with a conscience and a hunger for zestful food.

Passionfish! will rock America's love affair with seafood. We unveil the provenance of fish, their fascinating life histories, the stories of the people who pull them from the sea, regional rituals, and the magic that spice and flame bring to fillet and shellfish. Our luscious recipes and vivid photography offer seafood lovers delicious and vibrant approaches to protecting while enjoying the ocean's bounty.

Passionfish!

- Laughs at itself...using humor to illustrate the marvels of fish at sea;
- Baits-and-switches...giving the fish we favor a chance to rebound by promoting irresistible seafood alternatives;
- Buys fish freedom...flexing the market muscle of conscientious consumers by promoting conservation through smart consumption;
- Is easy on the eyes...salting its pages liberally with snappy photography;
- Is easy to digest...keeping information simple and sound about solid seafood choices;
- Is the one that didn't get away...sharing compelling storytelling of the lives and innovations of those who make their living on or around the sea.

Passionfish! is a celebration of seafood. It offers an upbeat look at our downright expectation to have our (crab) cake and eat it too. It is provident and impassioned, balanced and freewheeling. **Passionfish!** is about people and our relationship to the sea.

We hope you enjoy the seafood selections and fish stories in this booklet. To keep more coming, send tax-deductible contributions by check to:

Passionfish
4043 Piedmont Avenue, Suite 62
Oakland, California 94611-5208

Or make your contribution online at www.passionfish.org



"If people concentrated on the really important things in life, there'd be a shortage of fishing poles."
~DOUG LARSON

This page: Black Cod with Forbidden Rice, Andrew Spurgin; facing page: Tuna Boats off Baja Coast (Art Explosion), Bonefish, Mike Sutton

What is MSC?

The Marine Stewardship Council is the best environmental choice in seafood.



Millions of people depend on fish every day, yet overfishing is one of the world's most urgent environmental problems. The MSC is an independent, global, non-profit organization that works to promote the best environmental choices for the world's most important renewable food source. The MSC is unique in engaging fisheries through an internationally recognized program and using market demand as a mechanism for change. The MSC offers a solution to the global problem of overfishing by changing the incentive structure so that benefits are gained by fishers, fish processors, markets, retailers and consumers who adopt a more responsible and sustainable approach to fisheries exploitation. It is clear that fisheries will only prosper if the pressures in favor of long-term conservation management outweigh those in favor of short-term gain.



The MSC has developed an environmental standard for sustainable and well-managed fisheries. Under a voluntary program, it uses a product eco-label to reward environmentally responsible fishery management and practices. Clients for fishery certifications are usually the relevant management body for that fishery. Sometimes this will be a governmental organization or it could be the industry management authority. The MSC promotes equal access to its certification program irrespective of the size, scale, type, location, or intensity of the fishery.

Seven fisheries around the world have been awarded the MSC seal to date and many more are currently undergoing the certification assessment process. Hundreds of products carry the MSC eco-label in dozens of supermarkets and restaurants around the world. Eco-labeling provides a new way of articulating complex scientific information to consumers through a simple message.

Though operating independently since 1999, the MSC was first established in 1997 by Unilever, the world's largest buyer of seafood and WWF, the international conservation organization. It is this exciting and unique green-business partnership that has been praised by world leaders. The MSC label is increasingly sought by industry, endorsed by conservationists, respected by scientists, and bought by consumers. The MSC has succeeded in bringing together a broad coalition of supporters from more than 100 organizations in more than 20 countries.

The MSC has a staff of 25 and is headed by the Chief Executive who reports to the Board of Trustees. The MSC program works through a multi-stakeholder partnership approach, taking into account the views of all those seeking to secure a sustainable future. **For more information on the MSC program, visit www.msc.org.**



Who's behind passionfish?

Patricia Parisi, *Director of Communications & Creative Development*, has worked in magazine, newspaper, and broadcast journalism as writer, reporter, producer, and instructor. She has been involved with and developed several start-up endeavors, both in academia and journalism, including the Center for Environmental Journalism at the University of Colorado, Boulder; the public information program at the Monterey Bay Aquarium Research Institute; and series and programs for public broadcasting. As a science writer, Patti has worked for the University of California's statewide Natural Reserve System, the Lucile Packard Children's Hospital at Stanford University, and the National Center for Atmospheric Research (NCAR). At NCAR in the early 1990s, Patti's research was with the Environmental and Societal Impacts Group (ESIG) where she first began examining fisheries issues and conducted research in Central and South America.

In the late 1990s, Patti began sharing her ongoing fisheries research with chefs and restaurateurs as a starting point for a book on sustainable seafood. That book is underway and has also evolved into the full-fledged Passionfish project.

Patti has a Master of Arts degree in journalism from the University of Colorado, Boulder, and a Bachelor of Arts degree in anthropology from Colorado State University, Fort Collins. She enjoys modern dance and ballet, swimming, hiking, skiing, reading, writing, and taking flying lessons. Patti can be reached at patti@passionfish.org.



*"Reality is
merely an illusion,
albeit a very
persistent one."*

~ALBERT EINSTEIN



*"A smooth sea
never made a
skillful mariner"*

~ENGLISH PROVERB

Carl Rebstock, *Executive Director*, is a marine biologist and educator. He spent four years teaching marine science at the Monterey Bay Aquarium (MBA). Carl is active in fisheries issues at local and regional levels: as chair of the Education Panel at the 1999 Pacific Marine Conservation Council/MBA Rockfish Forum; contributing editor of "Fisheries for the Future," a community discussion guide recently published by the World Wildlife Fund, the Harbinger Institute, and MBA; and founding board member of the Fishermen's Aquaculture Program, Moss Landing, Calif. Carl was an adjunct faculty member of the University of California Extension, Davis, and served on the national faculty of the Kettering Foundation.

Carl holds a master's degree in marine environmental studies from the University of Alaska, Fairbanks. His research explored the efficacy of bioremediation as a mechanism for cleaning the 1989 Exxon *Valdez* oil spill. He is a recipient of a Dean John A. Knauss Marine Policy Fellowship, during which he analyzed

international marine policy for the Office of the Oceanographer of the Navy, Washington, D.C.

Carl is a U.S. Army Reserve Lieutenant Colonel and Medical Service Corps aviator. He supports the Department of Homeland Security by serving as the Army's Pacific Northwest Area Coordinator for the National Disaster Medical System. Carl formerly commanded a battalion responsible for conducting networked, computer simulated training across 12 Northwestern states and served as the Chief Operating Officer of a continuously operating medical flight facility in central Alaska. "Sustainability," for Carl, would be defined to include time to learn the banjo (presently gathering dust in the corner of a closet). Carl can be reached at carl@passionfish.org.

Andrew Ryland Spurgin, *Director of Seafood Education & Events*, has built a culinary career spanning three decades. Among his achievements are designing events honoring such dignitaries as U.S. Presidents Clinton and Reagan, former Soviet Union President Gorbachev, Israeli Prime Minister Peres, California Governors Wilson and Davis, and Martha Stewart. Some of his regular clients include Cartier, Tiffany & Co., Merrill Lynch, and Qualcomm.

A champion of sustainable, handcrafted, organic, regional and farmstead foods, Andrew grew up in his aunts' restaurant in London, and his relatives' famed butcher shop, Drakes. His restaurateur aunts introduced him early to the bounty of local markets and to all types of purveyors. He started "working" in his family's restaurant and at London's historic Borough Market at the age six.

Andrew became banquet manager for a major area resort at age 19, and later, general manager of one of California's first handcrafted, on-premise bakery/ restaurants. He was director of catering at Southern California's celebrated Piret's for four years. Andrew has consulted and worked at London's preeminent Mustard Catering Ltd. and been tutored by Neal's Yard Dairy, also in London. Andrew is currently the executive director/chef of Waters Fine Catering and Waters Fine Foods in San Diego, and the recently opened Waters Café @ SDMA (San Diego Museum of Art).

His events, interviews, and photographs have been featured in numerous local and national magazines and television. He lectures regularly on sustainability of food and on entertaining in general. Andrew was voted one of four national finalists in 1999 and 2001 as Caterer of the Year by *Event Solutions Magazine*; in 2000, the same publication named Andrew and the Passionfish program a finalist for its Samaritan award. Andrew has been honored with an invitation to cook at the famed James Beard House in New York City.

After driving Land Rovers for 20 years, Andrew suffers from acute petroleum remorse and as such can be found instead on his Vespa Super Sport as often as possible. On weekends his favorite place to be is in or by the ocean. Andrew can be reached at andrew@passionfish.org.



Pablo Mason

*"An invasion of
armies can be
resisted, but not
an idea whose time
has come."*

~VICTOR HUGO

What's for dinner?



Western Australian Rock Lobster Siew Mai

Crispy Watercress, Tobiko Caviar

RIKO BARTOLOME, EXECUTIVE CHEF/CONSULTANT

Possible wine pairings:

Takara Sho Chiku Bai Organic Nama sake

Rihaku Shuzo Rihaku "Dreamy Clouds" Nigori (unfiltered) sake

Lightly Poached Wild Striped Bass

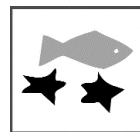
Citrus Fruits, Black Pepper, Mint, Tuscan Olive Oil

MICHAEL CIMARUSTI, WATER GRILL

Possible wine pairings:

Kunde 2001 Viognier, Sonoma Valley

Chateau Grillet 1999



Water Grill



*Rancho
Bernardo
Inn*

Pacific Dungeness Crab-Cod Brandade

Roasted Sweet Peppers and Basil, Saffron Aioli,

Arugula Sprouts

TOM DOWLING, RANCHO BERNARDO INN

Possible wine pairings:

Remy Pannier 2001 Vouvray

Domaine Bourillon Dorleans 2002 la Coulee d'Argent, Vouvray

Domaine Huet 2002 Le Haut-Lieu, Vouvray

Coulee de Serrant 2001 Savennieres

House Cured Duck Prosciutto

Mini Flat Bread, Fig Jam

AMIKO GUBBINS, PARALLEL 33

Possible wine pairings:

Domaine des Bosquets 1999 Gigondas

Domaine du Pesquier 2000 Gigondas



parallel 33

Fennel Pollen Hazelnut Crusted Sturgeon

Red Quinoa, Quince Confit, Celery Root Remoulade,

Lemon Myrtle Oil, Icewine Beet Reduction

BERNARD GUILLAS, THE MARINE ROOM

Possible wine pairings:

2002 d'Arenberg Hermit Crab Blanc, McLaren Vale

Feudi di San Gregorio 2001 Falanghina



The Marine Room

Champagne Poached Oysters

Melted Leeks, Baby Spinach, American Caviar

PAUL MCCABE, ANTHONY'S STAR OF THE SEA

Possible wine pairings:

Perrier Jouet Grand Brut Champagne

Ca' del Bosco Brut, Franciacorta

Bollinger Special Cuvee Champagne



STAR OF THE SEA

Wild Alaskan Halibut, Smashed

Roasted Tomatillos

Malanga Purée with Redwood Hill Farm Goat

Cheese, Micro Chives and Cilantro

ANDREW SPURGIN, WATERS FINE CATERING

Possible wine pairings:

Pascal Jolivet 2002 Sancerre

Henri Bourgeois 2001 La Cote des Monts Damnes,

Sancerre



Oven Baked Albacore Tuna Salad

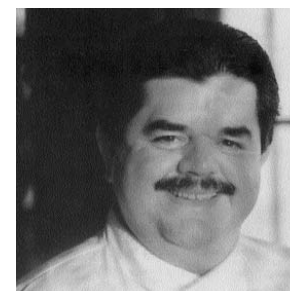
Bell Pepper Tapenade, Agrume Oil

PASCAL VIGNAU, SAVORY

Possible wine pairings:

Jean-Luc Colombo 2002 Pioche et Cabanon Ros é, Cote Bleu

Bonny Doon 2002 Vin Gris de Cigare, Monterey



savory
CASUAL FARE



Coconut Crusted Mahi-mahi

Japanese Pear Salad

STEPHEN WINDOW, ROPPONGI

Possible wine pairings:

Grosset 2002 Watervale Riesling, Clare Valley

Josmeyer 2001 Riesling Le Kottabe, Alsace



Wild Alaskan Salmon Tartare with Lemon Crème Fraîche

Black Sesame Pâté Brisée

MARYJO TESTA, LAUREL RESTAURANT & BAR

Possible wine pairings:

Nobilo Icon 2002 Sauvignon Blanc

Andrew Murray 2001 Viognier



Assorted Mini Pastries

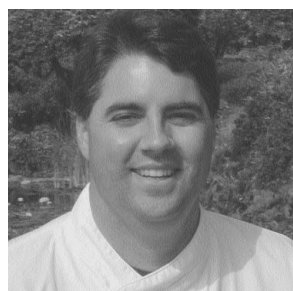
Hand Made Cookies, Brownies, Tartlettes, Chocolates, Candies

TOM ATKINS, J. TAYLOR'S RESTAURANT AT THE L'AUBERGE DEL MAR RESORT AND SPA

Possible wine pairings:

Ca' del Solo 2000 Moscato del Solo

Rosa Regale 2002 Brachetto d'Acqui



Artisanal American and European Cheeses

Dried Dates, Stone Fruits, Nuts, Baguettes

ANIATA CHEESE COMPANY

Possible wine pairings:

Jaboulet 2001 Muscat de Beaumes-de-Venise

Blandy's Alvada, 5 Year Old Rich Madeira

Wine pairings compliments of
Robert Whitley, Copley News
Service Wine Columnist.
(Sake was a lucky guess)



About this evening's fish...

Albacore are also called tombo, binnage, albacora, germon, and longfin tunny.

ALBACORE TUNA

Albacore tuna (*Thunnus alalunga*) are among the fastest creatures in the sea, with muscular silver bodies that are perfectly shaped for sprinting at fifty miles an hour in brief bursts to pursue squid, mackerel, and other fish smaller than they. The biggest albacore on record weighed a touch over eighty pounds, but most range from twenty to forty pounds and grow two to three feet long over their ten-year life spans. Albacore constitute about seven percent of the world's

commercial tuna catch. The Pacific albacore fishery so far seems able to sustain the effects of human predation. Not so in the Atlantic and Mediterranean where albacore stocks are at crisis points with populations that have fallen thirty percent below the number required for sustainability. In all oceans, drift longline, gillnet and seine fisheries for albacore show excessive rates of bycatch of other species, including marine mammals and turtles. A responsible consumer's best choice, therefore, is Pacific albacore from the jig- or pole-caught fisheries. It's perfect on the grill and makes the best tuna salad.

AMERICAN CAVIAR

In the *Encyclopedia of Fish Cookery*, A.J. McClane wrote: "In this modern age when writing about caviar one has the feeling that it should be in the form of an obituary, as the world supply has dwindled to a trickle and its price has risen to such heights that it can no longer be classed as a fishery product." Russians have been making caviar, or ikra, from sturgeon roe since the thirteenth century, though the rest of the world did not learn about the crackly fish berries with the crisp, salty, faintly nutlike flavor until a thousand years later. Even at \$100 an ounce for imported caviar, once the delicacy began gracing cocktail hours and plates in gourmet kitchens on every continent, the days of the wild mother sturgeon were clearly numbered. Now, habitat restoration and fishing restrictions are bringing modest results in rebuilding wild stocks, but most caviar is coming from farm-raised white sturgeon (*Acipenser transmontanus*) and wild paddlefish (*Psephurus gladius*). Its excellent taste and texture compare very favorably with caviar from traditional sources in Europe and Asia, and chefs and food critics, particularly in the United States, have been quick to embrace the alternative to contributing to the continued decimation of wild sturgeon.

"Caviar is to dining what a sable coat is to a girl in evening dress."

~LUDWIG BEMELMANS

DUNGENESS CRAB

Dungeness fishermen, managers, and delighted consumers share the wealth of the most sustainable commercial crab fishery in the world, which says a lot since fleets from the Bering Sea to Santa Barbara have pursued the succulent crustaceans in force for a century. Though populations of Dungeness (*Cancer magister*) go through natural boom-and-bust patterns, the secret to the success of the fishery has been to understand their life cycles and fish more during the high points and less during the lows. Only male Dungeness of a minimum size are kept, and all females, whether egg-bearing or not, are returned to the sea or estuary. Using traps and mesh rings instead of trawls to catch the bottom-dwelling Dungeness means that the impacts of the fishery on other species and the sea bottom itself are minimal. With fishing pressure pretty well-regulated, the

Dungeness crab gets its name from the town of Dungeness, Washington, which is on the Olympic Peninsula on the shores of the Strait of Juan de Fuca.

ubiquitous in tropical and temperate waters around the world. In 1963, the fishermen, processors, and regulators in Western Australia joined forces to build a future for their fishery which was rapidly descending into collapse from overfishing and habitat degradation. Together, they imposed a ban on harvesting females, minimum size limits, seasonal closures, and annual quotas at great sacrifice to themselves over the short run. They also began a campaign to protect critically important reefs and near-shore sea grass beds, and now, forty years later, they and millions of happy diners are reaping the rewards of the foresight and restraint. The Western Australian rock lobster is one of the most sought after seafoods on the global market and the most valuable single-species fishery in the country, with landings of 10,000 to 12,000 tons per year. Sales generate a total of \$300 to \$400 million per year in export markets in the China, Japan, Hong Kong, Taiwan, and the United States. And the Western Australia rock lobster fishery was among the first to be certified by several marine environment watchdogs as sustainable.

MAHI-MAHI

A mahi-mahi alive in the ocean is iridescent gold, green, silver, and blue, and so dazzling it is hard to believe that more than one of such a marvelous creature exists. But these pelagic works of art thrive in the warm waters off the Hawaiian, Japanese, and Indonesian archipelagos, the coasts of Central and South America, and

The biggest mahi-mahi ever taken on sport tackle was five feet, eight inches long and weighed 90 pounds. It was landed off Cabo San Lucas, Mexico, in July, 2001.

chief threat to Dungeness is near-shore habitat degradation. Like many crustaceans, Dungeness crab act as mineshaft canaries for subtle changes in the levels of oxygen and the chemical content of the water in which they live. Watching Dungeness come back to urban bays and estuaries after the enactment of clean water standards has been one of the great rewards of environmental action and inspiring evidence of the power of the ocean and its creatures to recover given a break.

WESTERN AUSTRALIA ROCK LOBSTER

The Western Australian rock lobster (*Panularis cygnus*) is one of about four dozen species of crustaceans commonly known as spiny lobsters that are

Spiny lobsters possess a remarkable ability called 'map sense' which enables them to establish their positions with reference to the earth's magnetic grid.

in the Red Sea, and Eastern Mediterranean. Mahi-mahi (*Coryphaena hippurus*) come to our tables from commercial, sport, and artisanal fishing fleets taken by baited single hooks or longlines either intentionally or as bycatch in fisheries for marlin, tuna, sharks, and swordfish. Between 30,000 and 40,000 tons of mahi-mahi, also called dorado, are delivered into the global market each year and so far their numbers are not collapsing under the pressure of human predators because they are prolific spawners, grow quickly, and have short life spans. No comprehensive stock assessment of mahi-mahi has been done, however, and additional concerns about the fishery rise from the bycatch of turtles and other at-risk species on longlines.

OYSTERS

More than 2,000 years ago, the Romans had such a passion for oysters that they developed watertight amphorae to carry them to their capital from bays and estuaries all over the European coasts of the Atlantic and Mediterranean. They quickly discovered that the shells and oysters they dumped into the sea grew new oysters where none had been before, and so became the first to farm the sea on a large scale. Natural oyster beds, which thrive in the temperate and some tropical latitudes, were easily decimated as coastal populations grew. In North America, the wild stocks fell typically to industrial harvesting in the early part of the twentieth century and mass cultivation took over. By far the most familiar to oyster lovers are the treasures called the Eastern, Atlantic, or American oyster, *Crassostrea virginica*. Rarely, however, will you hear them referred to by any of those names because among the many wonderful things about oysters is that they are willing musicians who play symphonies of flavors from the specific patch of the sea in which they were raised. Eating a Malpeque from the sea around Prince Edward Island is a truly different culinary experience from eating, say, a Blue Point from Oyster Bay, Long Island, a Chincoteague from Virginia, an Indian River from Florida, or any of the dozens of other places that imbue the oysters with their own subtle distinctions.

"Our shells clacked on the plates. My tongue was a filling estuary, My palate hung with starlight: As I tasted the salty Pleides. Orion dipped his foot into the water."

~SEAMUS HEANEY, *OYSTERS*

PACIFIC COD

When the newly-created Commonwealth of Massachusetts erected its first statehouse in which to conduct the peoples' business in 1784, the founders hung a golden codfish in the legislative chambers as a symbol of prosperity and optimism for the future. Now, though, that gilded icon is a bitter reminder that stocks of Atlantic cod (*Gadus morhua*) have been driven to the brink of collapse by overfishing, the pressure of a booming human population, and the efficiencies of heavy industrial trawlers. The modern fishery for Atlantic cod has become an example of how not to manage a sustainable resource. Pacific cod (*Gadus macrocephalus*) is the slightly smaller but nearly identical cousin to the fish that was once king of the Atlantic, and fishermen, managers, and the people who eat it are doing a better job of coexistence with the fine white fish. Pacific cod is taken by trap, trawl, and longline, and much of it is now immediately bled and frozen to produce high-quality fillets, blocks and headed-and-gutted whole fish. Canada, Japan, Korea, Russia, and the United States are the top producers of Pacific cod, which is sent to market on every continent. Some concerns remain about the impact of trawling on sea lions, other marine mammals, and other prohibited bycatch but generally, the Pacific cod fishery is among the success stories of sustainability.

PACIFIC HALIBUT

With the succulent, distinctive flavor and texture of a forkful of Pacific halibut comes the equally as precious pleasure of knowing that it comes from one of the best-managed sustainable fisheries in the world. In 2003, about seventy-five million pounds of Pacific halibut (*Hippoglossus stenolepis*) will arrive in homes and restaurants, caught by fishermen who can look forward to a long-term relationship with their work. Pacific halibut are

the biggest flatfish in the ocean, with true beasts reaching eight hundred pounds or more. They are prized by sports and subsistence fishermen alike, who share the bounty of a sustainable fishery and are also subject to careful regulation. The International Game Fishing Association (IGFA) lists a 459-pound giant as its all-tackle record for Pacific halibut, taken near Dutch Harbor, Alaska, in 1996. Pacific halibut were essential to the early inhabitants of the coasts of what are now Washington, British Columbia, and Alaska. Their images are common to the region in ceremonial regalia, totems, and other carvings, and ancient legends honor their power and size.

STRIPED BASS

After Captain John Smith led the *Susan Constant*, *Godspeed*, and *Discovery* into

On May 6, 1896, a fisherman on Chesapeake Bay reported a catch of 38,000 stripers in a single haul, with 600 weighing over sixty pounds, and several over 100 pounds.

Chesapeake Bay and settled in Jamestown in 1607, he made the following entry in his log: "The Basse is an excellent fish... There are such multitudes that I have seene stopped close in the river adjoining to my house at one tyde so many as will loade a ship of 100 tonnes." Striped bass survived into the twenty-first century, but not without help. Striped Bass (*Morone saxatilis*) are anadromous—saltwater fish that spend most of their lives in the sea but depend upon estuaries, rivers, and streams for reproduction—so the reasons for their near-demise is obvious: people and cities. As the population of North America exploded and great urban centers arose around mines, mills, and factories, the populations of striped bass along the Atlantic plummeted. By the early 1980s, they seemed to be almost gone, but the alarm was finally heard loud and clear. States up and down the

Eastern Seaboard passed years-long moratoria on the fishery and since have imposed strict catch limits. Taking the pressure off the fish has produced results. In addition to fisheries restrictions, watershed restoration is a *cause célèbre* and is producing dramatic results as might be expected. Commercial fleets are again making what have been determined to be sustainable landings, so striped bass is back on the menu for responsible diners, though some concern and confusion has risen lately about elevated levels of mercury in wild fish.

STURGEON

Never eat sturgeon that was not raised on an aquafarm. The startling fact that wild sturgeon were the denizens of ancient seas and rivers when dinosaurs roamed the earth is eclipsed only by the shocking realization that human beings have all but wiped out their kind in the last 150 years. There are now twenty-four extant species of sturgeon, though all are in grave danger of vanishing forever because of overfishing and the extreme degradation of the watersheds and coastal zones upon which they depend for their existence. In the former Soviet Union, the breakdown in the fisheries management infrastructure following the collapse of the government and national economy resulted in wide-open and extremely destructive poaching that further decimated already weak stocks.

The modern 'halibut' derives from the Middle English 'baly-butte' which means 'fish to be eaten during the holy days.'

In the 1850s, steam boat crews caught sturgeon and used them as logs to burn in their boilers because of their high oil content.

The only sources for sturgeon and their eggs that do not contribute to extinguishing these magnificent animals are aquatic farms. Sturgeon were successfully spawned artificially for the first time in the Soviet Union in 1930 and in the United States in 1979 where most farms now raise white sturgeon (*Acipenser transmontanus*).

TOBIKO CAVIAR

Of all the fish eggs that bless our palates, only Tobiko caviar flew without benefit of a cargo can in the belly of an airliner. Deep ocean yachters in tropical oceans always remember their first night's watch when silver

Flying fish are also known as ballyboo, a favorite bait of sports anglers hunting marlin and sailfish.

missiles plunked from the dark sky onto the boat, or the next morning when they found a carpet of flying fish covering the deck. The Guide to Fishes in the Cabin reports that "flying fish" is the common name for any of the fifty-two species in the family of fish called *Exocoetidae* and that they glide rather than actually fly. Flying fish live in tropical and sub-tropical oceans around the world, and range in size from a few inches to a foot-and-a-half. They make tasty meals, as many of those awestruck yachties will tell you, but it is their roe that brings them into the world of *haute cuisine*. During seasonal spawning migrations in waters off southern Japan, Indonesia, and on many other tropical coasts, flying

fish are taken in small-scale fisheries with dip nets, seines, gillnets, and hook-and-line, sometimes at night with the aid of lights. Flying fish also are attracted to near-shore vegetation, where the females deposit their eggs on grasses and kelp, which are then harvested and the roe removed from or eaten with the host plants as great delicacies. No one knows how many flying fish there are but because they are taken in low-intensity artisanal fisheries, their stocks do not seem to be in any distress.

WILD ALASKA SALMON

Salmon conservation was instinctive to the early people of the Pacific Rim who fished familiar runs and who viscerally understood the link between the health of the fish and their own survival. The relationship between humans and salmon thrived until industrial fisheries began on the Sacramento River in 1864 when the Hume brothers arrived with a tinsmith and opened a cannery. Overfishing and mining pollution snuffed out the local stocks so the fleets began a steady expansion northward, eventually reaching the Arctic Circle. Today, commercial and recreational fishermen off California, Oregon, Washington, British Columbia, and Alaska still bring wild salmon to the table, but the runs in the far north are by far the healthiest. Salmon (*Oncorhynchus spp.*) are taken in seines and gillnets and hook-and-line, depending upon local regulations. Part of the reason Alaska salmon can still be on the menu for responsible diners is due to the fact that there are fewer people and no large cities up there. Salmon are simply allergic to humans and their industries. Logging has been the main habitat threat in the northern watersheds, but habitat restoration and limitations on the timber industry have helped to keep the runs alive. Tight restrictions on fishing fleets also contribute to the continuing health of Alaska salmon.

"Wild salmon reconnect us to the complexity and wonder of the natural world, rekindle our imaginations, and edge us away from the unconscious thrall of consumption and back into the quickened drama of creation and community."

~TOM JAY, *REACHING HOME*



Recipes from the chefs

WHOLE GRILLED LONG ISLAND STRIPED BASS

Michael Cimarusti, Executive Chef, Water Grill

MAKES 6 TO 8 SERVINGS

BASS

- 1 each

Whole small striped bass (6-8 lbs.), gilled, cleaned and scaled
- 1 each

Thyme, fresh, bunch
- 1 each

Rosemary, fresh, bunch
- 2 each

Bay leaves, fresh
- 1 each

Lemon, cut into wheels
- 1 each

Fennel sticks, bunch, dried
- 1 oz

Virgin olive oil, good quality
- 1 each

Garlic head, cut in half at the equator
- To taste

Fleur de sel and freshly milled black pepper

GARNISH

- 2 lb

Fingerling potatoes, tiny
- 1 each

Fennel bulb, cut into eighths
- 1 each

Garlic head, broken down into cloves, skin on
- 2 each

Spring onions, bunch, fresh, peeled and halved
- 2 each

Anchovy filets
- 1 each

Rosemary sprig
- 2 each

Thyme sprigs
- 1 lb

Plum tomatoes, small, peeled halved and seeded
- 2 oz

Unsalted butter
- 1 bunch

Italian parsley, roughly chopped
- To taste

Sherry vinegar, fleur de sel, virgin olive oil and lemons for the table

PREPARATION

BASS

Dry the fish well with absorbent paper. Season the exterior and the interior of the fish. Place the herbs, lemon, and the fennel stick in the cavity of the fish.

Place a large roasting pan in a preheated 450°F oven. When the pan is hot add the olive oil and place the fish into the pan. Allow the fish to brown on the first side for 6 minutes. Remove the pan from the oven and flip the fish over.

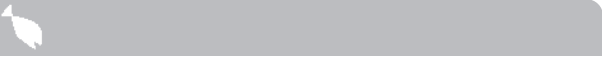
GARNISH

Add all of the vegetables except for the tomatoes; add the anchovy and the herbs as well. Season all and add the butter. Place the fish back in the oven and continue cooking. The fish will finish in around 15 minutes. A good way to test is with a cake tester inserted to the backbone near the collar of the fish. When the cake tester goes to the bone with little resistance and comes out hot, the fish is done. Once the fish is ready, remove it to a warm serving platter and rub the now-crispy skin gently with the halved clove of garlic. Be careful not to break the skin. This will impart a nice fresh flavor of garlic. Squeeze a bit of lemon over the fish and drizzle with remaining olive oil.

Be sure all of the vegetables are fully cooked. If they are still firm, return them to the oven. When done, add the tomatoes and cook for a couple more minutes. Check the seasoning and add the chopped parsley. Arrange the finished vegetables over and around the fish. Drizzle the platter with the sherry vinegar if desired and sprinkle with fleur de sel.

PRESENTATION

Place the vegetables on the base of warmed dinner plates. Place portions of the fish with skin on top and drizzle with the reserved virgin olive oil, and serve with fleur de sel, lemon, and virgin olive oil at the table.



TAMARIND GINGER MUSSELS

Amiko Gubbins, Chef/Owner, Parallel 33

MAKES 4 SERVINGS

PREPARATION

Bring the wine to a boil with the sugar and dissolve. Add the tamarind paste. This is the deglazing liquid.

Heat sauté pan. Add two tablespoons of olive oil. Place the mussels, garlic, and ginger in pan—should be sizzling—and toss. Add salt and black pepper.

Add bell peppers, then deglaze with tamarind broth. Add herbs and adjust seasoning. Cover the mussels with a pie tin or lid to ensure steaming.

PRESENTATION

Distribute mussels between four rimmed bowls, drizzle with remaining liquid and garnish with additional herbs.

CHAMPAGNE POACHED OYSTERS, MELTED LEEKS, BABY SPINACH, AMERICAN CAVIAR

Paul McCabe, Executive Chef, Anthony's Star of the Sea

MAKES 4 SERVINGS

PREPARATION

For the melted leeks, sauté them in the butter over low heat until they begin to break down about 20 minutes, add the Champagne and reduce by half. Then add the cream and reduce until just starts to thicken, about 12 minutes. Fold in the spinach, season with salt and pepper and remove from the heat until service.

For the oysters, bring the Champagne to a simmer, add the shucked oysters and cook for two minutes.

PRESENTATION

Arrange six oyster shells each on four dinner plates. Fill the shells half way with the leeks, top with the oysters and finish with a generous amount of caviar.

- 2 lb

Carlsbad mussels
- 2 C

Dry Riesling white wine
- 1/2 C

Sugar
- 1/2 C

Tamarind paste (soak in water until soft and de-seed)
- 2 Tbsp

Olive oil
- 1 Tbsp

Garlic, ground
- 1 Tbsp

Ginger, ground
- 1 tsp

Salt
- 1 tsp

Pepper
- 1/2

Red bell pepper, julienned
- 1/2

Yellow bell pepper, julienned
- 1/2 C

Herbs (basil, mint and cilantro), chopped

- 24 each

Oysters (shucked and reserve large shell)
- 4 C

Champagne
- 3 each

Leeks (white part only and diced small)
- 3 oz

Butter
- 1/2 C

Champagne
- 1 C

Heavy cream
- 2 C

Baby spinach (julienne)
- To taste

Salt and pepper
- 2 oz

American sturgeon caviar



CHILLED BASIL PISTOU SOUP WITH POACHED LOBSTER

Tom Downing, Executive Chef, Rancho Bernardo Inn

MAKES 4 SERVINGS



SOUP

1/4 C Extra virgin olive oil
1/2 C Onion, finely diced
1/4 C Pancetta, finely diced

1 C White wine
1/2 C Tomato, finely diced

1/2 gal Chicken stock
1/2 C White beans, small
1 tsp Thyme, fresh
1 each Bay leaf

1/2 C Potatoes, peeled, finely diced
1/4 C Leeks (white only),
finely diced
1/4 C Celery, finely diced
1 tsp Salt
1 tsp White pepper, ground

1 C Basil leaves, fresh
1/4 C Garlic cloves
1/2 C Extra virgin olive oil
1/2 tsp Salt
1/2 tsp White pepper, ground

GARNISH

1 C Western Australian rock
lobster meat, cooked
and diced
1/2 C Zucchini, finely diced
1/2 C Fine green beans,
blanched and finely diced
1/2 C Fava beans, blanched and
cleaned

PREPARATION

In a stock pot over medium heat, render pancetta with onions and olive oil until soft.

Add in wine and tomatoes. Reduce liquid by one half.

Add in stock, beans, and spices. Simmer for 15 minutes.

Add in potatoes, leeks, and celery. Season. Simmer for one hour. Remove from heat and chill down.

Purée basil, garlic, and oil in a blender. Season. Add to chilled soup.

PRESENTATION

Add lobster meat, zucchini, and bean garnish to chilled soup. Serve in chilled rim bowls.

COCONUT CRUSTED MAHI-MAHI WITH JAPANESE PEAR SALAD

Stephen Window, Executive Chef, Roppongi

MAKES 4 SERVINGS

PONZU SAUCE

1/4 C Light soy sauce
1/2 oz Kombu kelp*
1/2 oz Bonito flakes (dry shaved
tuna)*
1/4 oz Sugar
1 Tbsp Rice wine vinegar
1 each Lemon, juiced

JAPANESE PEAR SALAD

2 each Asian pears, peeled,
thinly sliced
1/2 C Ponzu sauce
1/2 oz Micro cilantro
1/2 oz Micro beet tops

CILANTRO AÏOLI

2 each Egg yolks
2 Tbsp Rice wine vinegar
1/4 C Olive oil
1 oz Cilantro, chopped

MAHI-MAHI

4 each 6 oz. longline Hawaiian
mahi-mahi fillets, skin and
blood line removed
4 oz Japanese breadcrumbs
(Panko)
2 oz Unsweetened coconut flakes
1/4 C Cilantro aioli
To taste Kosher salt

1/2 C Fish stock
2 Tbsp Unsalted butter

*Available at Asian specialty markets

PREPARATION

PONZU SAUCE

Combine all ingredients in large bowl. Infuse 24 hours. Strain through fine sieve. Set aside.

JAPANESE PEAR SALAD

Toss pears with Ponzu sauce. Set aside.

CILANTRO AÏOLI

Combine egg yolks and vinegar in blender. With motor running, slowly add olive oil until emulsified. Remove from blender. Add chopped cilantro. Refrigerate until ready to use.

MAHI-MAHI

Combine Japanese Panko breadcrumbs and coconut in blender or food processor. Pulse until finely ground. Season mahi-mahi to taste with kosher salt. Dip in cilantro aioli. Coat with Panko-coconut mixture. Sear in non-stick pan on both sides. Place in oven until medium rare/medium.

PRESENTATION

Bring fish stock to simmer in saucepan. Reduce to glaze consistency. Slowly whisk in butter. Place portion of pear salad in center of serving plate. Top with mahi-mahi fillet. Garnish with micro cilantro and micro beets. Spoon fish stock around fish.





TRUFFLE-SCENTED LOBSTER SIEW MAI WITH CRISPY WATERCRESS SALAD

Riko Bartolome, *Executive Chef/Consultant*

MAKES 4 SERVINGS



LOBSTER

1 Tbsp Butter
1 each Shallot, *chopped*
1 clove Garlic, *chopped*
2 Tbsp Leeks, *diced*
1/2 lb Rock lobster meat, *Western Australian*

To taste Truffle oil
To taste Chives, *chopped*
To taste Tarragon, *chopped*
To taste Salt and pepper

TEMPURA

2 C Sparkling wine
1 each Egg
1 C Flour, *all purpose*
1 C Cornstarch
To taste Salt and pepper

SIEW MAI

18 each Wonton skins

SALAD

Watercress
Leeks, *julienmed*
Red wine vinaigrette
Red tobiko

PREPARATION

LOBSTER

In a small skillet, melt the butter. Add the shallot, garlic, and leeks. Cook over medium heat until leeks turn translucent. Remove from heat and cool. Using a food processor with a metal blade, add the lobster meat and process until smooth. Transfer to small mixing bowl and fold in the cooled shallot mixture and truffle oil. Add desired herbs and season. Cover and refrigerate.

TEMPURA

Pour the sparkling wine in a medium size mixing bowl. Whisk in the egg. Fold in the flour and cornstarch. Season and set aside.

SIEW MAI

Spoon lobster mixture onto a wonton skin and mold into desired shape. Steam in a rapidly boiling steamer for approximately seven to eight minutes.

FRIED WATERCRESS

Mix the tempura batter with the watercress and julienne leeks and fry a three-finger pinch in a 350° F fryer. Drain onto paper towel.

PRESENTATION

Divide watercress mixture equally on four plates. Top with 4-5 siew mai pieces each and serve.



WILD ALASKAN SALMON TARTARE WITH LEMON CRÈME FRAÎCHE ON BLACK SESAME PÂTE BRISÉE

Maryjo Testa, *Executive Chef, Laurel Restaurant and Bar*



MAKES 10 SERVINGS

SALMON TARTARE

1 lb Fresh wild Alaskan salmon
filet (or belly with nice
vibrant color)
2 each Shallots, *minced*
1/2 C Italian parsley, *chopped*
2 Tbsp Capers
2 Tbsp Freshly squeezed lemon juice
3 Tbsp Extra virgin olive oil
1 tsp Kosher salt
1/2 tsp Ground white pepper

LEMON CRÈME FRAÎCHE

1 each Lemon, *zest and juice*
1/2 C Crème fraîche
Pinch Kosher salt
5 each Chives, *chopped fine for garnish*

BLACK SESAME PÂTE BRISÉE

12 oz All-purpose flour
1/2 C Sugar
1/2 tsp Salt
1/2 lb Butter, *cubed small, kept very cold*

1 each Egg yolk
3 Tbsp Ice-cold water
Black sesame seeds

PREPARATION

SALMON TARTARE

Cut salmon in small cubes evenly. Place in a bowl of ice with another bowl on top. This will keep the salmon cold. Add all other ingredients with the salmon. Mix together and chill.

LEMON CRÈME FRAÎCHE

Combine all ingredients, mix well, chill one hour before serving.

BLACK SESAME PÂTE BRISÉE

In a food processor, add three-quarters of the flour with the sugar, salt and butter. Pulse until the butter is about pea-sized. Add remaining flour and pulse until just combined. While the machine is running, add yolk and water in a thin stream. Mix the ingredients until they look like they are coming together (the dough will not come completely together in the machine). The mixture will climb up the sides of the bowl, so you may have to push the ingredients back towards the center once or twice. You do not want to heat this mixture or the butter will melt and your pastry will be tough. Likewise, you do not want to work the flour too much or the pastry will be tough. At the last second add black sesame seeds.

Turn dough onto a clean work surface. Knead the dough a few times with the heel of your palm to help the dough come together. Wrap the dough in plastic and refrigerate at least 30 minutes.

The key to a tender, flaky crust is never allowing the dough to become warm before the baking process. So, when you take the dough out of the fridge, let it warm up just enough to be able to roll out. Once you have cut/molded the dough into desired shape, chill one last time in the freezer, this will keep the crust flaky and keep its shape. Bake at 325° F for 20 minutes.

PRESENTATION

After your Pâté Brisée has cooled down, set on a desired plate with a teaspoon of the tartare mixture, followed by a squeeze of Lemon Crème Fraîche, and then garnish with chive.



GRILLED WILD ALASKAN SALMON, WHITE PEACHES WITH ORANGE BLOSSOM HONEY

Andrew Spurgin, Executive Director/Chef, Waters Fine Catering; Co-founder, Passionfish



MAKES 4 SERVINGS

SALMON

1-1/2 lb Wild Alaskan salmon filet,
skin on
2 Tbsp Sunflower oil
1/2 tsp Sea salt
1/2 tsp Peppercorns, medium
ground
1/2 tsp Avocado oil*

PEACHES

2 each Ripe white peaches
1 tsp Blood orange-infused
olive oil*
1 tsp Grapefruit-infused olive oil*
1 Tbsp Orange blossom honey*
1/8 tsp Orange zest, finely chopped
1/2 tsp Chives, finely snipped
1/2 tsp Parsley, finely chopped

*Available at specialty markets

PREPARATION

SALMON

Make sure to use a very clean grill! Pre-fire grill with hardwood charcoal to high heat and season the grill with sunflower oil several times so fish will not stick. You are ready to grill when you cannot hold your hand over the grill for more than a few seconds!

Cut salmon into four portions. Lightly salt skin side. Sear skin side down on grill for two minutes or until crust forms. Remove from grill, brush salmon with avocado oil; season with a sprinkle of ground peppercorns and sea salt, return to grill meat side down. Check for doneness after approx. four to five minutes (as thickness of salmon will vary), remove from grill.

PEACHES

Remove stone and cut into six sections each. Toss peaches in a little blood orange and grapefruit oils, sprinkle with freshly-ground pepper, grill for 30 seconds each side, remove from grill and drizzle with honey.

PRESENTATION

Place salmon on plate, drizzle lightly with blood orange and grapefruit oils, lean grilled peaches against salmon and top with chives, parsley and orange zest. Great served over a simple salad of watercress, Belgian endive, and fresh mint.



CITRUS INFUSED TROLL-CAUGHT KING SALMON TARTARE WITH HOUSEMADE RYE CRACKERS

Tom Atkins, Executive Chef, J. Taylor's Restaurant, l'Auberge Del Mar Resort and Spa



MAKES 10 SERVINGS

TARTARE

16 oz Wild Alaskan salmon,
small diced
1 each Red onion, small diced
2 Tbsp Chives, diced
1 Tbsp Parsley, chopped
1 each Lemon, zest of
1 each Orange, zest of
1 Tbsp Horseradish, fresh grated
To taste Extra virgin olive oil
To taste Salt and pepper

RYE CRACKERS

8 oz All-purpose flour
5 oz Rye flour
3/4 oz Sugar
1/3 oz Salt
1 1/4 oz Shortening
6 oz Milk
Pinch Caraway seed
1 bunch Green onions, sliced on bias
Pinch Course salt

PREPARATION

TARTARE

Take half of small diced salmon and pulse in food processor until smooth in texture, remove to mixing bowl and combine with remaining salmon and all other ingredients. Season to taste.

CRACKERS

Combine all dry ingredients, cut in shortening, then milk, let rest one hour. Roll out with pasta roller to desired thickness. Brush with water, sprinkle caraway seed, green onion, and course salt. Cut to desired shape and bake at 375°F until light brown.

PRESENTATION

Top crackers with chilled tartare and serve.

“CENTINI BLUE” CHAMPAGNE COCKTAIL

Bernard Guillas, Executive Chef, The Marine Room, La Jolla

MAKES 1 SERVING

PREPARATION

Named in honor of Scripps Institution of Oceanography's centennial anniversary, the Centini Blue is a champagne cocktail... you don't shake... you don't stir... or you will kill the bubbles!

Pour the Parfait A'mour liqueur with Sambuca and Absolut Peppar vodka into a chilled champagne glass. These three items can be pre-mixed (just before you use them). Top with champagne. Garnish with orange peel. Cheers!

1 oz Parfait A'mour liqueur
1/2 oz Sambuca
1/2 oz Absolut Peppar vodka
4 oz Prosecco, Champagne or
sparkling wine
Orange peel garnish



OVEN-BAKED ALBACORE TUNA, BELL PEPPER TAPENADE, AERUME OIL

Pascale Vignau, Executive Chef/Owner, Savory

MAKES 6 SERVINGS

TUNA

- 1 lb Raw albacore tuna
- 1 each Lemon, zest and juice
- 1 each Orange, zest and juice
- 1/2 each Grapefruit, zest and juice
- 2 C Virgin olive oil
- 3 each Sliced garlic cloves
- 6 big leaves Fresh basil
- 2 sprigs Thyme
- To taste Salt and pepper

BELL PEPPER TAPENADE

- 1 Tbsp Olive oil
- 1/2 C Onion, diced
- 1 piece Red bell pepper, seeded
- 1 piece Green bell pepper, seeded
- 1 piece Anchovy fillet
- 1 tsp Garlic, chopped
- 1/2 C Dried cured black olives
- 1 Tbsp Capers, chopped
- 1 Tbsp Parsley, chopped

PREPARATION

TUNA

Dice tuna into one-inch squares. Zest and juice lemon, orange, and grapefruit. Place all ingredients into a small baking dish, cover with aluminum foil and cook for 45 minutes at 275° F. Cool to room temperature. Remove tuna and flake. Add cooking oil as needed.

TAPENADE

In a sauté pan over medium heat, pour the olive oil, heat, and add onion, pepper, anchovy, and garlic. Cook until peppers are soft. Add chopped black olives, capers, and parsley. Cook for five minutes. Remove from heat and place into a food processor; pulse a few times.

PRESENTATION

Top tuna with red bell pepper tapenade and serve on toasted bread.



SWEET CORN AND CRAB BRÛLÉE, MICROGREENS, HAZELNUT VER JUS DRESSING

Bernard Guillas, Executive Chef, The Marine Room, La Jolla

MAKES 6 SERVINGS

CUSTARD

- 3/4 C Alaskan Dungeness crab meat, shelled
- 1 Tbsp Butter
- 1 Tbsp Finely chopped shallots
- 3 ears Sweet white corn
- 1 C Heavy cream
- 3/4 C Milk
- 1/4 C Goat cheese
- 1/4 C Cream cheese
- 4 each Egg yolks
- 1/8 C White port
- To taste Sea salt and freshly ground black pepper

SUGAR

- 1/4 C Granulated sugar
- 1/4 C Brown sugar

MICROGREENS SALAD

- 1-1/2 C Hydroponic mâche salad
- 1/2 C Arugula
- 1/2 C Watercress
- 1/2 C Red oak

HAZELNUT VER JUS DRESSING

- 1/4 C Hazelnut oil
- 1/4 C Ver jus*
- 1 tsp Honey
- 1 tsp Minced shallots
- 1 tsp Tarragon, finely chopped
- To taste Sea salt and fresh ground black pepper

PRESENTATION

- 2 ears Corn, grilled, shaved
- 6 each Red teardrop tomatoes, halved
- 6 each Yellow teardrop tomatoes, halved

PREPARATION

CUSTARD

Pack bottom of six four-ounce ceramic ramekins with crab meat. In saucepan, at medium heat, melt butter. Cook shallots without browning. Shave corn kernels from cobs. Add corn, cream, and milk. Season to taste. Bring to boil. Reduce to simmer. Cook for five minutes. Place mixture in blender. Purée. Strain through medium sieve. Whip goat cheese and cream cheese in food processor until smooth. Add egg yolks one at a time, followed by corn mixture, white port, salt and pepper. Whip 30 seconds. Divide mixture evenly between ramekins. Bake at 225° in water bath until set, approximately 1-1/2 hours. Remove ramekins from water bath. Let cool. Refrigerate.

SUGAR

Combine sugars in mixing bowl. Spread thin layer over top of custard. Caramelize sugars to brown color with brûlée iron or torch (both can be found in specialty cooking stores).

MICROGREENS SALAD

Combine ingredients in mixing bowl. Toss gently with three table-spoons hazelnut ver jus dressing. Reserve remaining dressing for garnish.

HAZELNUT VER JUS DRESSING

Blend all ingredients in mixing bowl. Season to taste.

PRESENTATION

Arrange microgreens in center of chilled plate. Place sweet corn and crab brûlée beside microgreens. Garnish with teardrop tomatoes. Spoon one tablespoon reserved dressing on each plate.

*Ver jus is non-alcoholic green juice extracted from underripe grapes, available at specialty shops and online.

How do you know so much about fish?



Brad Matsen has provided the enjoyable descriptions of fish and shellfish for this manuscript. Lengthier versions were provided to the graduate students (volunteers from the Scripps Institution of Oceanography and Southwest Fisheries Science Center, NOAA) that paired with each of our chefs tonight.

Matsen has been writing about the sea and its creatures for twenty-five years in books, film scripts and magazine articles. His books include *Planet Ocean: A Story of Life the Sea*; *Dancing to the Fossil Record*; *Shocking Fish Tales*; *Fishing Up North*; *Faces of Fishing*, and recently *Descent: The Heroic Discovery of the Abyss* (Pantheon/Random House), and *Rapture of the Deep* (University of California Press), both of which will be published in the fall of 2004.

He was a creative producer on the *Shape of Life*, an eight-hour Sea Studios/National Geographic television series which aired on PBS in April 2002, and he also wrote the accompanying book of the same name. He has written for *Mother Jones*, *Audubon*, *Nature*, and many other magazines. His coverage of depleted marine resources in *Mother Jones* "Blues In the Key of Sea," won the Project Censored Prize as one of the ten best stories of 1999. From 1985 to 1995, he was the Pacific editor of *National Fisherman Magazine* and a senior editor at *Seafood Business*. Matsen lives in Seattle and New York.

Fishing boats at anchor, photos.com



*"It is good to have an end to
journey towards; but it is the journey
that matters in the end."*

~URSULA K. LeGUIN

We couldn't have done it without you...

Laura Fleming, Public Relations Director,
Alaskan Seafood Marketing Institute

Annalee Bennett

Best Beverage Catering

Black Tie

Carlos Sanchez

Cindy Crawford, Behind The Scenes

Classic Party Rentals

Sarah Stonum, Crown Point Catering

EuroBar

Flashback Stage Lighting

Good Earth Plant Company

Karl Strauss Brewery

Lisa Schirmer Winglyphs

Karen Tarica, US Communications Director,
Marine Stewardship Council

Next Day Printed Tees

David and Lucile Packard Foundation

Passionfish Board of Advisors

Redwood Hill Farm Dairy

Richard Smith

San Diego Culinary Institute student
volunteers and Chef Kjeld Petersen

San Diego Gastronomically Correct Chefs

Sarah Glaser and the Scripps Institution of
Oceanography graduate student seafood
ambassadors

Sea Lodge Hotel

Securitas Security

SoCal Ice Productions

Cindy Taylor and the Southwest Fisheries
Science Center, NOAA

Specialty Produce

Sunset Valet

Tomkinson Photography

Andrew Spurgin, Saul Paniagua and the
Waters Fine Catering volunteer team

Voice and Video

About ASMI...

The Alaskan Seafood Marketing Institute has generously underwritten all of the wild halibut and wild salmon for this evening's event.

The Alaska Seafood Marketing Institute is the State of Alaska's official seafood marketing arm. It is a public agency of the State of Alaska, funded by the Alaska seafood industry and federal grants. ASMI promotes Alaska Seafood throughout the U.S. and in 17 other countries. ASMI also provides education and training to the seafood industry in food safety and quality assurance practices.

Alaska offers five species of wild Alaska Salmon (King, Coho, Sockeye, Pink and Keta), numerous kinds of shellfish including several well known types of Alaska Crab (King, Dungeness, Snow), and many Alaska Whitefish varieties (Alaska Halibut, Alaska Black Cod or Sablefish, Alaska Cod, Alaska Pollock, Alaska Sole, Alaska Surimi Seafood).



Alaska Seafood Marketing Institute