

Sopa de Pescado

Evelyn Arévalo, NRDC program assistant, San Francisco

INGREDIENTS

1 whole farmed tilapia, scaled and gutted
2 medium tomatoes, diced
1 to 2 garlic cloves, whole
1/2 cup spinach leaves
About 4 cups of assorted vegetables—
such as carrots, onions, green peppers,
potatoes, zucchini or chayote—diced
into chunks
Salt and pepper to taste

TIP

Chayote is a type of Mexican squash with crisp flesh—you can find it in most Latino grocery stores. Also, if you have kids, make sure you take out the bones from the fish before serving.

PREPARATION

1. Wash the tilapia well and make sure it is carefully cleaned. If you like, you can squeeze a lemon on it before you wash it. Cut the fish into four big pieces: head, tail and two for the torso.
2. Fill a big pot with about 6 quarts of water. Add tomatoes, garlic, salt and pepper and bring to a boil.
3. When the water boils, add the harder vegetables (chayote, potatoes and carrots). After they've started to cook, add the onion, green pepper and zucchini.
4. Take out the garlic and place the fish in. The fish cooks in about five to ten minutes; add the spinach leaves just before it is done.

Firecracker Salmon

with Roasted Corn Medley

Melissa Bez, NRDC program assistant, Washington, D.C.

INGREDIENTS

4 wild Alaskan salmon steaks (or fillets)

Note: Make sure the salmon is wild-caught from Alaska. Farmed fish can contain pesticides and antibiotic residue. Salmon farming also pollutes the ocean, and escaped farmed fish can spread diseases to wild fish.

For the Marinade

1/4 cup peanut oil
2 tablespoons soy sauce
2 tablespoons balsamic vinegar
2 tablespoons chopped scallions
1 1/2 teaspoons brown sugar
1 clove garlic, minced
3/4 teaspoon grated fresh ginger
1/2 teaspoon red chili flakes (or more, to taste)
1/2 teaspoon sesame oil
1/8 teaspoon salt

For the Corn Medley

3/4 cup fresh corn kernels (about 1 ear)
1 apple, peeled and diced
1 tomato (orange or red), diced
2 yellow (sweet) chili peppers, seeded and diced
2 cloves garlic, minced
1 shallot, minced
1 tablespoon cilantro, chopped
1 tablespoon balsamic vinegar
Red wine for deglazing



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PREPARATION

Salmon

1. Whisk together all ingredients for the marinade. Marinate the salmon for four to six hours.
2. Grill for five minutes on each side over a medium flame.

Corn Medley

1. Roast corn in a skillet, without oil, for several minutes, stirring frequently.
2. Add the apple and peppers along with balsamic vinegar, and continue stirring for several minutes more.
3. Stir in the garlic and shallots; then add tomatoes and cilantro and cook, stirring occasionally, for several minutes.
4. Deglaze pan with red wine and allow liquid to reduce down.

Serves 4.



Did You Know?

Less than 1/100th of one percent of U.S. waters are fully closed to oil drilling, mining, fishing or other extractive industries.

Honey Salmon

Claxton Francis, NRDC director of information technology, New York

INGREDIENTS

- 1 pound wild Alaskan salmon fillet
- 1/2 cup honey mustard
- 3 tablespoons olive oil
- 2 to 3 teaspoons fresh thyme, chopped

Note: Make sure the salmon is wild-caught from Alaska. Farmed fish can contain pesticides and antibiotic residue. Salmon farming also pollutes the ocean, and escaped farmed fish can spread diseases to wild fish.

TIP

If you can't get fresh thyme, chopped scallions work nicely, too.

PREPARATION

1. Whisk olive oil together with honey mustard and spread over the fish. Marinate for at least one hour (overnight is best).
 2. Place the fillet in a baking pan and sprinkle thyme over the top.
 3. Bake, uncovered, at 375 degrees for about 45 minutes.
- Serves 4.

Pacific Cod Potpies

with Dill Biscuit Crust (adapted from *Gourmet*)

Alex Kennaugh, NRDC publications director, New York

INGREDIENTS

For filling

1 $\frac{1}{4}$ pound skinless Pacific cod,
cut into $\frac{3}{4}$ -inch pieces
1 medium leek (white and pale parts
only, cut into $\frac{1}{2}$ -inch pieces)
1 cup carrots, finely diced
 $\frac{1}{2}$ cup celery, finely diced
3 tablespoons unsalted butter
2 tablespoons all-purpose flour
 $1\frac{1}{2}$ cups whole milk
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon black pepper

For crust

$1\frac{1}{2}$ cups all-purpose flour
1 tablespoon baking powder
 $\frac{3}{4}$ teaspoon salt
 $7\frac{1}{2}$ tablespoons cold unsalted butter
cut into $\frac{1}{2}$ -inch cubes,
plus 1 tablespoon melted
 $2\frac{1}{2}$ tablespoons chopped fresh dill

Note: Look for Pacific cod that is trap caught, hook-and-line caught or bottom longline caught. You can also use farmed striped bass as an alternative.

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PREPARATION

1. Preheat oven to 450 degrees with rack in middle.
2. For sauce, wash leek and drain well. Cook leek, carrot and celery in butter in a heavy saucepan (2-quart) over moderate heat stirring frequently until tender, about seven minutes. Add flour and cook, stirring one minute. Stir in milk, $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Bring sauce to boil, stirring, then reduce heat and simmer for about four minutes, stirring occasionally. Sauce will be thick. Remove pan from heat.
3. For crust, whisk together flour, baking powder and salt in a bowl. Blend in butter cubes with your fingertips or pastry blender until crumbly. Stir in milk and dill with a fork until mixture just comes together. Gather dough into a ball, turn out onto a floured surface and knead two to three times. Roll out with rolling pin until $\frac{1}{2}$ -inch thick and cut out four to six biscuits, depending on size of topping desired.
4. To assemble and bake pies, sprinkle the cod with remaining $\frac{1}{2}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper. Bring sauce to a simmer and stir in fish, then divide among ramekins. Top each ramekin with biscuit and brush biscuit with melted butter. Arrange ramekins in shallow baking pan and bake until sauce is bubbling, 12 to 15 minutes.

Serves 4 to 6.



Did You Know?

Orange roughy, a deep-sea fish, can live up to 150 years. Some corals living in cold, deep waters are thousands of years old.

Kerala-style Fried Fish

Shanti Menon, NRDC website editor, New York

INGREDIENTS

- 1 pound farmed tilapia fillets
- 1/2 teaspoon chili powder
(or cayenne pepper)
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- 3/4 teaspoon salt
- 2 to 3 teaspoons distilled white vinegar
- About 3 tablespoons olive or canola oil
for shallow frying

TIP

Frying spicy fish can be a little messy—a well-ventilated kitchen helps keep smoke and smells to a minimum. Also, try putting a little oil on your hands before handling the spice paste—this helps keep the turmeric from staining your fingers yellow! Rice is the standard accompaniment to this dish.

PREPARATION

1. Wash the fillets and pat them dry.
2. Combine the spices and salt in a small bowl; add vinegar and combine to form a paste.
3. Rub both sides of each fillet with the spice paste.
4. Heat oil in a shallow frying pan on medium-high heat. Fry fillets about two to three minutes on each side. Remove and serve immediately.

Serves 3 to 4.

Steamed Halibut

on a Bed of Leeks and Carrots

Darby Hoover, NRDC senior resource specialist, San Francisco

INGREDIENTS

- 2 fillets Pacific halibut, preferably skinless
- 1 teaspoon olive oil
- 2 large leeks, white and light green parts only, julienned
- 3 carrots, julienned (same volume as leeks)
- 4 sprigs fresh thyme or flat-leaf parsley
- 1 cup dry white wine
- Salt and pepper to taste

Note: Each fillet should be a single-serving size; if not, serve a large fillet whole and divide it at the table.

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PREPARATION

1. Rinse your fresh fish in water—if it smells at all fishy, give it a “North Sea Bath.” (In a large, non-reactive pan (such as Pyrex) cover the fish with ice water and add about 4 tablespoons of salt. Let it sit, preferably refrigerated, for at least 20 minutes. Discard the salt water and rinse the fish in clean water. Any fishy smell should have dissipated.)
2. Heat a skillet (one with a lid to fit) on the stove, medium to medium-high. Add the olive oil and let it heat up, then add the julienned carrots and leeks, stirring to combine.
3. Put on the lid and let the vegetables sweat for five to eight minutes, until the carrots begin to become tender and the leeks start to become translucent, but just before they brown.
4. Put the fillets directly on top of the vegetables and sprinkle with salt and pepper. Top each fillet with thyme (or parsley) sprigs. Pour the wine on the vegetables (to the sides of the fish), cover the skillet, and let the fish steam for five to ten minutes, depending on thickness. If you have particularly thick fillets, you may turn them over halfway through cooking.
5. Serve fish and vegetables together, immediately (with rice or other accompaniment if desired).

Serves 2.



Did You Know?

Studies show that on average, marine protected areas are home to twice as many fish and three times as many large fish than in other similar areas open to fishing.

Catfish Lafitte

(adapted from www.AllRecipes.com)

Erin Kiley, NRDC program assistant, Santa Monica

INGREDIENTS

4 farmed catfish fillets, 6 ounces each
2 eggs
1 cup milk
2 cups flour
1 $\frac{1}{4}$ teaspoons salt
1 $\frac{1}{2}$ teaspoons ground pepper
1 tablespoon butter
2 tablespoons garlic, minced
 $\frac{1}{4}$ cup white vermouth
2 cups whipping cream
 $\frac{1}{4}$ cup green onions, chopped
2 teaspoons lemon juice
3 thin slices ham
Vegetable oil

TIP

This recipe originally called for 12 large shrimp in the topping; I often leave them out (it's hard to get truly sustainable shrimp)—and the ham, too—and the dish is still delicious.

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PREPARATION

1. In a medium bowl, beat eggs with milk.
2. In a medium dish, combine flour, 1 teaspoon salt and $\frac{1}{2}$ teaspoon pepper.
3. Dredge fillets in flour mixture, dip in milk mixture, then dredge again in flour mixture, making sure to cover both sides thoroughly.
4. Pour vegetable oil to 3 inches deep in dutch oven. Fry fillets about six minutes, or until golden brown. Remove fillets, blot dry and keep warm.
5. Melt butter in large skillet over medium heat. Add garlic. Cook about 30 seconds, stirring often. Stir in vermouth, bring to boil and cook for one minute.
6. Add whipping cream, 2 tablespoons green onions, lemon juice, remaining $\frac{1}{4}$ teaspoon salt and remaining pepper, stirring often, about 12 to 15 minutes or until thick.
7. Arrange catfish on a plate and drizzle with sauce. Top with ham and remaining green onions.

Serves 4.

An illustration of a light orange fish swimming to the left, with three bubbles of varying sizes rising from its mouth. The fish is partially cut off by the left edge of the page.

Did You Know?

Estuaries provide essential habitat for more than 75 percent of marine species, and generate more food per acre than the richest Midwestern farmland.

Baja Fish Tacos

with Cabbage Salsa

(adapted from *Tequila: The Book*, by Ann and Larry Walker)

Barry Nelson, NRDC senior policy analyst, San Francisco

INGREDIENTS

Fish

- 1 1/2 pounds Pacific halibut, farmed striped bass, mahi mahi or other firm, sustainable fish
- 1/2 cup flour or breadcrumbs
- 1/2 teaspoon salt
- 1/2 teaspoon cumin
- 1/2 teaspoon ground black pepper
- 4 cloves garlic, minced
- 1/2 cup milk
- 4 tablespoons olive, canola or corn oil
- 12 corn tortillas (handmade are best)
- Dash of cayenne pepper

Salsa

- 1 small head of cabbage
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 tablespoon tequila
- 1 teaspoon oregano, crumbled
- 1 large tomato, diced
- 1 canned jalapeno chili, minced
- Juice of 1 orange and 1 lime

TIP

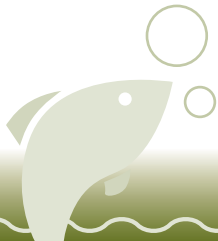
If you don't have time to make the cabbage salsa, use any good salsa, a little sour cream and a squeeze of lime.

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PREPARATION

1. Remove the tough outer leaves of cabbage and shred the head into a large bowl. Add remaining salsa ingredients and stir. Set aside for at least 30 minutes while you make the fish.
2. Cut the fish into strips 1 inch wide. Combine the flour, salt, cumin, black and cayenne peppers in a shallow bowl. Pour milk into another shallow bowl. Dip the fish in the milk and toss the fish in the flour mixture.
3. Heat the oil in a skillet over high heat. When the oil is hot, add the fish and fry, turning once, until it is golden brown on both sides (this takes only a few minutes). Toss in the garlic as the fish fries. Remove fish and dry on paper towels.
4. Warm the tortillas in foil in the oven or in a dry skillet on the stovetop.
5. Serve the tortillas in one bowl, the fish in another and the cabbage salsa in a third.

Serves 6.



*Did You
Know?*

In 1996, the North Atlantic swordfish was in trouble. But by 2002, after a consumer campaign to “Give Swordfish a Break” and the closure of swordfish nursery areas to longline fishing, the population recovered to 94 percent of healthy levels.

Krissy T's Wild Salmon

Kim Ranney, NRDC online marketing and production associate, New York

INGREDIENTS

- 1 pound wild Alaskan salmon
- 1 packet Goya seasoning for fish
or store-bought salmon seasoning
- 1 teaspoon garlic salt
- Juice of one lemon
- 1/4 cup balsamic vinegar
- 1/4 cup sodium-free soy sauce
- 1 to 2 tablespoons mayonnaise

Note: Make sure the salmon is wild-caught from Alaska. Farmed fish can contain pesticides and antibiotic residue. Salmon farming also pollutes the ocean, and escaped farmed fish can spread diseases to wild fish.

TIP

Serve hot. This dish is great with salad or broccoli and couscous.

PREPARATION

1. Combine lemon juice, vinegar and soy sauce for marinade.
2. Rub salmon with seasoning and garlic salt, fork the salmon and pour marinade over it. Refrigerate for 20 to 30 minutes.
3. Preheat broiler on low for 20 minutes.
4. Broil salmon for 10 to 15 minutes, spooning marinade over it during cooking. If water is needed, add by 1/4 cup at a time to pan.
5. After salmon is light pink outside, spread a thin layer of mayonnaise across the top and turn broiler to high. Broil until mayonnaise caramelizes. Add water to pan if needed and spoon marinade again over salmon.

Serves 2 to 3.

Poached Alaskan Halibut,

Sweet and Sour Golden and Red Beets,
Citrus and Extra Virgin Olive Oil Emulsion

Eric Ripert, executive chef/co-owner, Le Bernardin, New York

INGREDIENTS

Poached Alaskan Halibut

4 Alaskan halibut fillets,
7 ounces to 9 ounces each
2 tablespoons fresh lemon juice
1 tablespoon chiffonade of fresh basil

Sweet and Sour Golden and Red Beets

2 to 3 golden beets, depending on size
2 to 3 red beets, depending on size
1/2 cup red wine vinegar

Note: Espelette pepper is a mild red chili pepper popular in the Basque region of southwestern France. It's available at specialty food shops. Ponzu is a Japanese dipping sauce, available at Asian food markets and specialty food shops.

Citrus and Extra Virgin Olive Oil Emulsion

Zest of 1 orange
Zest of 1 lemon
1/2 star anise
1 tomato, cored and chopped
1 1/2 cups olive oil
1/4 cup lemon oil
3/4 cup fresh orange juice
2 tablespoons fresh lemon juice
2 tablespoons ponzu (bottled)
1 teaspoon minced shallot
Fine sea salt and freshly ground white pepper to taste
Espelette pepper to taste

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PREPARATION

- 1.** The marinade oil, which will be the base for the citrus and extra virgin olive oil emulsion, needs to be made two days in advance. Crush the orange zest, lemon zest, star anise and tomato together by hand. Add the oils. Season well with salt and cover with plastic wrap; let sit for two days under refrigeration. After two days, warm the marinade oil and strain through a chinois. Reserve the oil and throw the aromatics away.
- 2.** Cook the beets, red and yellow in separate pots, in salted water with $\frac{1}{4}$ cup red wine vinegar added to each pot. When the beets are tender, remove them from the water and let them cool. Peel the beets and cut them horizontally into $\frac{1}{8}$ -inch slices. Each serving will receive three yellow beet slices and three red beet slices. Portion the beets onto a plate and cover with plastic wrap. Keep refrigerated until ready to use.
- 3.** Make the citrus and extra virgin olive emulsion just before poaching the halibut. Combine the orange juice, lemon juice, ponzu and shallots; bring to a simmer. Emulsify in one cup of the marinade oil with a whisk; season to taste with salt, white pepper and Espelette pepper.
- 4.** When ready to serve, bring a shallow pot of water (big enough to hold the four halibut fillets) and the lemon juice to a boil. Season with salt and reduce the heat so the water is just under a simmer. Season the halibut on all sides with salt and pepper. Place the halibut in the water and poach the fish until it is just warm in the center; a metal skewer should be easily inserted into the fish and, when left in for five seconds, feel warm when touched to the lip. While the fish is poaching, season the beets and reheat them in a microwave or oven until they are warm. Drizzle $\frac{1}{2}$ tablespoon of the marinade oil over each portion of beets.
- 5.** Remove the halibut from the poaching liquid and drain each fillet on a towel. Arrange the beets in a circle in the center of each entrée plate. Place the halibut on the beets. Garnish the top of each halibut with $\frac{1}{2}$ tablespoon of basil chiffonade. Serve the warm emulsion in a sauceboat on the side.

Serves 4.

Grilled Fresh Sardines

with Preserved Lemon Salsa Verde

Thom Fox, executive chef, Acme Chophouse, San Francisco

INGREDIENTS

For the Sardines

16 to 24 fresh sardines,
scaled and gutted
Extra virgin olive oil
Sea salt

TIP

If you can't find preserved lemons (available at specialty food stores), use the zest of three regular lemons. The sardines can also be cooked under the broiler or in a very hot oven.

For the Salsa Verde

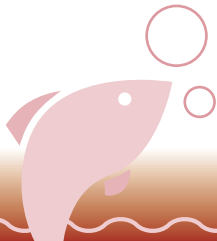
1 preserved lemon, seeds removed,
finely chopped
1/2 cup parsley, chopped
2 tablespoons mint, chopped
1/4 cup shallots, chopped
1 clove garlic, chopped finely
1 tablespoon capers, chopped
1 teaspoon white wine or
champagne vinegar
1 cup extra virgin olive oil

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PREPARATION

1. Combine all ingredients for salsa verde.
2. Season the sardines with a bit of extra virgin olive oil and a sprinkling of coarse sea salt.
3. Heat the grill until the coals are gray and the grill is quite hot. Lay the sardines out and grill quickly on each side, about one minute or so. They should pull away from the grill easily, and the flesh should be firm to the touch when done.
4. Remove the sardines from the grill and arrange them on a platter. Spoon salsa verde over each fish. Serve with a crisp spicy salad, such as arugula or watercress, simply dressed. A crisp white wine completes the package.

Serves 4.



*Did You
Know?*

**More than half the U.S. population lives
within 50 miles of the coastline.**

Buttermilk Fried Fresh Anchovies

with Harissa

Thom Fox, executive chef, Acme Chophouse, San Francisco

INGREDIENTS

Anchovies

About 32 fresh anchovies (8 per person)

1 cup buttermilk

Flour for dredging

TIP

A crisp white wine is superb with this dish.

Harissa Sauce

1 red bell pepper, roasted over a flame, peeled and seeded

1 jalapeno pepper, seeded

1 clove garlic

1 teaspoon coriander, toasted in dry pan and ground very fine in clean coffee grinder

2 teaspoons caraway seeds, toasted in dry pan and ground very fine

1½ cup extra virgin olive oil

2 teaspoons white wine vinegar

Salt to taste

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PREPARATION

1. Rinse the anchovies in water and pat them dry.
2. Place anchovies in a bowl and add 1 cup buttermilk. Let sit for five minutes.
3. Remove anchovies from bowl and dredge in flour. Make sure all sides of anchovies are coated with flour.
4. Place all sauce ingredients but the oil and vinegar into a blender or food processor. Blend or process until chopped. Add the oil while the machine is running and continue blending until sauce is smooth. Add vinegar and season to taste—sauce should be a bit spicy.
5. In a large shallow pot pour oil to a depth of 2 inches and heat oil to 360 degrees. A good test for proper heat is to dip the tip of a fish into the oil and see if it begins to fizz. If it doesn't fizz, wait for the oil to heat more.
6. When oil is ready, pick up the anchovies and shake off any excess flour. Carefully drop the anchovies into the oil one by one, frying only 10 to 12 at a time.
7. The anchovies will cook quickly, in no more than half a minute. They should be crisp and firm when done. As they finish, remove them from the oil and lay them on a paper towel while you fry the rest.
8. Sprinkle all the sardines with a bit of coarse sea salt or kosher salt. Arrange them on a platter, squirt with a bit of fresh lemon and serve with the harissa sauce as a dip.

Serves 4.



Chermoula Halibut

with Red Quinoa, Edamame and Shell Bean Salad
and Preserved Lemon Vinaigrette

Monica Pope, chef/owner, t'afia, Houston

INGREDIENTS

For the Chermoula Halibut

4 to 6 Pacific halibut fillets
(1 per person), 4 to 6 ounces each
2 garlic cloves, finely chopped
1/3 cup cilantro, finely chopped
1/3 cup flat-leaf parsley, finely chopped
3/4 teaspoon paprika
1/4 teaspoon cumin
Pinch cayenne
1/8 cup extra virgin olive oil
Juice of 1 lemon
Salt to taste

For the Salad

1 cup shelled edamame (boiled in salted water
for four to five minutes), strained
1 cup shell beans (boiled in salted water for 30
to 45 minutes), strained
4 cups red quinoa (rinsed until water runs clear
and simmered in 2 3/4 cups salted water for
12 to 15 minutes), strained

For the Preserved Lemon Vinaigrette

1/2 a preserved lemon, pulp scooped out,
ends trimmed (see note on back)
1 garlic clove, chopped
1 cup grapeseed oil
1/2 tablespoon preserved lemon liquid
1/2 cup warm water
Salt to taste

TIP

Red quinoa is available online
through Indian Harvest at
www.indianharvest.com.

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PREPARATION

For the Chermoula Halibut

1. Whisk chermoula sauce ingredients together and refrigerate until ready to use.
2. Marinate the halibut in the chermoula for one hour in the refrigerator.

For the Salad with Preserved Lemon Vinaigrette


1. Combine the preserved lemon, garlic and preserved lemon liquid in a blender or food processor.
2. Slowly add the oil and then the warm water. Blend until smooth. Add salt to taste.

Serving

1. Bake the halibut in a 350-degree oven until opaque, about five to seven minutes.
2. In a stainless steel bowl, toss cooked edamame, shell beans and quinoa with the preserved lemon vinaigrette.
3. Mound the quinoa salad in the center of the plate. Place the halibut on top of the salad, leaving room around the plate to swizzle the chermoula. You can also spoon some chermoula on top of the halibut.

Serves 4 to 6.

Note: To make your own quickly preserved lemons, lightly score four lemons all the way around (do not cut through to the flesh) and then boil in 1 cup water, 1 cup fresh lemon juice, 2 bay leaves, 1/2 tablespoon whole black peppercorns and 1/4 cup kosher salt until lemons are soft, approximately 30 minutes.



Baked Halibut

with Three-Colored Peppers and
Red Bliss and Fingerling Potatoes

Nora Pouillon, chef/owner, Nora's and Asia Nora, Washington, D.C.

INGREDIENTS

1 1/2 pounds halibut fillets,
cut into 4 portions
4 tablespoons olive oil
1 medium onion, thinly sliced
2 teaspoons minced garlic
2 green peppers, seeded and julienned
1 red pepper, seeded and julienned
1 yellow pepper, seeded and julienned
1 cup white wine

2 to 3 tablespoons assorted herbs such
as thyme, oregano and rosemary
Sea salt and freshly ground pepper
Small bouquet of assorted herbs
such as thyme, oregano and rosemary,
for garnish
16 to 20 small red bliss and/or fingerling
potatoes (about 1 pound), unpeeled

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PREPARATION

1. Preheat the oven to 450 degrees.
2. Heat 2 tablespoons of the olive oil in a medium sauté pan; add the onion, garlic and peppers and sauté for about five minutes, stirring frequently. Add the wine and herbs and season to taste with salt and pepper.
3. Bring the mixture to a boil, and cook for one minute, stirring to combine. Remove the pan from the heat.
4. Spoon the pepper mixture and juices into a baking dish large enough to accommodate the fillets in one layer. Arrange the halibut fillets on top. Drizzle with the remaining olive oil and season to taste with salt and pepper.
5. Bake for eight to ten minutes, until the fish is cooked through.
6. Steam the potatoes in a medium saucepan using a collapsible insert or boil them for 10 to 15 minutes, until a fork can be easily inserted in the potato.
7. Using a spatula, transfer each halibut fillet with the pepper mixture and juices under it to the center of a large warm dinner plate. Surround the fish with the potatoes and garnish with a bouquet of fresh herbs.

Serves 4.



Did You Know?

Scientists speculate that the deep sea could be home to as many as 10 million different species, rivaling the biodiversity of the richest tropical rainforest.

Seared Farmed Striped Bass

with Chive Whipped Potatoes, Truffle Vinaigrette
and Hen of the Woods Mushrooms

Rick Moonen, chef/owner, RM Seafood, Las Vegas

INGREDIENTS

For the striped bass

6 6-ounce portions farmed striped bass
(scale the fish, fillet it and leave the skin on)
1/2 cup Wondra flour
8 ounces sweet butter
Salt and pepper

For the potatoes

5 Russet potatoes, peeled and quartered
1 cup heavy cream
6 ounces unsalted butter
1/2 cup chive oil (see tip below)
Salt and pepper to taste

TIP

To make chive oil, blend one cup chilled vegetable oil with one bunch fresh chives in food processor. Add salt to taste. Reserve remainder in plastic squeeze bottle and refrigerate.

For the truffle vinaigrette

1/4 cup shallot, peeled and finely diced
2 cups chicken stock
1/4 cup sherry vinegar
3/4 cup truffle oil
1 cup grape seed oil/olive oil blend
Salt and pepper to taste

For the mushrooms

2 cups cleaned hen-of-the-woods mushrooms
3 tablespoons olive oil
1 teaspoon butter
3 tablespoons chopped shallots
1 tablespoon chopped garlic
1 teaspoon fresh thyme, leaves only
Salt and pepper to taste

Seafood Specials: Great Recipes that Help Save Oceans

PREPARATION

For the potatoes

1. Put the potatoes in a sauce pot and cover with cold water. Add salt and bring to a boil. Cook the potatoes until tender, about 15 minutes.
2. Strain the water out of the pot and mash the potatoes with the cream, butter, and salt and pepper. Stir in the chive oil and keep warm until ready to serve.

For the truffle vinaigrette

1. Place shallots and chicken stock in a saucepan and reduce liquid to 1/2 cup. Add the vinegar and season to taste.
2. Place everything into a blender and, with the motor running, add the oils to emulsify. Set over low heat and keep warm until ready to use.

For the mushrooms

1. Sauté the mushrooms in olive oil and butter. Season with salt and pepper.
2. Add shallots, garlic and thyme. Sauté until shallots and garlic turn translucent. Keep warm.

For the striped bass

1. Place a large stainless sauté pan over medium high heat.
2. Season the striped bass with salt and pepper and dredge the skin side of the fish in the Wondra flour. When the pan is hot, add half of the butter and place the seasoned fish, skin-side down into the pan.
3. Lower the heat to medium, and, using a large spoon, begin to baste the fish as it cooks. The butter will begin to brown. Add the remaining butter to the pan as it cooks. This will allow you to have plenty of butter for continuous basting. The meat of the fillet will be cooked after approximately 5 minutes. Flip over the fillet and turn off the heat. Remove and serve.

Serving

Pour some vinaigrette on one side of each of six warm dinner plates. Place one cooked bass fillet in the pool of sauce and top the bass with some mushrooms. On the other side of each plate, scoop some of the potatoes out and arrange carefully. Garnish the pureed potatoes with a crisp potato chip and a piece of chive.

Serves 6.