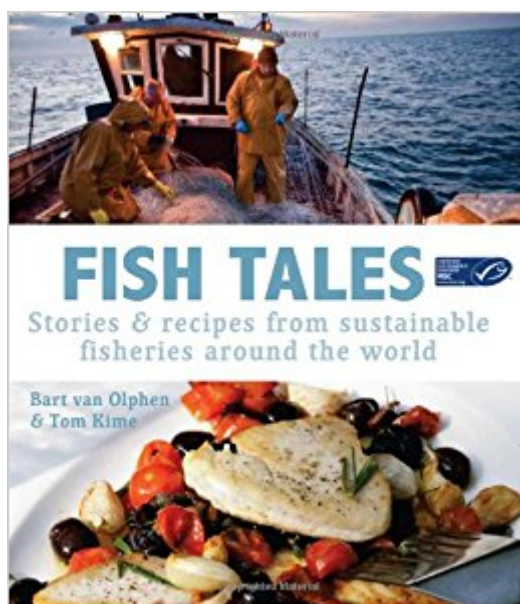


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# Fish Tales: Stories & Recipes From Sustainable Fisheries Around The World



## Synopsis

From the wild salmon caught in the Yukon river in Alaska, to clams harvested from the Mekong delta in Vietnam, this book tells the stories of sustainable fisheries. Each of the 9 chapters focuses on one fish and fishery, accompanied by delicious recipes by Tom Kime. Including a foreword by the MSC on the future of our oceans and its work around the globe, FISH TALES shows the importance of sustainable methods so fish remain a vital ingredient that we can all enjoy for years to come.

## Book Information

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## Customer Reviews

Van Olphen, who founded Fishes, the first sustainable fishmonger in Europe, and Kime (Exploring Taste & Flavour; Street Food) discuss nine sustainable fisheries in Alaska, the Netherlands, Vietnam, Denmark, South Africa, England, California, Norway, and Australia. Recipes such as Caldillo de Congrio (Chilean Fish Stew) feature instructions for beginners like how to remove the tomato core. The photos of the recipes and the fishing crews are beautiful. Also included is a section on buying and preparing fish. This is a rare book on fisheries that fills gaps in sustainable food literature and fish cookbooks. --Library Journal, August 2010  
The authors visit Vietnamese clam diggers, a Norwegian family that catches cod and haddock, and many other conscientious anglers--then dish up mouthwatering recipes for this sustainable bounty. --Utne Reader, November/December 2010

**STEAMED HALIBUT WITH FRESH HERBS AND GREEN SALSA** This is a very simple dish to cook; however, it looks striking and the taste definitely leaves you wanting more. I first ate this when I was in Santiago in Chile, where the fish that is most often used is Chilean sea bass. Another suitable deepwater fish from cold waters is halibut, although pollack can also be substituted. In this recipe I have used two fillets of halibut. Use the top and bottom of fillets from the same side of the fish so that they match up, then reassemble them around a filling of fresh herbs before lightly steaming them in portion-sized pieces. They will look like fish and herb sandwiches. To pep up this simply steamed fish, a piquant salsa of green chiles, tomato, oregano, red onion, red wine vinegar, and olive oil is served alongside it. The hot, sour, and salty salsa also works wonderfully with grilled seafood.

**Serves 4** 2 medium-sized halibut fillets, skinned salt and freshly ground black pepper 3 sprigs of fresh tarragon 3 sprigs of fresh flat-leaf parsley 3 sprigs of fresh dill extra chopped fresh herbs, to garnish (optional) For the green salsa 3 garlic cloves 2 green chiles, such as Serrano or jalapeño, seeded and finely chopped 6 medium-sized ripe tomatoes 2 red onions, finely chopped 3 sprigs of fresh cilantro, chopped 1/2 teaspoon dried oregano 1/4 cup olive oil 2 tablespoons red wine vinegar juice of 1 lemon

Season the halibut fillets with salt and black pepper. Finely chop the herbs and layer them up on the fillets. Put the two fillets back together and season the outside with salt and black pepper. The fish can be steamed whole as one piece, or it can be cut into portion-sized pieces. Using a sharp knife, slice the stuffed fillets into portions: cut 5 to 6 wedges about 1 1/2 in wide, depending on the size of the fish. Cut the fish carefully so that each double piece holds its shape. Wrap the portions in plastic wrap. Bring some water to a boil in a flat-bottomed steamer. Place the fish in the steamer and cover. Steam for 8 to 10 minutes, or until it is barely opaque. Meanwhile, make the salsa. Using a pestle and mortar, crush the garlic together with a little salt to form a paste. Add the chiles and continue to pound to make a smooth purée. Transfer the mixture to a serving bowl and prepare the tomatoes. With a small sharp knife, remove the core of each tomato and make a cross in the skin on the underside. Blanch the tomatoes in boiling water for 10 seconds, refresh in iced water, then peel and halve them. Remove the seeds and discard, then finely chop the flesh. Add the tomatoes and onions to the bowl along with all the remaining ingredients and stir to combine. This vibrant salsa will keep, covered, in the fridge for 2 to 3 days. Remove the fish portions from the steamer and gently unwrap them, making sure that they do not fall apart. Serve on a large platter garnished with some fresh chopped fresh herbs, if you wish, and with the green salsa alongside. You can also accompany it with a couple of bottles of crisp Chilean Sauvignon Blanc to make it completely authentic.

Great book for simple seafood recipes.

Bought this book for my brother who is an avid fisherman. Found myself intrigued with the recipes and tried a few of them. Any fisherman who also likes to cook will love this book.

This a beautifully produced book, a coffee table book of photographs of people fishing for their livelihood, and of the dishes made from their catch. The authors make a strong case for the importance of sustainable fishing. The fact that they are excellent cooks, and work in the fish business adds to the strength of their work. By the end of the book you're ready to look for Marine Stewardship Council certified fish to buy, cook, and eat to make the meals for yourself.

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