

# Committing to eco-friendly seafood

*Press-Telegram*

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Eating fish is recommended these days as a great way to get much-needed nutrients in a healthier way. But what happens when everyone starts eating fish, when the seas are close to being fished out already, and fish farms are getting a bad rap for polluting the environment?

The Aquarium of the Pacific hopes it has the answer: sustainable seafood. That means promoting buying and eating fish that is caught responsibly when wild, or farmed in an eco-friendly fashion.

Teaming with one of the area's largest seafood restaurants, King's, and with seafood vendors Santa Monica Seafood, the Aquarium recently announced the start of the Sustainable Seafood Forum.

And yes, the aquarium's administrators are aware that this seems like a betrayal to its finny denizens.

“We are trying to ensure that there will be enough fish for future generations,” said Aquarium president Jerry Schubel.

For its part, the King's chain is working on having each of its menu items come from sustainable and eco-friendly source by 2009, said chief seafood officer Matt Stein, adding that it is in King's best interest to keep the oceans full of fish.

The challenge is finding fishermen and aquaculture people who will fish responsibly, said Santa Monica Seafood's Michael Cigliano.

The company, Cigliano added, is trying to closely interview new suppliers, making sure not to buy from them if their fishing methods diminish stocks too much or pollute the area they are in.

Economics, Cigliano said, will hopefully drive change.

Still, the Forum faces an uphill battle. Most of the world falls behind when it comes to preserving sea life, and some nations refuse to conserve, citing economics or herireasons.

However, the Forum is making inroads in the Midwest, adding the Lettuce Entertain You restaurant group to its forces.

The recipes on this page are both from sustainable seafood sources.

## **PAN-SEARED TILAPIA WITH TOMATOES AND GREEN SAUCE**

1/3 cup watercress

1/2 cup arugula

2 tablespoons mayonnaise

1 tablespoon fresh lemon juice

2 (6-ounce) tilapia fillets

Salt and pepper

1 tablespoon olive oil

2 plum tomatoes, seeded and chopped

2 teaspoons balsamic vinegar

Place watercress, arugula, mayonnaise and lemon juice in a food processor, and process until smooth. Set aside.

Season tilapia with salt and pepper. Heat olive oil in a skillet, and saute fish for 3 minutes on one side. Flip over and saute 2 more minutes. Push fish to one side of skillet, and add tomatoes and vinegar. Cook tomatoes until heated through, and fish until it flakes.

Serve fish topped with tomatoes and a dollop of sauce.

Serves 2.

*--From SMG Catering*

## **HAZELNUT-CRUSTED ATLANTIC SALMON**

1/2 cup chopped hazelnuts

1 1/2 cups panko breadcrumbs

1 ounce unsweetened coconut flakes

1 pinch fresh rosemary, chopped

1 pinch sugar

Salt and black pepper, to taste

3 eggs, beaten

4 (6-ounce) salmon fillets

Flour, for dredging

2 tablespoons butter

Mix together hazelnuts through salt and pepper and place in a shallow dish. Place eggs in another dish, then flour in another.

Dip fillets in egg, dredge in flour, dip again in egg, then dredge in nut mixture.

Melt butter in a large skillet. Fry salmon on one side on medium high heat until golden (about 3 minutes), then turn and cook another 3 minutes.

Serve with lemon wedges.

Serves 4.

*--From King's*