



# **SUSTAINABLE SEAFOOD**

CHEF ALLEN SUSSER



An underwater photograph of a vibrant coral reef. The scene is filled with various types of coral, including branching corals and large, rounded brain corals. The water is clear and blue, with sunlight filtering through from the surface, creating a shimmering effect. Small fish are visible swimming around the coral.

**FISH AND SHELLFISH  
ARE RENEWABLE RESOURCES:**

**THEY CAN REPRODUCE AND REPLENISH THEIR  
POPULATIONS NATURALLY.**

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# SUSTAINABLY CAUGHT FISH



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# CHALLENGES FACING SUSTAINABLE SEAFOOD



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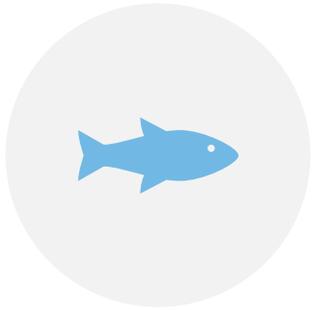
## TAKE CARE OF THE OCEAN



Global Warming



Pollution – plastics and chemicals



Red tide / Green Algae Bloom



Acid Rain



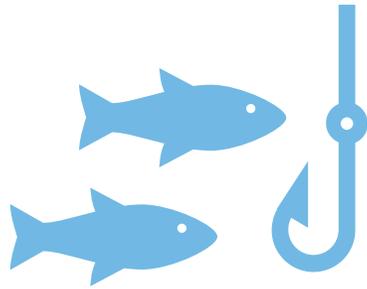
**POLLUTION**



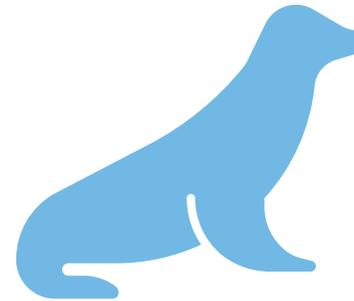
# OCEAN PLASTIC

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## BYCATCH



Fishermen sometimes catch and discard animals they do not want, cannot sell, or are not allowed to keep—this is collectively known as bycatch.



Unwanted catch is an ecological and economic issue, and we work with partners and fishermen to avoid bycatch or safely release unintended catch.

# SUSTAINABLE FISHING

01

We can sustainably harvest fish within certain limits without depleting the resource.

02

Fishery management is the process of using science to determine these limits

03

Some fish are caught while some are left to reproduce and replace the fish that are caught.

## YOUR SEAFOOD CHOICES MATTER TO THE OCEAN

Sustain the health  
of the fishery

Maintain the local  
economy

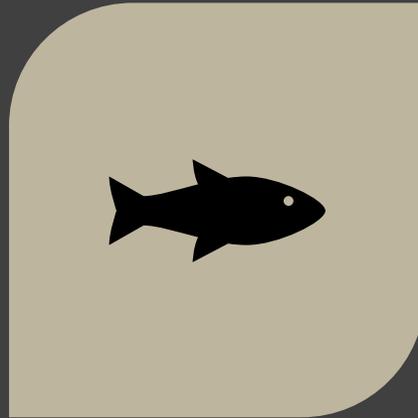
Cultural balance  
to the diversity



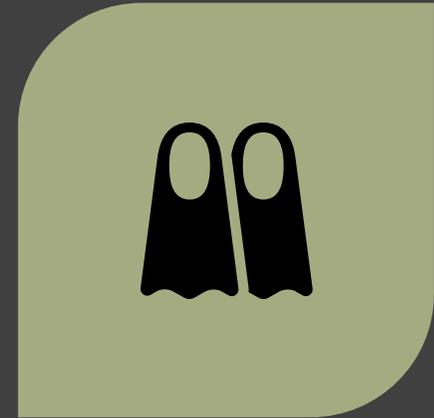
## OTHER CHOICES WE MAKE PUT DEMAND ON FISH THAT ARE NOT DOING WELL



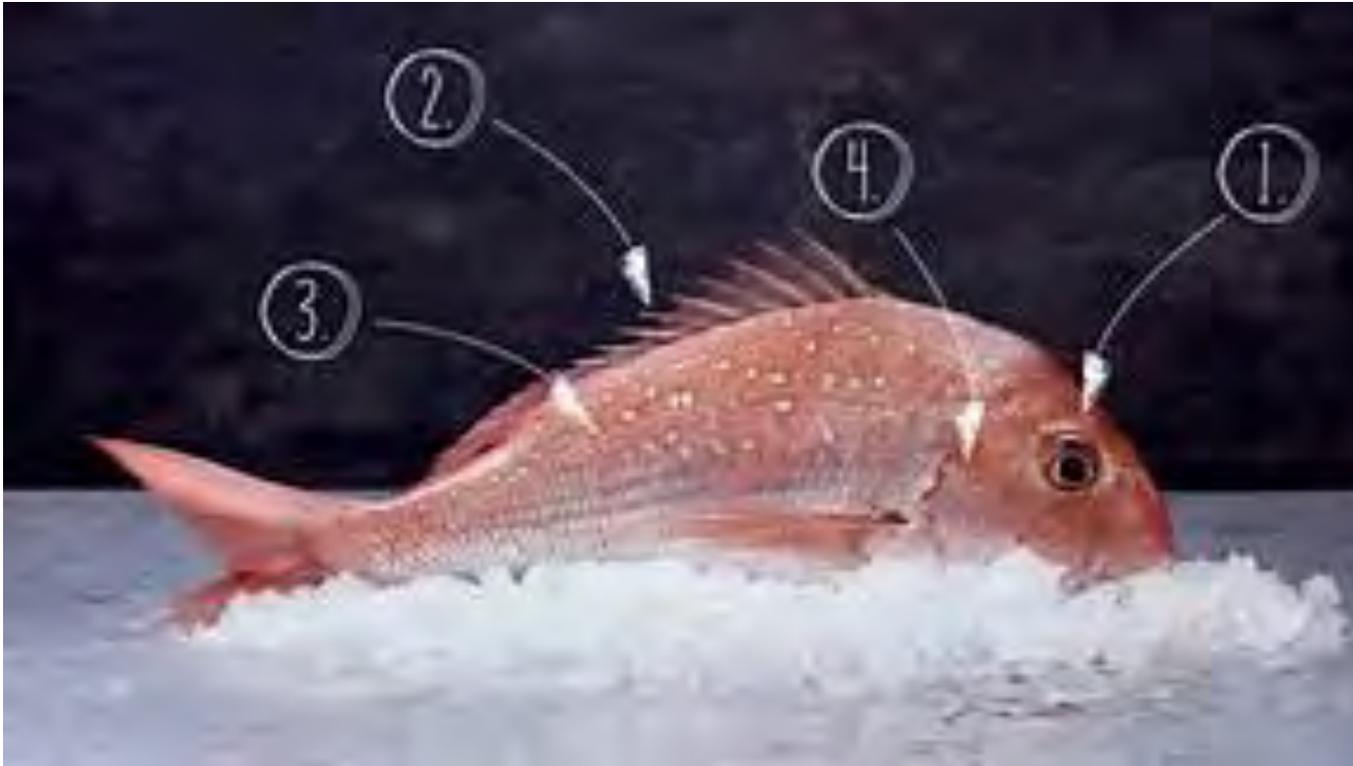
UNINTENDED CATCH KILLS  
100,000'S OF TURTLES, BIRDS  
AND OTHER ANIMALS



WE'RE CATCHING TOO MANY FISH

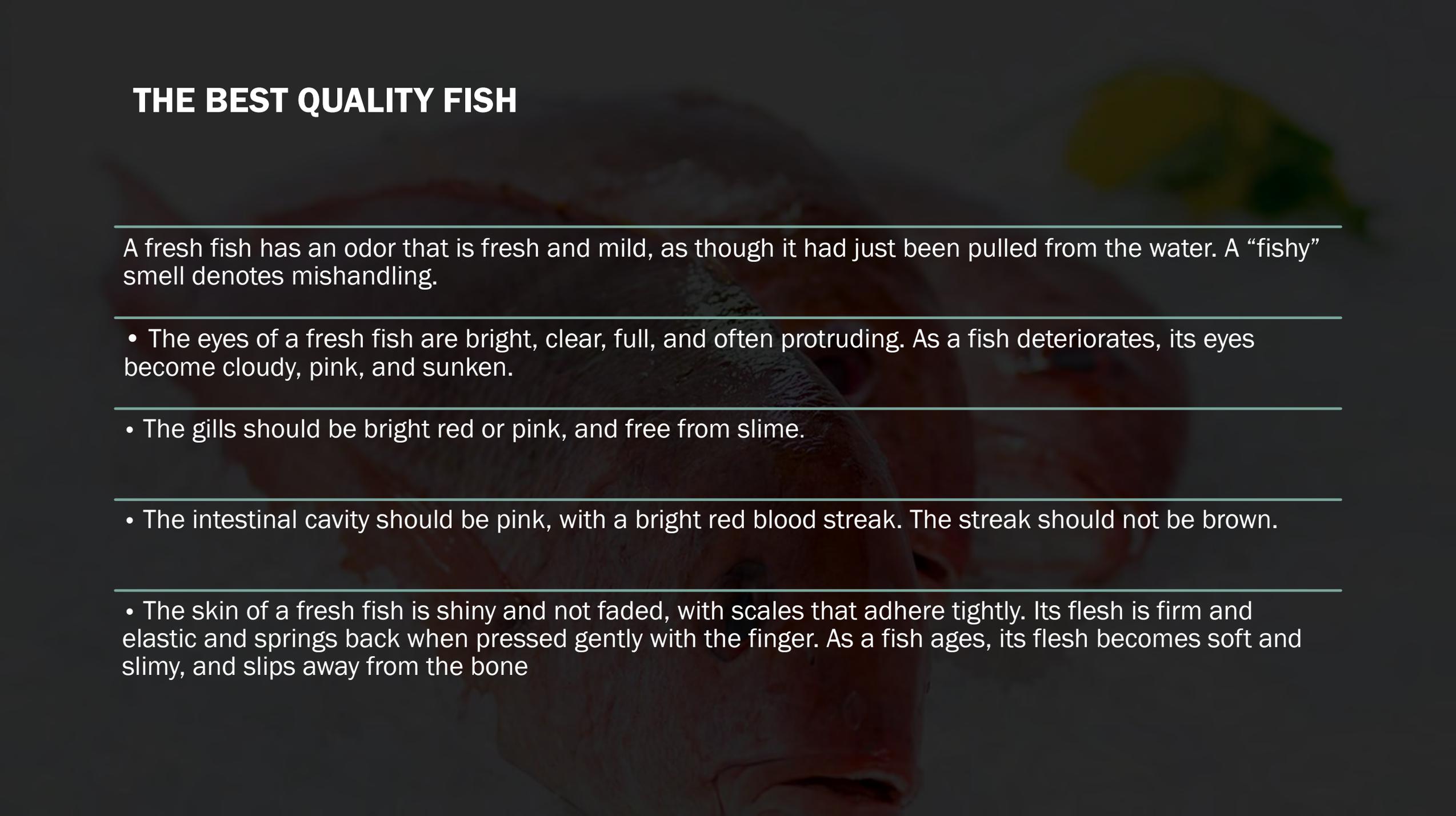


TRAWLING AND DREDGING CAN  
HARM CORAL AND OTHER  
HABITATS.



**USE YOUR OWN  
SENSES  
TO DETERMINE  
QUALITY**

# THE BEST QUALITY FISH



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A fresh fish has an odor that is fresh and mild, as though it had just been pulled from the water. A “fishy” smell denotes mishandling.

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- The eyes of a fresh fish are bright, clear, full, and often protruding. As a fish deteriorates, its eyes become cloudy, pink, and sunken.

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- The gills should be bright red or pink, and free from slime.

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- The intestinal cavity should be pink, with a bright red blood streak. The streak should not be brown.

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- The skin of a fresh fish is shiny and not faded, with scales that adhere tightly. Its flesh is firm and elastic and springs back when pressed gently with the finger. As a fish ages, its flesh becomes soft and slimy, and slips away from the bone



**COOKING LOCAL, SEASONAL & SUSTAINABLE**

# COOKING REGIONALLY



Cooking with seasonal ingredients



Motivated by Local resources from the farms, rivers, and seas



Inspired by various cultural factors - cooking methods, spices, with a sense of place



The give and take of ideas and hospitality



Making food that's undeniably delicious.



## COASTAL CUISINES

- North East
- South East
- Gulf Coast
- West Coast



**NORTH EASTERN**

# NORTH EASTERN

- Stellwagen Bank National Marine Sanctuary



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## SEASONAL & LOCAL – NORTH EASTERN

Historical - European colonists.

+ myriad immigrant influences, Portuguese and Italian to Dominican and Chinese.

Fish: Halibut, Lingcod, Tuna, Sea Bass, Bluefish and Salmon

Shellfish: Clams, Oysters, Mussels, Scallops, Crab, Lobster

Corn, Squash, cranberries, sunchokes, and dairy

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## **SUSTAINABLE RECIPES – NORTH EASTERN**

- New England Clam Chowder
- Steamed Lobster / Grilled Lobster / Lobster Roll
- Fluke Ceviche with watermelon, Sicilian pistachio, sea salt
- Clam Bake with Lobster, Clams, chorizo, sweet corn & potato
- Poached Cod with saffron & Mussels, fava bean succotash

# NEW ENGLAND CLAM BAKE





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## **POACHED COD WITH SAFFRON & MUSSELS**

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**STELLWAGEN BANK  
NATIONAL MARINE  
SANCTUARY AND THE  
MASSACHUSETTS  
MARINE EDUCATORS  
HAVE JOINTLY  
SPONSORED A  
STUDENT MARINE ART  
CONTEST.**



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**SOUTHEASTERN**



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## FLORIDA KEYS



## SOUTH EAST

- Florida Keys National Marine Sanctuary.



# STONE CRAB SEASON

- October 15  
– May 15



**STONE CRAB:**

**WORKING TO  
KEEP THEM  
SUSTAINABLE**

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Global Warming

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Red Tide / Green Algae Bloom

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Sever Hurricanes

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Taking two claws

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Supply & Demand

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Seasonal catch

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# CRAB CLAW SIZE RESTRICTIONS

- Colossal
- Jumbo
- Extra Large
- Large
- Medium



# LIONFISH

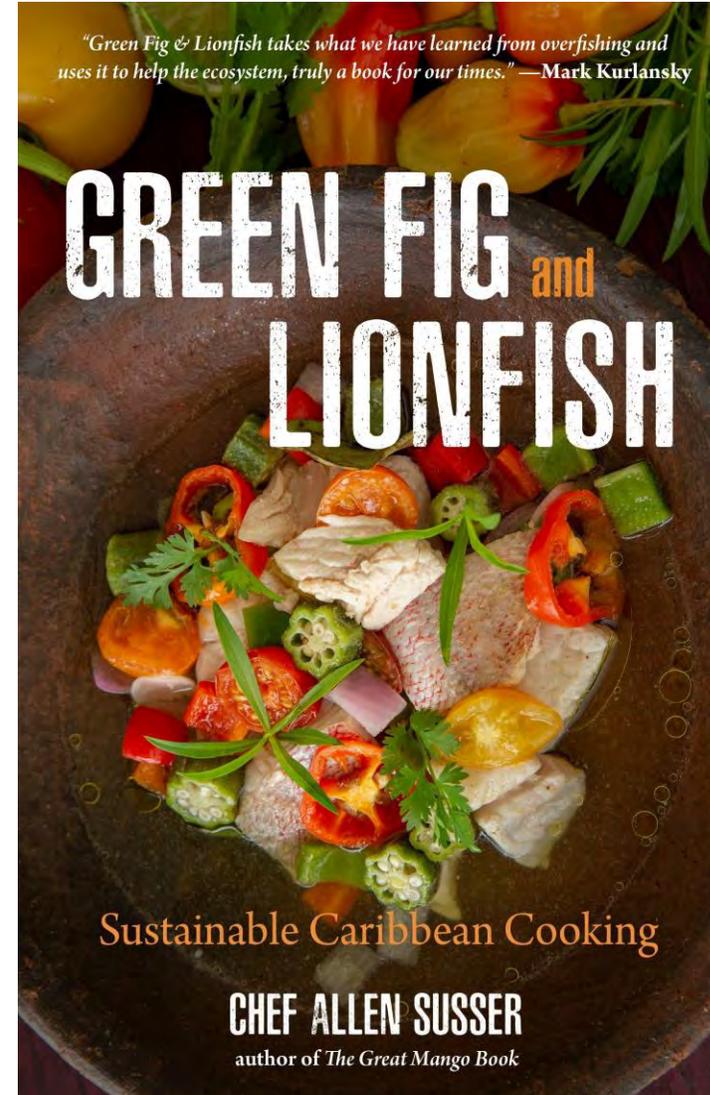
- With a voracious appetite, rapid reproduction, and no known predators, it is a significant threat to biodiversity and reef health.



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## LOCAL & SEASONAL

- “EAT THEM TO BEAT THEM”
- Sustainable
- Fish Cooking



## SEASONAL & LOCAL

## SOUTH EAST



Shrimp, crab, stone crab, Florida lobster



Grouper, Snapper, Yellowtail, Tilefish, Tripletail, Mullet



Grits, rice, corn, boniato, name



Beans & Greens, Okra, Calabaza, Chayote, Plantains,  
Zucchini, Peppers



Mango, papaya, oranges, grapefruit, tangerines

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# SUSTAINABLE RECIPES SOUTHEAST

- Wild Caught Shrimp & Anson Mills Heirloom Grits, Tomato Gravy
- Tilefish, Braised Collard Greens, Butterbeans, Preserved Tomato, Pickled Okra
- King Mackerel Crudo, Leche de Tigre, Tangerine, Salad Burnet
- Smoked Cobia, Carolina Gold Rice, Lemongrass Dashi, Spring Peas

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**SHRIMP &  
GRITS**

**WITH TOMATO  
GRAVY**





**KING MACKEREL  
CRUDO,**

**LECHE DE TIGRE,  
TANGERINE**

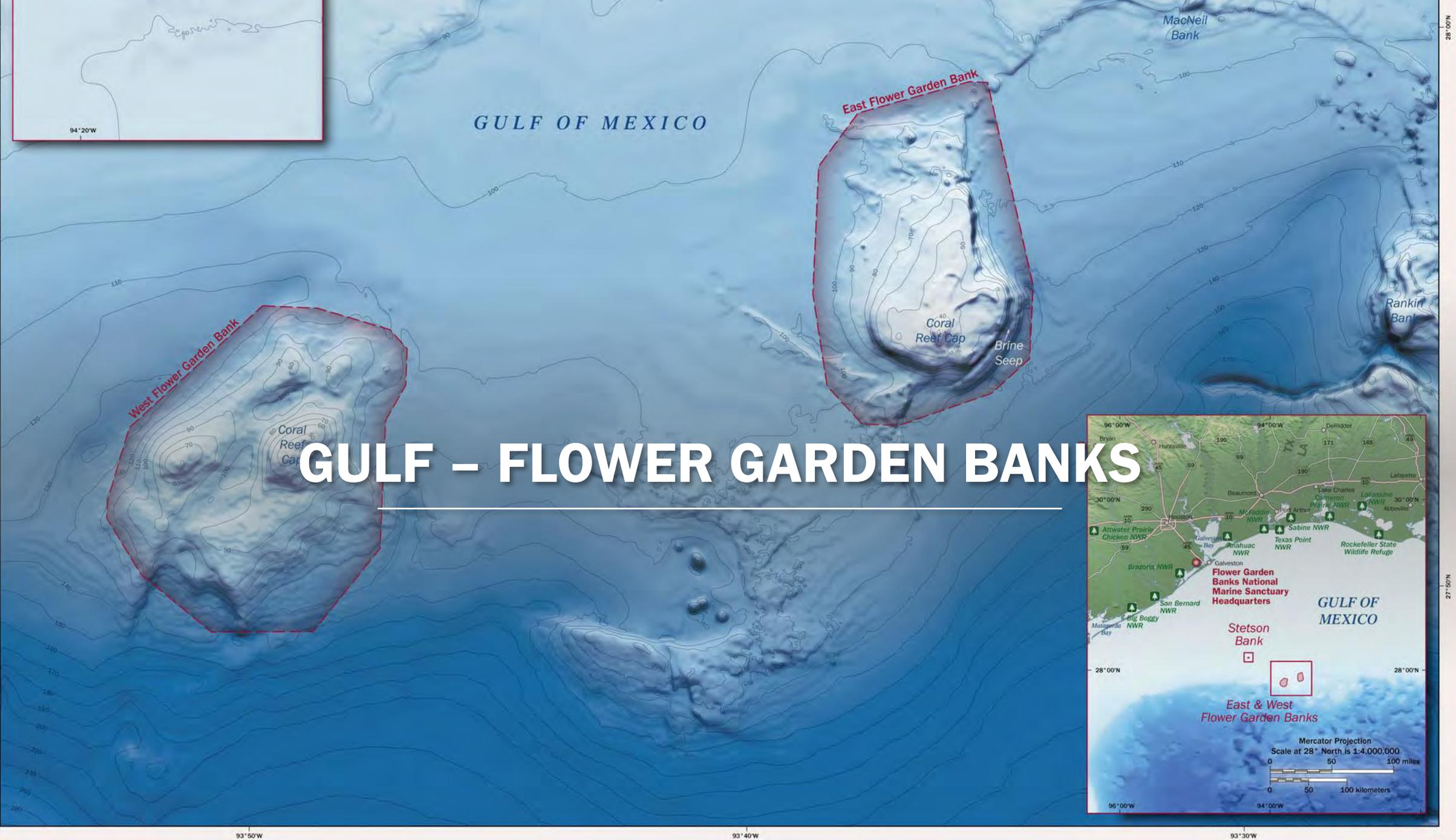


**GULF COAST**

A diver in a black wetsuit is shown underwater, surrounded by a large school of fish. The diver is wearing a mask, snorkel, and has various pieces of equipment attached to his belt, including a yellow buoy and a camera. The fish are swimming in a coordinated pattern around the diver. The background is a deep blue color.

**FLOWER GARDENS  
BANK NATIONAL  
MARINE SANCTUARY**

# GULF – FLOWER GARDEN BANKS



# SEASONAL & LOCAL GULF COAST



Black Grouper, Redfish, Swordfish, Pompano



Oysters, Clams, Crab, Shrimp



Corn, black-eyed peas, greens (collard greens, mustard greens, turnip greens)



Grits, sweet potatoes, rice,

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## RECIPES – GULF COAST

- Cajun Shrimp & Crab and Hominy Gumbo
- Crisp Gulf shrimp po boy lettuce, tomato, spicy aioli
- Blue Crab Beignets with malt vinegar aioli
- Pan Roasted Scallops with summer squash, sweet corn puree & field peas
- Grilled Mahi-mahi with Mango Habanero BBQ Salsa
- Andouille Crusted Gulf Drum with Grilled Vegetables, Glazed Pecans, Creole Meunière
- Cornmeal Fried Redfish, Black Eyed Pea & Roasted Corn Salad, Pickled Collard Tartar, Hush Puppies



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**GRILLED  
MAHI-MAHI  
WITH MANGO  
HABANERO BBQ  
SALSA**

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**CAJUN SHRIMP  
& SAUSAGE  
AND OKRA  
GUMBO**





**WEST COAST**



MONTEREY BAY NATIONAL MARINE SANCTUARY



# MONTEREY BAY NATIONAL MARINE SANCTUARY

## WEST COAST

- Otters: helping the ecosystem:
- the sea otter story! Sea otters help stabilize kelp forest ecosystems in places like NOAA's Monterey Bay National Marine Sanctuary.



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## SEASONAL & LOCAL

## WEST COAST



Dungeness crab, spot prawns, calamari,



Rock fish, artic char, black bass, Sardines



Avocado, artichokes, garlic, Brussels sprouts,  
broccoli, cauliflower, eggplant



Greens, Spinach Kale, lemon,

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## WEST COAST -MONTEREY BAY

- SPICY FISH STEW • tomato-cilantro broth
- STRIPED BASS CRUDO • pomegranate-ginger granita • seaweed ponzu
- SMOKED TROUT TOSTADITAS • cashew pesto • spicy salsa brava
- FRIED OYSTERS • kimchee salad • ham & mint
- GRILLED CALIFORNIA SQUID • herb salad • spicy tangerine vinaigrette
- DUNGENESS CRAB SALAD • avocado • spicy ginger vinaigrette • braised fennel

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**DUNGENESS  
CRAB SALAD •  
AVOCADO •  
SPICY GINGER  
VINAIGRETTE**





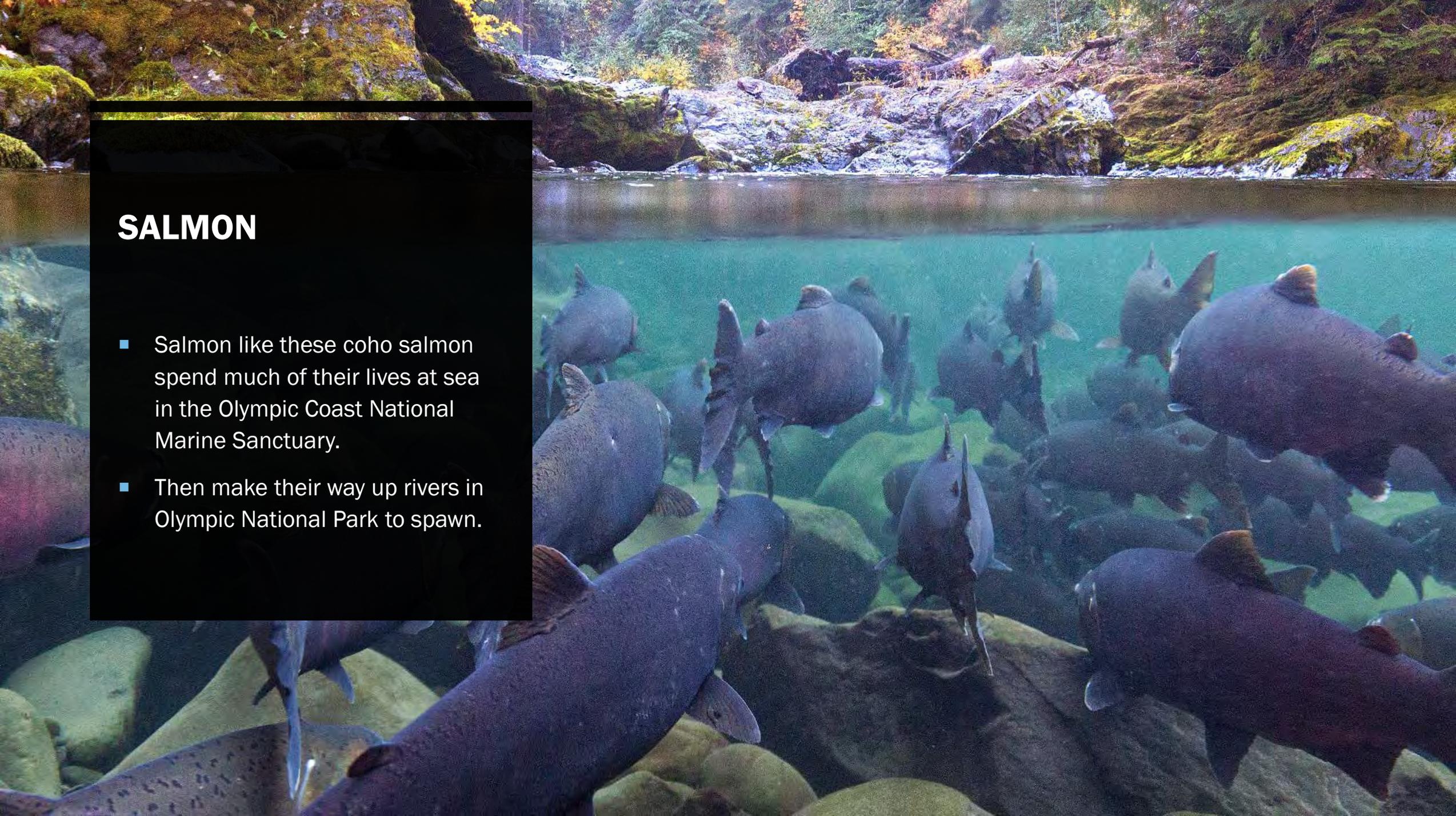
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**SPICY FISH  
STEW •  
TOMATO-  
CILANTRO  
BROTH**



**NORTHWESTERN COAST**



A large school of coho salmon swimming in a clear, shallow river. The water is a vibrant turquoise color, and the riverbed is covered with smooth, mossy rocks. The background shows a lush forest with moss-covered rocks and a small waterfall. The salmon are seen from both above and below the water surface.

## SALMON

- Salmon like these coho salmon spend much of their lives at sea in the Olympic Coast National Marine Sanctuary.
- Then make their way up rivers in Olympic National Park to spawn.

# SEASONAL & LOCAL

## NORTHWESTERN

- Dungeness crab, spot prawns, calamari
- Salmon, rockfish, arctic char, halibut, turbot
- Peppers, zucchini, broccoli, cauliflower, eggplant, turnips.
- Apples, pears, potatoes



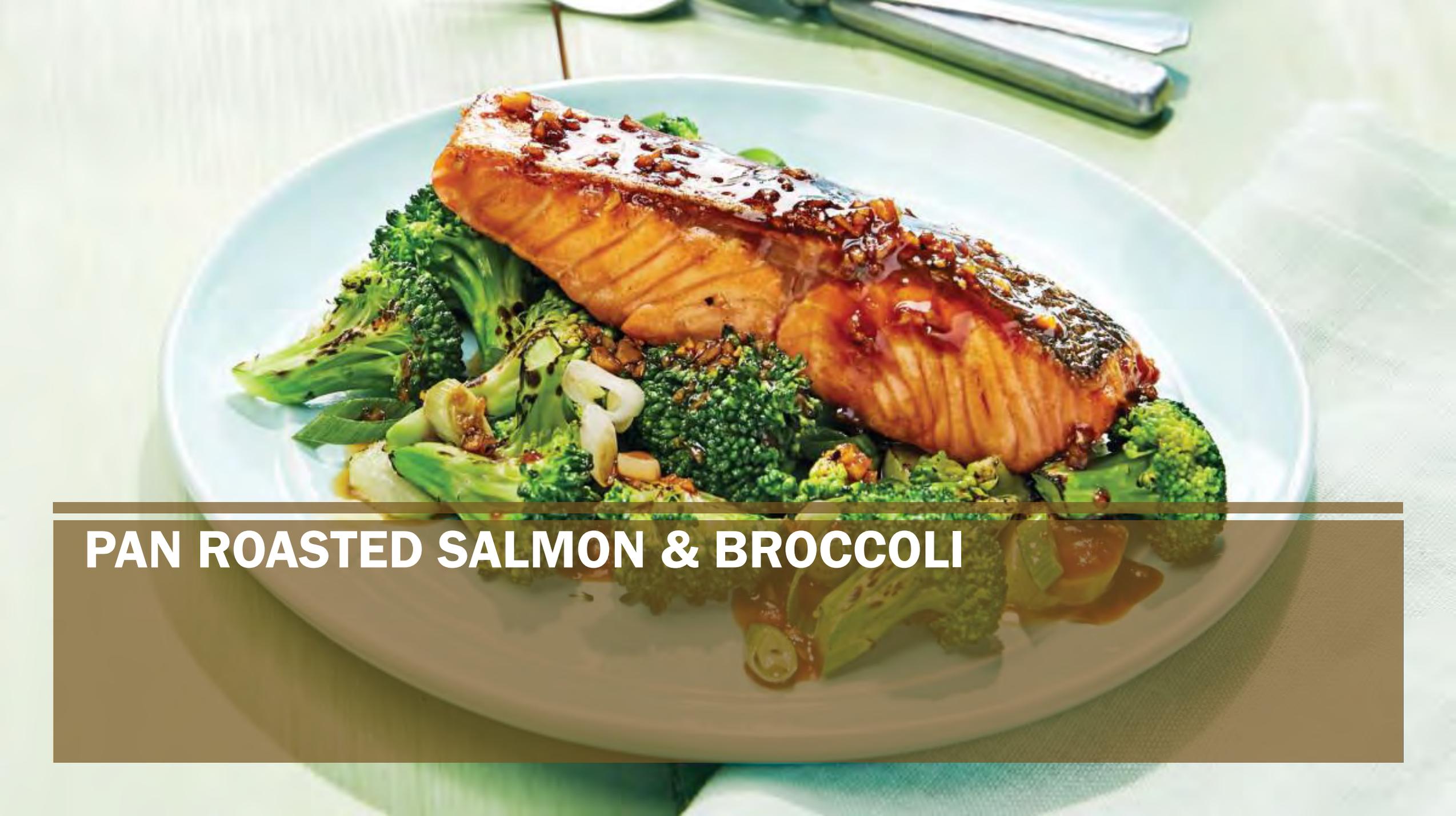
## **NORTHWEST COAST - WASHINGTON COAST**

- Wild Salmon Burger – pickled green tomatoes
- Dungeness Crab BLT with roast potatoes, delicata squash, cider jus
- Longline Cod with fennel, fingerling potato, pickled shallots
- Sockeye Salmon with quinoa and broccoli, toasted almond, dried apricot and harissa
- Oregon Whole Rockfish with kale, anchovy, chili, pine nuts, Meyer lemon

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**LINE CAUGHT  
LINGCOD  
FENNEL &  
FINGERLING  
POTATOES**





**PAN ROASTED SALMON & BROCCOLI**



# **FISHERIES MANAGEMENT**

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# **FISHING AND SEAFOOD ARE VITAL TO OUR ECONOMY AND COASTAL COMMUNITIES.**

- Data collection, assessments, and research are used to evaluate the benefits and costs of how the fisheries are managed.
- Help to prioritize management needs, and to facilitate policy that maximizes societal benefits from ocean and coastal resources.



DELTA PRIDE

**STOCK  
ASSESSMENTS  
ARE CRITICAL TO  
MODERN  
FISHERIES  
MANAGEMENT.**

Data is gathered from commercial and recreational fishermen as well as on-the-water scientific observations



Stock assessment describes the past and current status of a fish population or stock



It answers questions about the size of the stock and makes predictions about how a fishery will respond to current and future management measures.

# SUSTAINABLE FISHING



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# MAGNUSON- STEVENS FISHERY & CONSERVATION ACT

- Is the primary law governing marine fisheries management in U.S. federal waters.
  - Key objectives of the Act are to prevent overfishing, rebuild overfished stocks, increase long-term economic and social benefits, and ensure a safe and sustainable supply of seafood.
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## **OCEAN CONSERVATION**

- the National Marine Sanctuaries seek to preserve the extraordinary scenic beauty, biodiversity, historical connections and economic productivity of our most precious underwater treasures.

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- Your Choices  
Matter To The  
OCEAN

