SUSTAINABLE SEAFOOD
CHEF ALLEN SUSSER
FISH AND SHELLFISH ARE RENEWABLE RESOURCES:
THEY CAN REPRODUCE AND REPLENISH THEIR POPULATIONS NATURALLY.
SUSTAINABLY CAUGHT FISH
CHALLENGES FACING SUSTAINABLE SEAFOOD
TAKE CARE OF THE OCEAN

Global Warming

Pollution – plastics and chemicals

Red tide / Green Algae Bloom

Acid Rain
POLLUTION
OCEAN PLASTIC
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

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.

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

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

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

- 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

- Stellwegen Bank
- National Marine Sanctuary
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
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
POACHED COD WITH SAFFRON & MUSSELS
STELLWAGEN BANK NATIONAL MARINE SANCTUARY AND THE MASSACHUSETTS MARINE EDUCATORS HAVE JOINTLY SPONSORED A STUDENT MARINE ART CONTEST.
SOUTHEASTERN
FLORIDA KEYS
SOUTH EAST

- Florida Keys National Marine Sanctuary.
STONE CRAB SEASON

- October 15 – May 15
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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.
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
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
SHRIMP & GRITS

WITH TOMATO GRAVY
KING MACKEREL CRUDO,

LECHE DE TIGRE, TANGERINE
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,
RECIPIES – 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
GRILLED MAHI-MAHI WITH MANGO HABANERO BBQ SALSA
CAJUN SHRIMP & SAUSAGE AND OKRA GUMBO
WEST COAST
MONTEREY BAY NATIONAL MARINE SANCTUARY
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.
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,
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
DUNGENESS CRAB SALAD • AVOCADO • SPICY GINGER VINAIGRETTE
SPICY FISH STEW • TOMATO-CILANTRO BROTH
NORTHWESTERN COAST
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, artic 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, delicta 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
LINE CAUGHT LINGCOD FENNEL & FINGERLING POTATOES
FISHERIES MANAGEMENT
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.
STOCK ASSESSMENTS ARE CRITICAL TO MODERN FISHERIES MANAGEMENT.

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

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

Data is gathered from commercial and recreational fishermen as well as on-the-water scientific observations.
SUSTAINABLE FISHING
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.
the National Marine Sanctuaries seek to preserve the extraordinary scenic beauty, biodiversity, historical connections and economic productivity of our most precious underwater treasures.
Your Choices Matter To The OCEAN