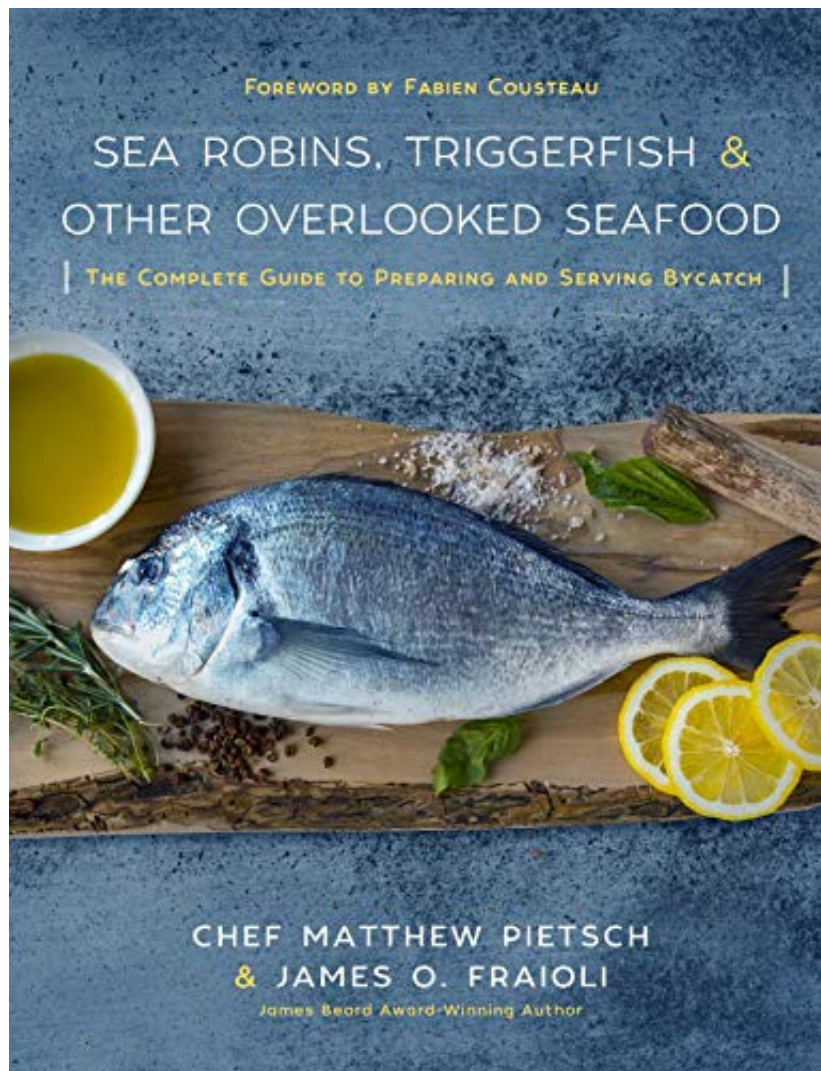


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Sea Robins, Triggerfish & Other Overlooked Seafood: The Complete Guide to Preparing and Serving Bycatch

by
Maggie Green



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Synopsis

Today, our oceans contain an abundance of delicious, underutilized, and lesser-known varieties of fish. Frequently, these unfamiliar species are pulled up when commercial fishermen are looking for something else. These non-targeted species—known as bycatch—are often dumped back into the ocean, dead or barely alive. What if we didn't discard those perfectly edible fish? What if we introduced them to consumers looking for a change on the menu who care about where their seafood comes from? That's what *Sea Robins & Trigger Fish* is all about—taking the pressure off heavily targeted species like swordfish and tuna and introducing home cooks and professional chefs to many new species being unloaded on today's docks. Let's celebrate these other fish in the sea by enjoying a bounty of mouthwatering recipes prepared by Chef Matthew Pietsch, owner of the celebrated Michigan restaurant Salt of the Earth. Pietsch's vast culinary knowledge and skill demonstrated through his fun, straightforward approach, will guide seafood lovers every step of the way as he and James Beard award-winner James O. Fraioli encourage seafood consumers to support and promote those underutilized and under-appreciated fisheries while still enjoying quality seafood at an affordable price.

Sort review

About the Author Matthew Pietsch is the executive chef and owner of the celebrated restaurant Salt of the Earth, where he has been directing the farm-to-table concept since day one. He serves up fresh, sustainable seafood and is devoted to sustainability. He resides in Fennville, Michigan. James O. Fraioli has twenty-four cookbooks and a James Beard Award to his credit. His titles have been featured on the Food Network, The Ellen DeGeneres Show, and in the New York Times. The author is notorious for teaming up with celebrity chefs, mixologists, and world-renowned restaurateurs to showcase the best the culinary world has to offer. He resides in Redmond, Washington. Fabien Cousteau is the director of the Fabien Cousteau Ocean Learning Center, a nonprofit dedicated to restoring the world's bodies of water. He's also an ocean conservationist and documentary filmmaker. He resides in New York, New York. Review "Sea Robins, Triggerfish & Other Overlooked Seafood is a must-have addition to the library of seafood lovers, especially those of us who care about the origins and sustainability of the fish and shellfish we choose to eat." —Dr. Richard Murphy, director of science and education, Ocean Futures Society "Seafood lovers will be happy to hear there are a multitude of abundant bycatch stocks that offer a world of exciting new flavor experiences." —Paul Zemitzsch, founder, Explore Green "The obvious choice for your health and for the health of the oceans is to serve ecologically friendly seafood from reputable sources. *Sea Robins, Triggerfish & Other Overlooked Seafood* is an excellent resource for the environmentally conscious chef." —Jason Tanner, owner, Kasilof Seafoods/Tanner's Fresh Fish "I catch a lot of other species when targeting certain fish. Because most of my bycatch are edible—and delicious—I'm selling them to fishmongers. This creates a growing interest in new species. *Sea Robins, Triggerfish & Other Overlooked Seafood* clearly demonstrates there can be a responsible approach to the future of seafood." —Jason Chin, commercial fisherman, F/V Silver Fin --This text refers to the hardcover edition. From the Author Chef Matthew Pietsch is the executive chef and co-owner of celebrated Salt of the Earth in Fennville, Michigan, and Principle Food & Drink in downtown Kalamazoo. Matthew has built his businesses by focusing on sustainable ingredients and relationships while facilitating genuine hospitality to each and

every guest. He lives in Fennville, Michigan, with his Border Collie "Mise en Place" (Meezy). James O. Fraioli has twenty-six cookbooks and a James Beard Award to his credit. His titles have been featured on the Food Network, on The Ellen DeGeneres Show, in O, The Oprah Magazine, and in the New York Times. The author is notorious for teaming up with both celebrity and up-and-coming chefs along with world-renowned restaurateurs to showcase the best the culinary world has to offer. He resides in Bellevue, Washington. Visit him online at www.culinarybookcreations.com. --This text refers to an alternate kindle_edition edition. Read more

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growers and producers, past and present; you are the intention of our work and we celebrate your commitment to our local food system, your stewardship to the earth, supporting our business, and for assisting us to serve our guests.

INCIDENTAL CATCH Incidental catch (noun) \in(t)-se-'dent-l-'kach\ Those fish caught merely by chance or without intention or calculation and retained. Example: Hooking and keeping a grouper when fishing for snapper.

BYCATCH Bycatch (noun) \bi-, 'kach\ The portion of a commercial fishing catch that consists of fish and other marine species caught unintentionally. These species may be incidental or discarded back to the sea. Example: Catching flounder and sea robins in a bottom trawl intended for cod and keeping the cod and flounder and discarding the sea robins.

FOREWORD by Fabien Cousteau For three generations, my family has expressed one of the most fundamental truths of our planet ... "There is no waste in Nature." When we humans leave Nature alone, it mostly takes care of itself. All creatures and plants have a role in life. The food chain works efficiently. There is a life cycle for all things that are born or sprout: grow, eventually die, decompose, and the cycle begins again. It is no different in the ocean. From zooplankton to orcas, seaweed to coral reefs, and sharks to rays, it's a "city under the sea," as my good friend, Dr. Richard Murphy, likes to explain. Every living thing has a role in keeping the ocean healthy. Humans, however, are an inherently wasteful species. From common trash in landfills to plastic in our ocean to nutritious food simply discarded, we throw away a staggering volume of items and food products. Most people are becoming aware of the calamity due to overfishing. We are depleting our once bountiful ocean—with some fish species disappearing by 90 percent or more. This is not to say fishing is a bad practice and consumers should stop eating fish; the role of the fisherman goes back thousands of years and has provided a living for families for generations. Our family has always supported fishermen, but we caution that overfishing certain species and using industrialized techniques that strip the ocean clean are not in the best interest of fishermen themselves. Once a species collapses due to overfishing, it is gone and likely gone forever. Fishing with methods that keep our ocean's bounty stable means many more generations of fishermen can continue their profession for future lifetimes. How a fish eventually gets to your table is a story of many possible chapters. Commercial fishing on a larger scale targets high-profit fish to meet the needs of restaurants, grocery stores, and individual consumers, but what often occurs is a side product known as bycatch, which are species caught accidentally and generally not profitable for fishermen despite many of these fish being perfectly edible. These fish are plucked from fishing nets and simply thrown overboard dead or barely alive. If bycatch cannot be properly returned to the sea, then what is the best course of action to take? That's what this book, *Sea Robins, Triggerfish & Overlooked Seafood*, is all about. Fishermen should make a concerted effort to bring their edible bycatch back to the dock and introduce the fish to seafood distributors. They should educate and encourage the distributors to promote and sell these unfamiliar species to the restaurants, which, in turn, can promote and sell them to their customers. This new seafood movement will help eliminate waste while creating awareness and building a demand for delicious and ocean-friendly seafood. Introducing underutilized fish also takes pressure off the heavily targeted species like the rapidly depleted tuna and swordfish and other species, while concentrating on those lesser-known species, which, again, are perfectly edible and taste good. Is consuming bycatch the real solution to protecting heavily targeted species while replenishing our oceans? Maybe, but it's also the start to a much larger puzzle. Through properly educating ourselves and future generations, we can begin to stop the degradation of our environment and ecosystems. In an ideal world, fishermen would not be able to throw back certain fish. But, until then, let's encourage seafood consumers to try those under-appreciated

species and share their seafood experiences with friends and dinner guests so they, too, can feel good about supporting sustainable food systems. I am pleased and honored to support a book like *Sea Robins, Triggerfish & Overlooked Seafood* while educating myself about the many new species now being unloaded on today's docks. Let's celebrate these other fish in the sea by enjoying a bounty of recipes assembled by Executive Chef Matthew Pietsch and James Beard award-winning author James O. Fraioli as they encourage seafood consumers to support and promote those less common fish while still enjoying quality seafood at an affordable price. As my father, grandfather, and I always say, everything is connected.

INTRODUCTION At this very moment, in oceans across the globe, countless boats, small and large, with thousands of miles of nets and lines, are removing millions of fish from the sea. And they're doing so at a rate of billions of pounds every year. Yes, it's the ocean, considered the last truly wild frontier, where we come to behave as commercial hunters in quest of our prey. But, as in most parts of the world, we are too efficient at what we do. Fish were once viewed as an inexhaustible resource, able to fill nets and put food on our plates without limit for generations to come. We're quickly learning, however, that there just aren't enough fish to go around. The oceans are proving unable to keep up with a growing demand for seafood fueled by population increases and the industrialization of global fishing fleets. In addition to overfishing, we are also realizing that many marine species that live on the deep-sea floor—seamounts and corals that have grown for thousands of years—are being crushed by commercial fishing vessels, particularly deep-sea trawlers. This fragile underwater wilderness, covering more than 50 percent of our planet and 90 percent of the ocean floor, took millennia to grow, but is being destroyed rapidly by fisheries marauding the sea, scouring everything within their far reach. With modern fishing gear, often undetectable by sight and extremely resilient and efficient at catching the desired fish species—as well as everything else in its path—we are wiping out the ocean. What is the solution? While fishing industry leaders are realizing the need to reduce such wasteful practices, and with organizations like the World Wildlife Fund working with fisheries to help develop and promote new technologies and modify gear for more efficient operations, we, as consumers, must also be proactive. We must become accountable for our own behavior and the choices we make as consumers when sitting down at a restaurant or shopping at a supermarket. That is what *Sea Robins, Triggerfish & Overlooked Seafood* is offering out of love for the sea and a concern for its well-being. Fabien Cousteau's father, Jean-Michel, believes that "If we protect what we love, there is an opportunity to connect to the sea in a very meaningful way, and to spread the word every time we eat or invite people in. It is a connection that begins the slow process of our giving back to what has always been the abundance of the sea." And he's right—which brings us to the topic of bycatch and why we, as consumers, should consider enjoying and appreciating such fish, whether ordering from a menu or purchasing for home. According to the US Department of Agriculture, seafood consumption continues to rise, now predicted to increase 7 percent by 2020. One reason for the growing popularity of fish and shellfish during the last decade has been the strong evidence from groups such as the National Academy of Sciences and the Harvard School of Public Health that seafood is among the most beneficial foods we can eat. All kinds of reasons are suggested, but among the most important of them are the abundant supplies of omega-3 fatty acids in seafood. These have been shown to be essential for childhood development, help reduce the risk of heart disease, strengthen the immune system, and even possibly help prevent such tragic ailments as Alzheimer's disease. These are all certainly reasons to eat as much seafood as we can, not to mention how delicious seafood tastes. Yet, every day across the planet, fishermen continue to discard their bycatch, throwing

many species overboard dead or barely alive because the primary concern is collecting only those more profitable fish. Today, bycatch is one of the biggest threats facing marine ecosystems around the world. According to government estimates, fishermen throw away 2 billion pounds of fish every year. What these fishermen may not realize—or maybe they do—is that many bycatch species they’re pulling up in their nets or at the end of their long-lines are perfectly edible, just as nutritious, and often equally as tasty. This seafood mindset is very analogous to the American lobster, a prized item enjoyed by many today. Before the nineteenth century, lobster represented poverty. It was a “trash fish” served to servants and lower members of society. The white, succulent meat, which we now savor on special occasions, was fed to prisoners and used as fertilizer and fish bait. So what changed? Did the lobster suddenly evolve into a better-tasting creature? No. Eventually, commercial fishermen decided to bring their lobsters back to the dock, and in the mid-nineteenth century New Yorkers and Bostonians developed a taste for the crustacean. In other words, the different choices made by the fishermen and consumers created buying power to shape market demand. As they brought back more lobster, the demand increased, influencing the supply and bringing even more lobster to the marketplace. Thanks to this one movement, Americans today continue to enjoy lobster across the country. A similar story can be shared about the monkfish (page 6), considered one of the ugliest fish in the sea and referred to as “poor man’s lobster” (after the lobster reached notoriety). But now it is the monkfish—not the lobster—continuing to be caught incidentally in trawls and scallop dredges. And like the American lobster, fishermen are bringing this unusual fish back to the dock, creating a similar demand. Today, monkfish status has increased significantly and is now valued more than cod, haddock, and flounder. Lobster and monkfish aren’t the only delicious options, of course. Many other great-tasting fish in the sea—many fish that are still considered bycatch—are unfortunately discarded as we continue to hunt and deplete the more sought-after species, some to virtual extinction. In the United States alone, fishermen discard approximately 20 percent of what they catch, with some fisheries throwing away more than what they keep. The average shrimp trawler’s haul, for instance, is only 16 percent shrimp. The rest is comprised of fifty or so common species, including edible squid and whelks. In the Gulf of Mexico, in addition to the heavily targeted species, you’ll find more than one thousand species of finfish, all of which are edible. And on the west coast of the United States, more than ninety species are caught together in nets and long-lines when fishermen are specifically pursuing groundfish like flounder and halibut. Like Fabien Cousteau shares in the foreword, what if we didn’t discard these perfectly edible species? What if we introduced and prepared these fish for today’s seafood aficionados just like they did with the American lobster and monkfish, especially those looking for a change on the menu while simultaneously supporting our fragile planet and reducing man’s footprint on Earth? Again, this is what *Sea Robins, Triggerfish & Overlooked Seafood* is about. We’re helping to take the pressure off species like swordfish and Bluefin tuna by introducing home cooks to an array of bycatch and incidental species unloaded on today’s docks by fishermen inspired to make a difference. From Whole Roasted Porgy with Sweet Corn, Marinated Pole Beans & Winter Squash (page 112), to Red Rock Crab Cake with Roasted Pepper Mustard and Baby Kale (page 9), to Korean Fried Skate Wings (page 12), it’s time America—and the rest of the world—tastes these less popular fish. And that’s a good thing. Eating bycatch, like eating offal, is about avoiding waste while creating awareness and building a demand for delicious and ocean-friendly seafood. And by serving bycatch, we are making an important contribution to conservation. Coauthor Matthew Pietsch, executive chef and owner of Michigan award-winning restaurants Salt of the Earth and Principle Food & Drink, has been driving the

West Michigan farm-to-table movement since the day he opened his first restaurant in early 2009. Today, he continues to develop strong relationships with many farmers, producers, and fishermen around the country. His food focus begins with sourcing the highest-quality ingredients and processing these ingredients as simply as possible. Great food cannot be made without such ingredients. We suggest you look for premium-quality ingredients when preparing dishes from the recipes found within. Visit any quality food market, or develop relationships at local farmers' markets and seafood purveyors for your selections. Chef Matthew's restaurants were also created with the intended purpose of offering fresh, sustainable seafood based on traditional preparations and techniques. The recipes found within this cookbook are just that. Whether it is pickle-brined lionfish from the warm Atlantic or pan-seared lingcod from the cold Pacific, the food is as you would expect to find it at Chef Matthew's restaurants. We would all agree that food is the nourishment of life, but more importantly, it brings families together and enriches the celebration of friends and special events. The kitchen is the centerpiece in every home. It is often the place we find people gathering to share life, laughter, and happiness. It is that familiar feeling, along with building a better understanding of our oceans, that Matthew's restaurants create each day. Throughout the book are Chef Matthew's favorite recipes, including some unusual species for you to improve your skills if you are a little timid about cooking seafood. Of course, no meal is complete without the perfect beverage or glass of fine wine. That's why we've also included pairing suggestions throughout. Finally, sprinkled within the pages are plenty of techniques and tips that can be universally applied to finned fish and shellfish. If Chef Matthew has one caveat in cooking it would be "Cook Simply, Simply Cook!" Depending on where you live, there's a good chance you won't be able to find every fish in this book at your local market, and that's okay. Many of the seafood items are interchangeable. If you can't find flounder, use sole. Can't find rock crab, use blue crab. Can't find monkfish, use halibut. ... Keep in mind, however, that we're encouraging you to try those bycatch species that would otherwise be thrown overboard. And with the Internet and airfreight shrinking the globe, ordering fresh seafood direct from distributors and having a box of deliciousness delivered right to your front doorstep is easier than ever. You never know. You might just receive that ice-cold box of sea robins and triggerfish for you to prepare for family and friends. Until then, turn the pages ahead and dive into the exciting culinary experience that awaits!

COMMERCIAL HARVESTING METHODS RESPONSIBLE FOR BYCATCH

Fishermen use many kinds of gear and processes to catch the fish we eat. Here are some of the major methods used in commercial fishing, in which bycatch is also landed:

GillnettingA gill net is a curtain of netting that hangs in the water suspended from floats. Gill nets are almost invisible to marine life and rely on this fact to catch fish. The spaces in the net are designed to be big enough for the head of a fish to go through, but not its body. As the fish startles and backs out, its gills get caught in the net. Although gill nets are intended to catch certain species of fish, this fishing practice can result in a large quantity of bycatch.

Long-liningThousands of hooks all fish at once when a long-liner rolls out the gear. The central fishing line can be fifty miles long and strung with many smaller lines holding baited hooks. After leaving the lines to "soak" for a time to attract fish, long-line fishermen return to haul in their catch. Pelagic long-lining takes place near the sea surface, targeting midwater fish like swordfish and tuna. Demersal or "bottom" long-lining targets fish that live closer to the seafloor, like cod, halibut, and sablefish. Similar to gill nets, long-lines are intended to catch certain species of fish, but incidental species may also end up on the line.

Purse SeiningA purse seine is a large net that encircles a school of fish. The bottom of the net is strung with a line that the crew can pull closed. Small boats move out from a mother ship

to surround the fish with netting, like cattle in a corral. The bottom of the net is then pulled closed. The baglike net then raises up, trapping the fish inside. Fishermen have traditionally used this method to capture sardines, herring, and mackerel, but purse seines are also used extensively for catching tuna. As imagined, when a giant net is pulled close, species other than those targeted may end up inside, resulting in bycatch. Traps and Pots Traps or "pots" are baited cages used to attract the catch and hold it alive until the fisherman returns. Often used for lobster, crab, and shrimp, traps are also occasionally used to catch bottom-dwelling fish, such as sablefish or West Coast rockfish. Traps are made of wire or wood. They have an entrance, a "kitchen" chamber where the bait rests, and a "parlor" section where undersized animals can escape through vents. Trap fishermen usually lay out many traps attached in a line. After three or four days, they haul their pots aboard, releasing any animals that are too small, too large, or not the right species. Red rock crab, for example, that find their way into traps intended for more commercially viable species like Dungeness crab, are considered incidental catches. Trawling/Dragging Trawlers drag a cone-shaped net behind boats. Different types of trawl nets are used to fish in the midwater (pelagic trawling) and along the seafloor (bottom trawling). Pelagic trawling is often used to catch large schools of small fish such as anchovies; bottom trawlers target bottom-living fishes like cod, halibut, and rockfish. Some bottom trawl nets are fixed with chains that slap the seabed, "tickling" fish into the net above. "Rockhopper" trawls are fitted with heavy tires that roll the net along a rough and rocky seafloor. In dredging, a related form of fishing, nets with chain-mesh bottoms are dragged through soft sand to catch species like scallops. Unfortunately, trawlers are not selective when it comes to their nets being swept across the ocean floor, resulting in anything and everything being drawn inside, and often resulting in a large percentage of bycatch. Trolling Long rods pull fishing lines behind a moving vessel in the method known as trolling. Fishermen use a variety of lures and baits to troll for different fish at different depths. Trollers take speedy fish that will follow a moving lure, such as salmon, albacore tuna, and mahi-mahi. Even though trollers are targeting specific fish, other less desirable species may end up on the line, resulting in incidental catches. Many people in this country, especially those not living on a coast, prefer to cook meat and poultry as their main sources of animal protein instead of fish. Some reasons for this include not knowing what kind of fish to buy or how to prepare it, or the belief that cooking fish can make a house smell fishy, or because the cook simply doesn't like fish. Yet, fish is so nutritious and heart-healthy. In fact, fish is more healthful than red meat and even poultry. Salmon, mackerel, bluefish, herring (all oily fish) are rich in omega-3 fatty acids believed to be both heart- and brain-healthy. The benefits of eating seafood have been proven by studies of fish-eating populations, especially those in Japan and Scandinavia. Eating fish also adds variety and interest to anyone's regular diet. The following are some quick tips to help make buying and cooking fish and shellfish easier and more pleasant for the home cook: **Seafood Buying Tips** Fish and shellfish should always be purchased fresh or fresh-frozen. Although this may sound like an obvious statement, sometimes the supply chain takes too long to get fresh seafood to local stores, shortening its shelf life so that it appears unappetizing to the consumer. Frozen finned fish is a great alternative in this case. The first step is to ask questions. Learn about the various and unfamiliar species of bycatch being sold, which this book is intended to help you with. For the more ethically minded, learn the difference between seafood harvested in US waters and those brought in from overseas. All of this plays a vital role in purchasing the best and freshest seafood available. After receiving a little education, and now pointing to that delicious fish you are eager to prepare for your family and friends, refer to these helpful seafood-buying tips before you make the purchase: • Seafood should never smell fishy. In fact,

fresh fish should never have any unusual or offensive odor whatsoever. Always ask to smell the fish before you buy. Don't wait until you're home to discover the seafood you bought is spoiled. This tip refers to not only buying fresh fish, but all seafood, such as crab and scallops.

- If the fish you like has the head intact, take a moment and inspect the eyes, which should always be clear. Cloudy eyes are a sure sign the fish is not fresh or has been previously frozen. Same with the gills. They should be bright red. Pink or brown gills indicates a mishandled fish or one that has already spoiled.
- Inspect the flesh or meat. Fresh fish should be firm and spring back when touched. If your finger leaves an impression, the meat is soft and has probably spoiled.
- Examine the skin of the fish. The exterior should be clean, and if there are any fins intact, they should look crisp and moist, not discolored or dry, particularly around the edges.
- For species such as clams, crab, lobster, and the like, buy live whenever possible. This ensures the freshest quality rather than prepackaged products.
- When buying live shellfish like clams, mussels, and oysters, the shells should be tightly closed. If they are open, they should close when you touch them. They should also be housed in circulating seawater. If they are displayed on ice, make sure they are very cold—and alive.
- For live crab and lobster, they, too, should be stored in a circulating marine tank. These critters should be lively, especially when removed from the water. Do not purchase those that are limp and lifeless. If buying cooked crab or lobster, examine their shells. The exterior should be free of cracks and should smell clean and fresh.

Seafood Care Seafood is different from other types of food because freshness is the key for safety and flavor. To ensure you and your family and friends will enjoy the best fish possible, remember these helpful pointers:

- If you find yourself purchasing frozen seafood, keep it frozen until you're ready to eat it. To properly thaw, defrost in the refrigerator and never at room temperature. Also, plan ahead, as you may need to defrost the day before your dinner party or family gathering.
- After purchasing your fresh seafood, it is best to remove the wrapping from the market and transfer the fish to an airtight container or to a plate covered with plastic wrap. If you are refrigerating more than one seafood, do not store them together in one container or plate, and do not let the juices from one seafood contact another seafood.
- Live seafood, like clams, crab, or lobster, cannot be frozen, but they should last for a couple of days if you keep them on ice in a cool dark place (note: do not cover the live seafood with ice, as marine seafood will quickly die in freshwater). Also remember that live seafood needs air to breathe, so remove them from the bag or container they were sold in.
- If traveling a good distance, have the supermarket or fishmonger add a bag of ice with your seafood purchase. Your fresh fish must stay cold if you want it to remain fresh.

If you are going to remember one rule when it comes to caring for your seafood, remember this one: Fresh seafood should always be consumed the day of purchase. The longer it sits, the quicker it spoils, as most fresh seafood has already been in transit four to six days before reaching the market.

Although we are introducing you to twenty-five kinds of bycatch, along with how to select and care for your purchase, keep in mind there are many other bycatch species out there for you to try. Feel free to experiment, try those other unusual fish, and see what you like best. But regardless of what you choose, always remember to buy from a reliable source, and always buy fresh whenever possible.

FISH MERCURY LEVEL INDEX

Eating seafood is good for you. Fish and shellfish contain vital nutrients, including omega-3 fatty acids, and are packed with protein, vitamins, and minerals such as iron. According to the FDA, the average American should consume two or three servings of fish per week, which can be eaten in place of other types of protein. Sometimes, however, fish may contain a high level of mercury. If you're not familiar, mercury is an element collected in the ocean, which, in turn, is absorbed by fish, often becoming nothing more than a low-level

neurotoxin. However, there are species prone to generating higher-levels of mercury that may cause serious health problems in people, particularly the nervous system in children and pregnant women. Familiarize yourself with the mercury levels of the twenty-five fish featured in this cookbook. If you are pregnant or planning to become pregnant, it's a good idea for you to know what amount of fish sold in fish markets and restaurants is safe to eat. There's really no limit to the amount of seafood you can consume in the LOW mercury level category. For those fish with MODERATE amounts of mercury, try and stick to six servings or fewer per month. Those HIGH in mercury should be consumed no more than three times per month.

COOKING METHODS USED IN THIS BOOK

Canning

We strongly suggest seeking out educational and instructional resources before practicing any form of preservation at home. Proper preservation of food has very specific needs that may result in food borne illnesses if not properly followed. Practice extreme caution and educate yourself in the control points necessary to ensure safety. That said, we thoroughly encourage the practice of preservation of seasonal ingredients to allow for usage and enjoyment throughout the entire year.

Deep-Frying

We like to use a solid vegetable shortening when deep-frying at the restaurant. Using a sturdy, heavy-bottomed pot or home deep-fryer is recommended, as well as always exercising extreme caution when working with hot oil. Handy tools to make your deep-frying experience great include a fine mesh skimmer, a draining rack, and a deep fat/candy thermometer. Drain fried product on a wire rack or absorbent paper towels, and always salt the finished product right when it comes out of the oil. Avoid introducing salt into the oil, which greatly decreases the oil's frying life.

Frying & Sautéing

While we will refer to various methods here, they may have some commonality and overlap, yet there are specific differences and details to consider when approaching as a cooking method. When it comes to sautéing, ensure the ingredients have been "slacked" or tempered prior to cooking to allow the product to come up in temperature. This will provide for even cooking of the ingredient throughout. This may be more important to some ingredients than it is to others. Thoroughly dry all ingredients using a kitchen towel or paper towel if necessary. Excess moisture on the product to be cooked will cause it to stick to the pan and may cause the ingredients to steam instead of sear.

Sautéing Example:

Heat a large, heavy-bottomed sauté pan over medium heat until hot, about 3 or 4 minutes. Add enough oil to just coat the bottom of the sauté pan. Heat the oil for 15 to 30 seconds before introducing the fish. Place the fish into the pan away from you while taking extreme care as you introduce each piece. Cook the fish until the bottom is golden brown and the fish releases easily from the pan. If fish seems to stick, it may need a short time longer. Moderate your heat throughout the cooking process to ensure a moderate cooking of the fish. Searing the first side should take roughly 1 or 2 minutes. Carefully slide your fish spatula under the fish and flip to cook remaining side. Introduce butter into the sauté pan and allow for the butter to melt. The moisture in the butter may spatter and pop slightly. As the fish cooks on the second side, using a large metal spoon, tilt the pan to allow for the butter to collect on one side; collect the butter with the spoon and baste the fish with the hot butter. Continue this basting throughout the remaining cooking time. Allow for caramelization of the fish and remove from heat when color has turned opaque throughout and the flesh feels firm across entire piece. Remove and sprinkle with coarse flake salt after placing onto wire rack or paper towel-lined plate to rest.

Find a high-quality oil or blend that will allow for high-heat applications and should have a smoke point of at least 500°F. Using the wrong oil for high-heat cooking will cause the food to have off flavors and may be a safety hazard. It is imperative that you use an adequately large sauté pan when searing fish or other ingredients at high heat and that you do not overcrowd the pan. You must provide an adequate amount of space between the individual pieces to

ensure a consistent temperature of the pan. Each addition of fish and other ingredients will in effect remove energy, cool the pan, and drop the temperature of the sauté pan as it responds to the cold temperature of the fish. Overcrowding the pan will cause the temperature to drop excessively and result in the fish sticking and subsequently steaming instead of searing.

Grilling While we ultimately recommend natural hardwood lump charcoal for grilling, natural gas or propane will work as an alternative method. We also recommend using a chimney when heating hardwood charcoal. Be sure to thoroughly clean and treat the cooking grates, as any residual carbon may cause tearing or damage to the fish during cookery. Also, be sure the grill grates over the coals are well oiled and extremely hot. The opportunity for the fish to be unmanageable or sticking is greatly reduced by increased heat at the cooking surface and a properly oiled grill. We also use a rag, rolled tightly into a cylinder (tied tight with butchers' twine) and dipped in clean oil (vegetable or canola) to season the hot grill grates with a pair of tongs just prior to cooking. To prepare fish for cooking, make sure that it has been thoroughly dried and well-oiled to prevent it from sticking to the grates. There are many products available to facilitate cooking seafood on a grill and, while they may be successful, following the steps listed above will yield just as successful, and likely a better, result.

Roasting Roasting allows for an intense caramelization, increased browning (Maillard reaction), and flavor development because of a dry, indirect, often high-heat cooking environment. Our general method for facilitating the roasting process is done using our wood-fired oven, ranging from temperatures of 700°F to 900°F. Nothing can match the cooking processes that occur within. However, when roasting fish or vegetables in a conventional oven, we always do so at temperatures ranging from 425°F to 500°F, applying a constant focus to the product, and rotating or turning often to ensure uniform results. While roasting is often used for cooking meats, seafood, and vegetables at lower temperatures for longer periods of time, the inclusions of the roasting process present in this guide are generally higher heat for shorter periods, with an emphasis on the characteristics listed at the top of this section. When roasting at home, be sure to preheat your oven thoroughly at least 30 minutes prior to cooking (times may vary depending on the specifics of your equipment). The addition of thermal mass inside your oven will increase your results dramatically. For example, add a large ceramic "pizza stone" or high-heat tolerable food-specific oven bricks, of significant size and thickness. We also recommend finishing off the higher-heat referenced roasting processes by introducing your product to the broiler just prior to finishing to boost the overall caramelization and high-heat needs of the cooking process.

Smoking Everything we smoke at Salt of the Earth is done using traditional methods: utilizing an offset fire box for indirect heat and constant monitoring of temperatures at various points throughout the smoking chamber. While many pieces of equipment are available that control much of the cooking process present in smoking, thus eliminating the need for intensive involvement from the cook, we celebrate and demand the interaction and challenge presented from the classical methods developed with our historic food cultures in an effort to enact preservation and provide nourishment and food sources throughout the seasons in which food was less abundant or difficult to procure. True American barbecue is an art and always the result of time and experience. We use almost exclusively white oak for smoking, apart from the moments that benefit from tossing a bourbon barrel stave onto the fire. For most seafood, use a very mild wood. In addition to white oak, apple or pecan wood would also be appropriate. The most important aspect of this method is "temperature and consistency." Creating and maintaining a consistent temperature of 225°F to 250°F is imperative. If the opportunity for a cold smoke (largely reliant on available equipment) exists, it would be ideal in many applications. When placing product onto the smoker, ensure it

is located as far away from the heat source as possible. We like to bring the smoker up to cooking temperature for at least 30 minutes before placing any product on it; this helps ensure you can maintain a consistent temperature environment.

Sous-Vide At the restaurant, we greatly utilize the technology of thermal immersion circulators (see Anova in the Resource section, page 175) combined with a vacuum sealed product cooked in a water bath, commonly known as Sous Vide (under pressure). This incredibly gentle and consistent cooking method allows for an unmatched ability to control the flavor and texture of the final product. We utilize our “oven aquatic” or “the wet oven” for virtually everything we poach, and as a foundational cooking step when preparing much of the vegetables we serve throughout every season. While we’ve been relishing in the dramatic results achieved through this method for many years, the equipment and resources necessary for home application have recently become readily available and reasonably priced, with many products now available online. Sous Vide cooking is dramatically more present in the home kitchen than ever before. A great deal of resources exist to guide the home cook to master this virtually simple and basic method that functions based on the balance of two factors: time and temperature. We generally like to start the circulator 10 degrees higher than the desired cooking temperature, as the introduction of the product into the water bath will cause the bath’s temperature to react, and inconsistent results may occur as a result. Start your bath temperature a bit higher than you intend to cook, and then adjust the thermal settings on your device. The specific temperature fluctuation you may experience will be dependent on many factors present with your specific setup, and the specifics listed above are simply provided for perspective of how we approach the cooking method here at the restaurant. Trial and error, experience, and perspective will provide the knowledge necessary to master this technique.

KITCHEN TOOLS & EQUIPMENT

Cooking Thermometer A well-calibrated and accurate thermometer is a foundational necessity for every kitchen and every cook. Largely available and reasonably affordable, the consistent usage of this tool will allow for a deeper understanding and correlation to specific points of control throughout various cooking processes. While cooking is largely intuitive, a scientific approach and calculated evaluations will always provide a consistent result. In the restaurant, we use a variety of types of thermometers, but most often rely on a simple and relatively inexpensive digital instant-read pocket thermometer. High heat deep-frying on the stovetop can benefit from the use of a probe style or stationary candy thermometer to provide a constant read out of temperature and greatly increase safety in a safety-concerning environment. Be sure to calibrate frequently, utilizing online resources or manufacturers, guidelines to facilitate this process.

Deep-Fryer Where many deep-frying needs can be facilitated using an appropriately sized pot and a carefully executed heating application, a dedicated deep-fryer can be a game changer, especially when preparing multiple elements that have to come together at once.

Food Processor While not a necessity in the home kitchen, food processors are a great tool for making quick work of what were once arduous tasks, such as whisking mayonnaise. It also comes with attachments that can quickly grate hard cheeses or process vegetables for soup.

Immersion Blender Also known as a “stick blender,” a solid immersion blender can greatly increase the efficient use of your time for many cooking applications. Allowing for the processing of large batches of cooked products directly in their cooking vessels, eliminating the need for transferring hot food to alternate pieces of equipment, an immersion blender is an incredibly helpful option in many instances. When the final texture of ingredients is of strong concern or necessity, an immersion blender may not be the best option, as it often lacks the ability to achieve a super fine and superiorly smooth texture that you would experience from a traditional blender.

Kitchen Blender A strong blender is one of the most important kitchen tools

for a serious home cook. Responsible for the final texture of any puréed cooked or raw ingredient, as well as a strong mechanical option for building emulsifications. A category that is well worth a serious investment, the right selection of equipment will provide a long-term quality addition to your countertop. The KitchenAid ProLine blender and the newly released KitchenAid Commercial series blender are honestly the most amazing pieces of equipment I've ever had the opportunity to work with. I use these incredibly functional and well-built machines in our professional kitchens and in my home.

Thermal Immersion Circulator See *Sous Vide*, listed in *Cooking Methods*.

Vacuum Sealer Quite specifically, this is a kitchen tool that utilizes specialized bags to eliminate oxygen from an ingredient and seals the bag to maintain the oxygen-reduced or-eliminated environment. Vacuum sealers are essential for sous vide cooking methods and provide a great deal of value in allowing for preservation of ingredients by eliminating one factor that causes ingredient decay and spoilage. We use "ROP" or "Reduced Oxygen Packaging" to quickly facilitate pickling, brining, and marinating when time is not an option for the natural processes to occur. By eliminating the oxygen present in an environment and ingredient, the additions to the vacuum bag (often aromatics, brines, and marinades) are forced into the ingredient, quickly facilitating processes that would take significantly longer periods of time.

When purchasing bycatch, nowhere is freshness more paramount. Developing a relationship with your local fishmonger is essential to serving great seafood dishes.

FIRST COURSES & SMALL BITES
PICKLED HERRING
BUTTER POACHED MONKFISH COCKTAIL
RED ROCK CRAB CAKE WITH ROASTED PEPPER MUSTARD AND BABY KALE
KOREAN FRIED SKATE WINGS
COCONUT GRILLED WAHO
PICKLED HERRING
MAKES 1 (2-QUART) JAR
ALTERNATIVE FISH: MACKEREL, SHAD, SMELT

While my experience with pickled herring was always limited to a jar or two in Grandma's fridge, my mother, Ingrid Markstrom, speaks of her travels to Sweden at a young age. She would spend her college summers in Stockholm visiting and traveling with her cousin, Ingmar, and other family members who lived throughout the country. Pickled herring, accompanied by wasa bröd (hard tack or thin cracker) and butter, was served at every table, often at every meal, and always at breakfast. Our preparation varies slightly from the traditional experience that my mother regularly enjoyed.

HERRING There are more than 180 species in the herring family, including sardines and anchovies. The Guinness Book of World Records states that the Atlantic herring is considered the world's most numerous fish. When herring migrate, they can run in schools extending 17 miles and containing millions of fish. The Atlantic herring, in particular, is a small plankton-feeder that grows to a maximum of 17 inches and 1.5 pounds. They are an abundant, pelagic fish that inhabit the open sea and offshore banks for most of their lives. However, in the spring and summer, young juveniles are numerous in inshore waters along the Maine coast. Adults migrate across hundreds of miles of ocean during their life spans. In the winter, schools of migrating Atlantic herring can join forces, forming massive expanses of fish stretching as far as the eye can see. Just as marine birds and mammals have taken advantage of bountiful herring schools along northern coasts, humans have long depended upon this resource for sustenance. Nearly every culture along North Atlantic coasts, from historical tribes and settlements to modern communities, have fished for herring, which are often an incidental catch when targeting sardines and anchovies. Today, in the Gulf of Maine, herring are harvested primarily by purse seiners and mid-water trawlers that also fish for sardines and anchovies. The sardine canneries in Maine, New Brunswick, and most of the North Atlantic states exclusively process young Atlantic herring. In other locations, however, a can labeled "sardines" may contain an entirely different type of fish. The Pacific sardine (*Sardinops sagax*), or pilchard, is the fish that inspired Cannery Row in Monterey, California—

immortalized by American writer John Steinbeck. While the fish share the same family and sometimes the same name on a can label, Atlantic herring and Pacific sardines are two distinct species. 2 large fresh herring fillets (20–24 ounces), cleaned and trimmed

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Sea Robins Triggerfish Other Overlooked Seafood the kitchen, Sea Robins Triggerfish Other Overlooked Seafood the woodlands, Sea Robins Triggerfish Other Overlooked Seafood the office, Sea Robins Triggerfish Other Overlooked seafood species, Sea Robins Triggerfish Other overlooked by, Sea Robins Triggerfish Other overlooked species, Sea Robins Triggerfish other species, Sea Robins Triggerfish other fish, Sea Robins Triggerfish other names, Sea Robins triggerfish recipe, sea shells seafood warner robins, do sea robins have teeth, where are sea robins found, sea robins long island sound, sea robins flying fish, are sea robins dangerous, are sea robins invasive, sea shells warner robins, sea robins edible, sea robins barking, what do sea robins eat, sea way warner robins ga, sea moss warner robins ga, sea robins legs, sea robins sound

This Must Be the Place: Dispatches & Food from the Home Front, Nothing Fancy: Recipes and Recollections of Soul-Satisfying Food (The William and Bettye Nowlin Series in Art, History, and Culture of the Western Hemisphere), The Pizza Bible: The World's Favorite Pizza Styles, from Neapolitan, Deep-Dish, Wood-Fired, Sicilian, Calzones and Focaccia to New York, New Haven, Detroit, and More, Smoke & Pickles: Recipes and Stories from a New Southern Kitchen, Truly Madly Pizza: One Incredibly Easy Crust, Countless Inspired Combinations & Other Tidbits to Make Pizza a Nightly Affair: A Cookbook, Plant-Based Gourmet: Vegan Cuisine for the Home Chef, Perfect Pan Pizza: Square Pies to Make at Home, from Roman, Sicilian, and Detroit, to Grandma Pies and Focaccia [A Cookbook], Vegetable Simple: A Cookbook, America's Best Ribs: 100 Recipes for the Best. Ribs. Ever., Half Baked Harvest Super Simple: More Than 125 Recipes for Instant, Overnight, Meal-Prepped, and Easy Comfort Foods: A Cookbook, The Ultimate Guide to Grilling: How to Grill Just about Anything (Ultimate Guides), America's Best Barbecue: Recipes and Techniques for Prize-Winning Ribs, Wings, Brisket, and More, The Complete Guide to Smoking and Salt Curing: How to Preserve Meat, Fish, and Game, Pressure Cooker Magic: 101 Fast & Fabulous Recipes, Traditional Swedish Cooking, The Big Peruvian Cookbook: 100 Delicious Traditional Recipes from Peru, Simply Fish: 75 Modern and Delicious Recipes for Sustainable Seafood, The NYC Kitchen Cookbook: 150 Recipes Inspired by the Specialty Food Shops, Spice Stores, and Markets of New York City, The American Table: Classic Comfort Food from Across the Country, The Taco Revolution: Over 100 Traditional and Innovative Recipes to Master America's New Favorite Food

What people say about this book

BOB, "excellent book for this subject, great price but note to author. This is a beautifully constructed and illustrated hardcover book with a ridiculously low price but it has one deficiency. That criticism is for the author--when you deal with "off catch" fish from the sea, the first chapter should be a page guide with illustrations or photos of the "trash" fish that one may encounter fishing or at the fish store....this is critical to the chef or fisherman so the mystery of cooking these fish becomes easy. Otherwise its a good book but not a great one if you don't deal a clear identification guide of these fish."

Sam, "Think beyond just salmon!. Save the oceans and improve your cooking skills in one fell swoop. The only reason I'm giving it 4 stars is because it needs a more global, broader approach and not focus only on tropical Atlantic species."

paul parrish, "Five Stars. The best cook books I've ever read."

Paolo Franzese, "A MUST HAVE. Truly an amazing book, phenomenal food, and one of the most amazing chefs Matthew Pietsch! A must have in your cookbook line-ups!"

Sydney, "10/10!!. A huge looker. The book, content, photography, and chef. ;)"

The book by Maggie Green has a rating of 5 out of 4.1. 15 people have provided feedback.

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