

KidSafe Recipes

Kid-friendly seafood recipes
for the whole family to enjoy

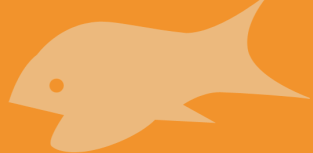


Photo: Roy MacLeod. Kids fishing for shellfish in Newton's Cove, Dorset UK

SeaWeb 2013


KidSafe
SEAFOOD
The Healthiest Fish in the Sea


A program of
SeaWeb



(from top, left to right):

January: Farmed Tilapia
Terrific Tilapia Tacos

February: Farmed Oysters
Oyster Burgers with Special Slaw

March: Farmed Mussels
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August: Wild Alaska Chum Salmon
Wild Chum Salmon Tacos

September: Wild Pink Shrimp
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October: Farmed Arctic Char
Arctic Chum Croquettes

November: Wild Atlantic Mackerel
Mackerel Melt

December: Sea Scallops
Seared Sea Scallops Caesar Salad with Parmesan

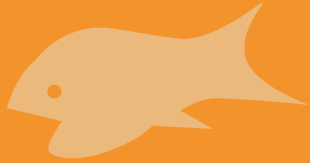


KidSafe Seafood shares twelve different easy to prepare, kid-friendly recipes from chefs and parents to help put seafood back on the menu. Each of the species selected is low in contaminants and sustainable, supporting both human and ocean health.

Diversify your family's diet with these delicious and nutritious seafood options. For more fun and easy recipe ideas, visit www.kidsafeseafood.org.



Sustainable Consumption



*Terrific **Tilapia** Tacos*

12 6-inch corn tortillas
1½ lbs farmed tilapia fish fillet
3 plum tomatoes
½ small red onion
2 limes
1 cup fresh cilantro leaves
1 Tbsp cumin
¼ cup olive oil
Salsa
Salt and pepper

1. In the medium bowl, coat the fish with olive oil and cumin. Add salt and pepper to taste.
2. Squeeze one lime over the fish.
3. Chop the red onion and the cilantro. Dice the tomatoes. Place the onion, cilantro and tomatoes in separate small bowls and set aside.
4. Cut the other lime into wedges. Place the wedges into a small bowl and set aside.
5. Place one of the skillet over a medium-high heat, and cook the fish in it for about five minutes on each side, or until the fish is cooked through and flakes with a fork.
6. Heat the tortillas by placing them in the other skillet over a medium-high heat for five minutes or until warm.
7. Assemble each taco by filling a tortilla with approximately ½ cup of fish and a teaspoon each of cilantro, tomato and onion. Squeeze a lime wedge over each taco. Add salsa to taste.

Photo credit: Joe Arciaga / Terra Verde Photography



Helene York
Director of Strategic Sourcing and Research
Bon Appétit Management Company, Palo Alto, C.A.
Seafood Champion Award Winner 2010

Oyster Burgers with Special Slaw

Batter

1/2 cup all-purpose flour
1 tsp salt
1 tsp baking powder
6 oz seltzer or sparkling water
10 oz jar fresh farmed oysters (yields about 8 oz)

2 oz olive oil

Slaw

6 oz green cabbage, shredded (about 1/4 head)
1Tbsp apricot jam or orange marmalade
1Tbsp vinegar
1Tbsp olive oil
Pinch salt

1. Prepare batter. Mix all dry ingredients, and then add fizzy water. Mix until lumps have disappeared (but don't overmix). Refrigerate batter for 15 minutes.
2. While batter is resting, chop cabbage into small strips. Measure and combine wet ingredients for dressing. Toss thoroughly and set aside.
3. Rinse oysters once to get rid of any shell bits and excessive dirt. Don't overrinse or the oyster flavor will be lost. Chop oysters into bite-size pieces. Add oyster bits to the batter after it has rested.
4. Toast bun halves. Arrange on plates.
5. Heat a non-stick skillet with 1 oz of olive oil. Using a serving spoon or 1/4 cup scoop, drop batter into a pan. Make two burgers at a time. Lightly brown each side on medium heat, 2-3 minutes for each side. With so little oil you won't need to blot the burgers on paper towels (but the oil is necessary for browning and keeping the burgers from sticking). Repeat with 1 oz of oil for two more burgers.
6. To assemble, place burgers on buns, salad on top.

Photo credit: Aaron Tong/flickr aarontong



Bart Van Olphen
Founder of Fishes sustainable seafood retailer and products,
The Netherlands
Seafood Champion Award Winner 2008

Sicilian Mussel Fritters

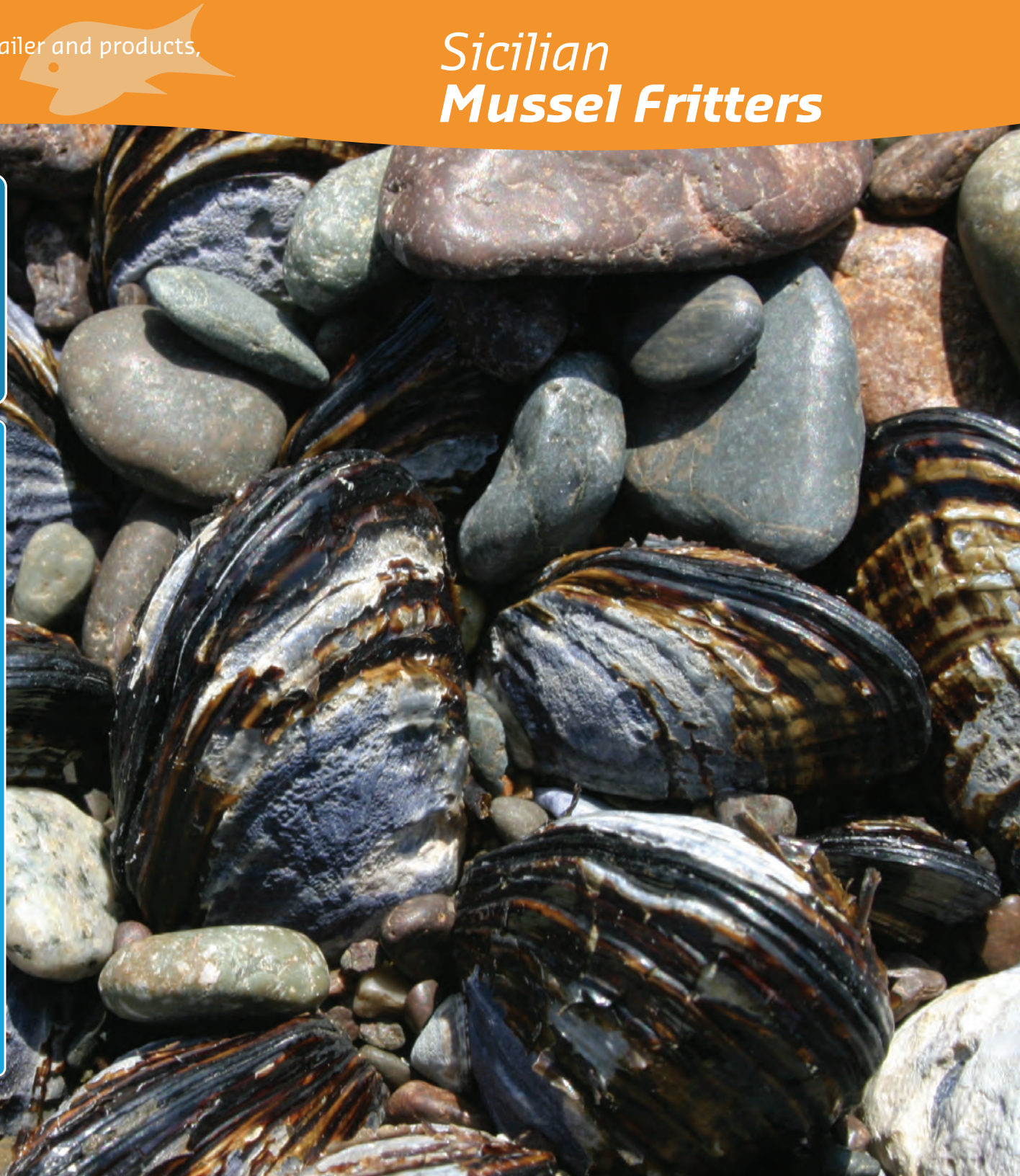
*Olive oil
2 lbs farmed mussels, cleaned
and debearded
3 oz white wine
Lemon wedges, to serve*

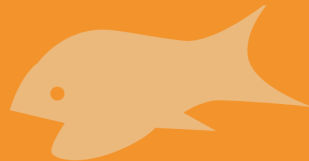
Batter
*½ lb self-rising flour
2 eggs
4 oz milk*

*1 medium onion, finely
chopped
2 garlic cloves, finely chopped
Pinch of crushed dried chili
(optional)
Salt and freshly ground black
pepper
3 sprigs of fresh basil, roughly
chopped
Grated zest of 1 lemon*

1. Heat a little oil in a heavy bottomed pan over medium-high heat.
2. Add mussels and wine and cover with lid.
3. Quickly steam the mussels for 3-5 minutes, then remove the pan from heat and strain the mussels in a colander.
4. Allow the mussels to cool, then remove them from their shells. Roughly chop the mussel meat and set aside.
5. Sift the self-raising flour into a bowl. Make a well in the center and add the eggs.
6. Gently whisk the milk into the mixture, incorporating all of the flour. Keep whisking to get rid of the lumps until you have a thick smooth batter.
7. Add the onion and the mussel meat to the batter.
8. In a mortar and pestle, pound the garlic and a pinch of salt (and optional chili) together to form a paste.
9. Add the basil and continue to pound until smooth.
10. Spoon the green puree into the batter and add the lemon zest; season with salt and black pepper.
11. Drop 1 tbsp of the mixture into hot oil in the pan.
12. Cook the fritters in batches of about eight at a time so that the oil stays hot. Fry until golden brown on one side, turn over. Total cooking time should be about three minutes.
13. Pat the fritters with paper towel and serve with lemon wedges.

Photo credit: Walter Moar





Dungeness Crab Salad

Vinaigrette

2 limes zested
2 tsp fresh lemon juice
1 Tbsp lime juice
3 Tbsp extra virgin
olive oil
Salt and pepper, to
taste

Ginger Sauce

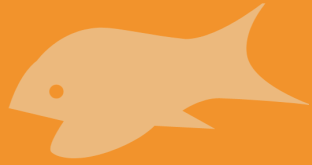
2 tsp finely minced
fresh ginger
3 Tbsp fresh lime juice
2 tsp soy sauce
1 large egg yolk
 $\frac{3}{4}$ cup canola oil
Kosher salt and ground
white pepper, to taste

4 cooked Dungeness
crabs, about 1½
pounds each
3 mangos
 $\frac{1}{4}$ cup salad greens or
radish sprouts, garnish

1. Combine the zest, juices, and a pinch of salt and pepper in a small bowl. Slowly whisk in the olive oil. Set aside at room temperature.
2. Combine the ginger, lime juice, soy, and egg yolk in a blender or small food processor. With the machine running, slowly add the oil in a thin, steady stream until the sauce emulsifies (thickens). Keep refrigerated.
3. Remove the two claws and the four largest (front) legs from each crab.
4. Cut off the small knuckles at the joint where they attach to the main claw; save these small pieces for another use.
5. Using a wooden mallet or small hammer, very lightly tap the shells of the crab claws until they crack in several places, taking care not to smash the meat in the process.
6. Bend each small pincer claw away from its larger counterpart until it snaps; then, very gently twist it in order to release the tiny piece of crab inside the shell.
7. Carefully extract the claw meat from the broken shells, hopefully with the pincer claws still attached. Crab legs have many small sections and removing the meat in neat pieces can be difficult. Use only the largest segments, those closest to the body.
8. Cut off the lower, smaller pieces at the first joint and save for another use. Tap the shells in the same manner as for the claws and carefully extract the fingers of meat. Each salad should have six whole pieces of crab.
9. Place the crab in a medium bowl and sprinkle with a pinch of salt and pepper. Whisk the vinaigrette to re-emulsify it, then pour into it over the crab. Very gently blend the ingredients with a rubber spatula, taking care not to break the crab pieces.

Photo credit: Larry Brown





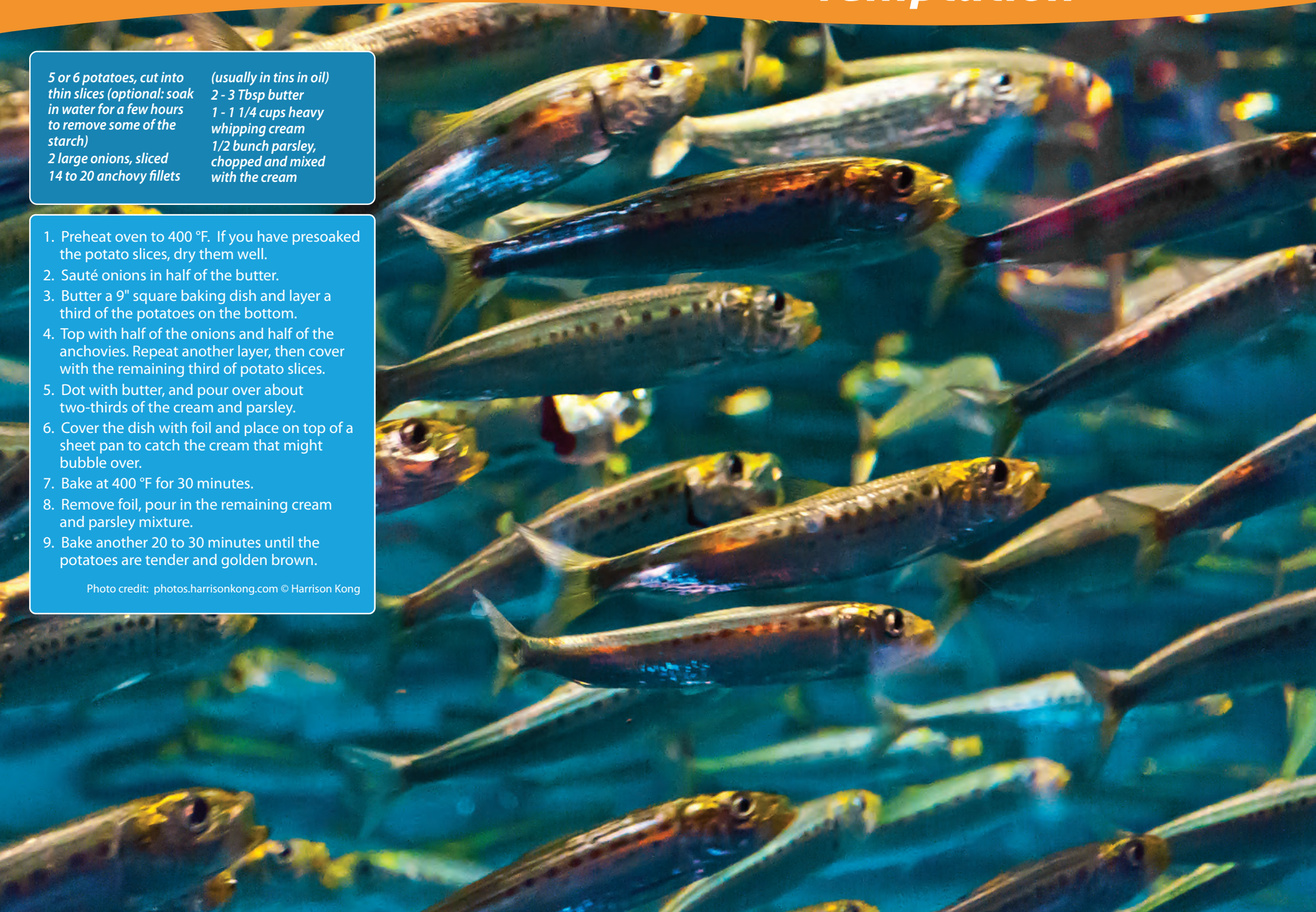
Jansson's Anchovy Temptation

*5 or 6 potatoes, cut into thin slices (optional: soak in water for a few hours to remove some of the starch)
2 large onions, sliced
14 to 20 anchovy fillets*

*(usually in tins in oil)
2 - 3 Tbsp butter
1 - 1 1/4 cups heavy whipping cream
1/2 bunch parsley, chopped and mixed with the cream*

1. Preheat oven to 400 °F. If you have presoaked the potato slices, dry them well.
2. Sauté onions in half of the butter.
3. Butter a 9" square baking dish and layer a third of the potatoes on the bottom.
4. Top with half of the onions and half of the anchovies. Repeat another layer, then cover with the remaining third of potato slices.
5. Dot with butter, and pour over about two-thirds of the cream and parsley.
6. Cover the dish with foil and place on top of a sheet pan to catch the cream that might bubble over.
7. Bake at 400 °F for 30 minutes.
8. Remove foil, pour in the remaining cream and parsley mixture.
9. Bake another 20 to 30 minutes until the potatoes are tender and golden brown.

Photo credit: photos.harrisonkong.com © Harrison Kong



Paul Greenberg
Author of *Four Fish: The Future of the Last Wild Food*

I-Can't-Believe-There's-Fish-in-There **Spaghetti Sauce**

*1/2 oz can sardines
(oil from the can will be used
for cooking so don't discard).
Olive oil
2 cloves garlic, minced*

*1 carrot, peeled and grated fine
1/4 cup dry white wine
1 28 oz can whole plum
tomatoes
Pepper and salt to taste*

1. Drain olive oil from the sardine can into the pan. Add another 2 Tbsp of olive oil. Add garlic and sauté over low heat for about a minute.
2. Add the grated carrot and sauté for another minute.
3. Roughly chop sardines and add to pan. Mash and stir until the sardines dissolve into the oil.
4. Turn up flame to medium and add wine. Stir briefly and let wine bubble away (about a minute).
5. Drain juice from tomatoes into saucepan and stir. Roughly chop tomatoes and add to pan.
6. Cook on low heat for 30-40 minutes.
7. Purée the sauce in a food processor until smooth after it has cooled.
8. Toss with 1 to 1 1/2 pounds of pasta.

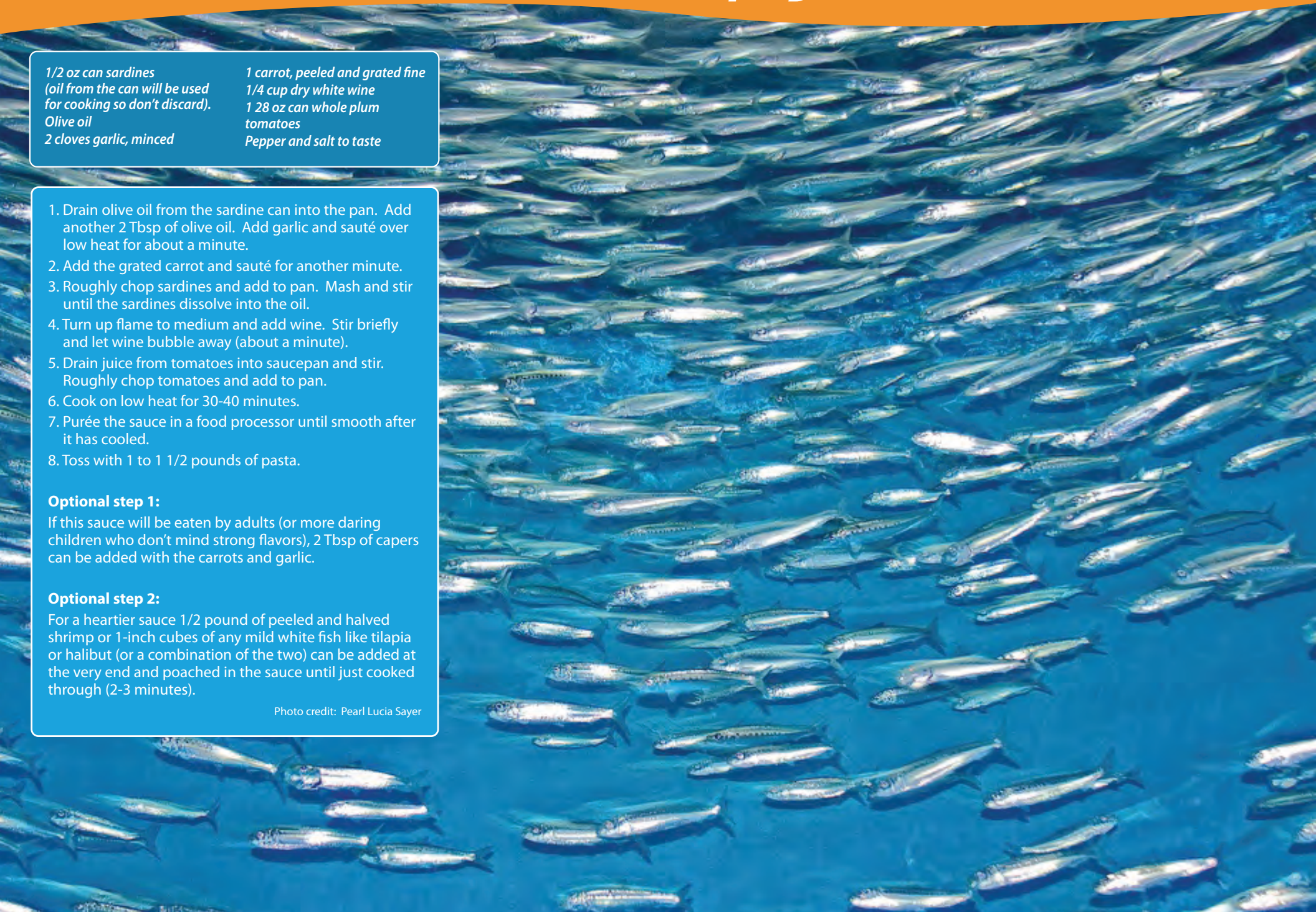
Optional step 1:

If this sauce will be eaten by adults (or more daring children who don't mind strong flavors), 2 Tbsp of capers can be added with the carrots and garlic.

Optional step 2:

For a heartier sauce 1/2 pound of peeled and halved shrimp or 1-inch cubes of any mild white fish like tilapia or halibut (or a combination of the two) can be added at the very end and poached in the sauce until just cooked through (2-3 minutes).

Photo credit: Pearl Lucia Sayer



Charles Hudson
Sunburst Trout Company, Canton, N.C.
Seafood Champion Award Winner 2008

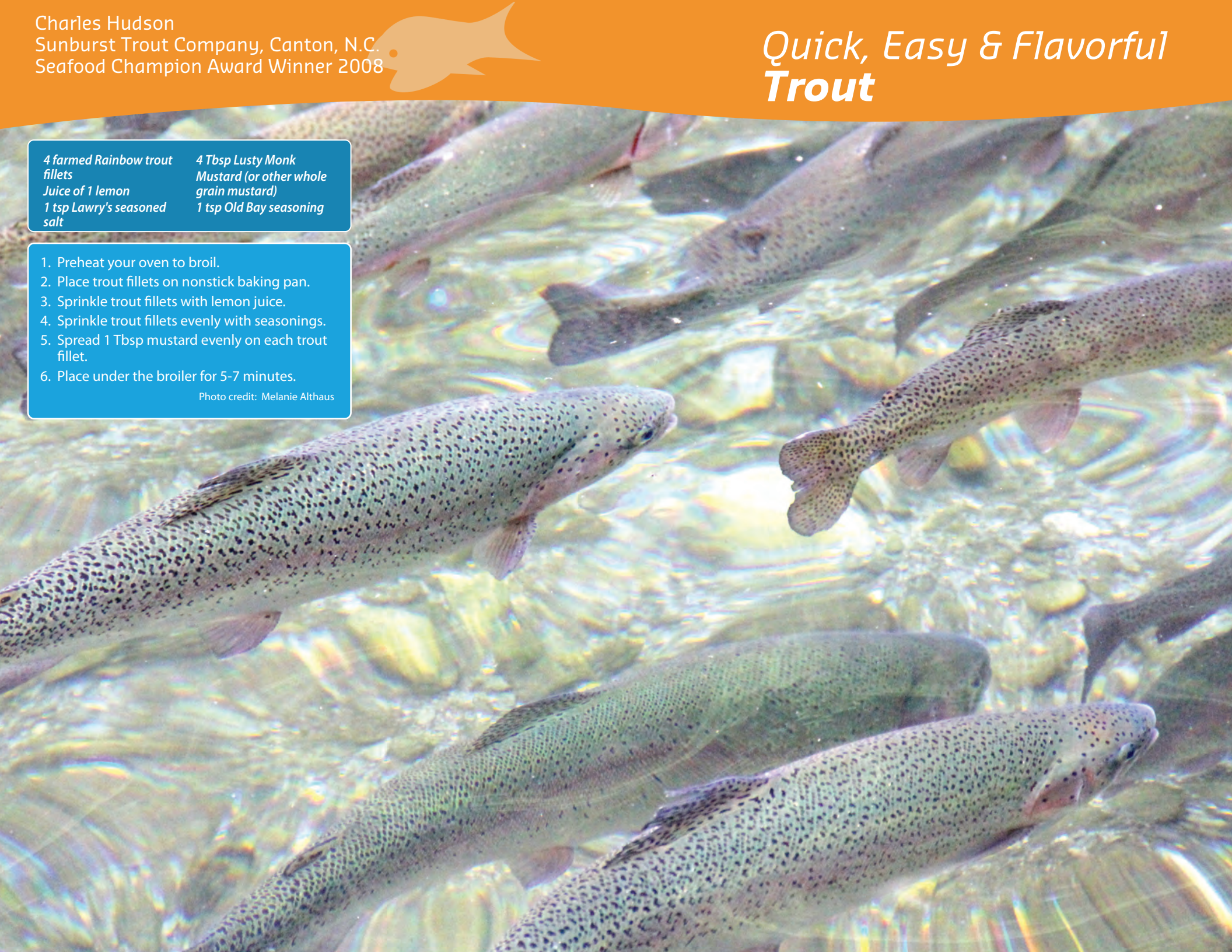
Quick, Easy & Flavorful Trout

4 farmed Rainbow trout
fillets
Juice of 1 lemon
1 tsp Lawry's seasoned
salt

4 Tbsp Lusty Monk
Mustard (or other whole
grain mustard)
1 tsp Old Bay seasoning

1. Preheat your oven to broil.
2. Place trout fillets on nonstick baking pan.
3. Sprinkle trout fillets with lemon juice.
4. Sprinkle trout fillets evenly with seasonings.
5. Spread 1 Tbsp mustard evenly on each trout fillet.
6. Place under the broiler for 5-7 minutes.

Photo credit: Melanie Althaus



Robert Clark
Executive Chef, C Restaurant, Vancouver, B.C.
Seafood Champion Award Winner 2011

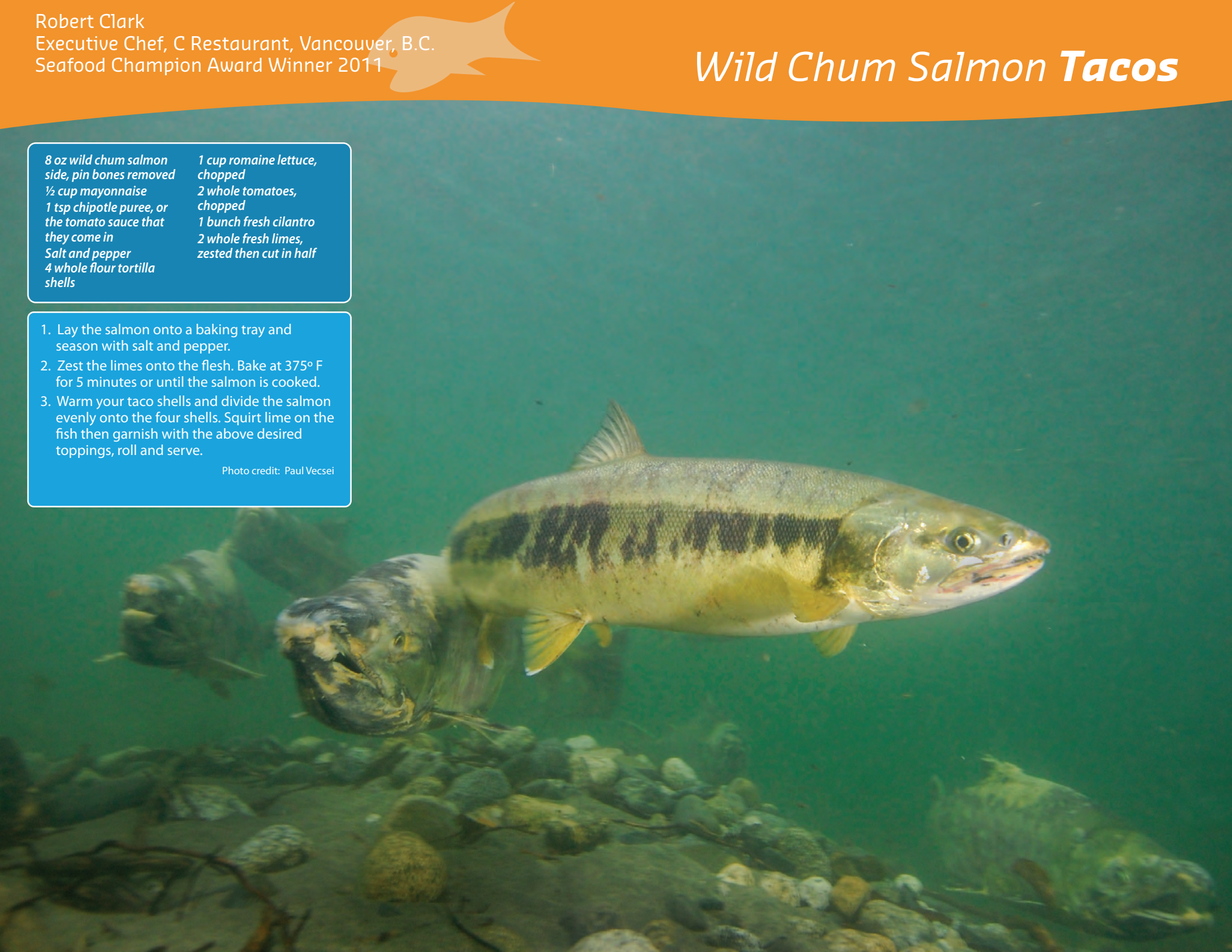
Wild Chum Salmon **Tacos**

8 oz wild chum salmon
side, pin bones removed
½ cup mayonnaise
1 tsp chipotle puree, or
the tomato sauce that
they come in
Salt and pepper
4 whole flour tortilla
shells

1 cup romaine lettuce,
chopped
2 whole tomatoes,
chopped
1 bunch fresh cilantro
2 whole fresh limes,
zested then cut in half

1. Lay the salmon onto a baking tray and season with salt and pepper.
2. Zest the limes onto the flesh. Bake at 375° F for 5 minutes or until the salmon is cooked.
3. Warm your taco shells and divide the salmon evenly onto the four shells. Squirt lime on the fish then garnish with the above desired toppings, roll and serve.

Photo credit: Paul Vecsei



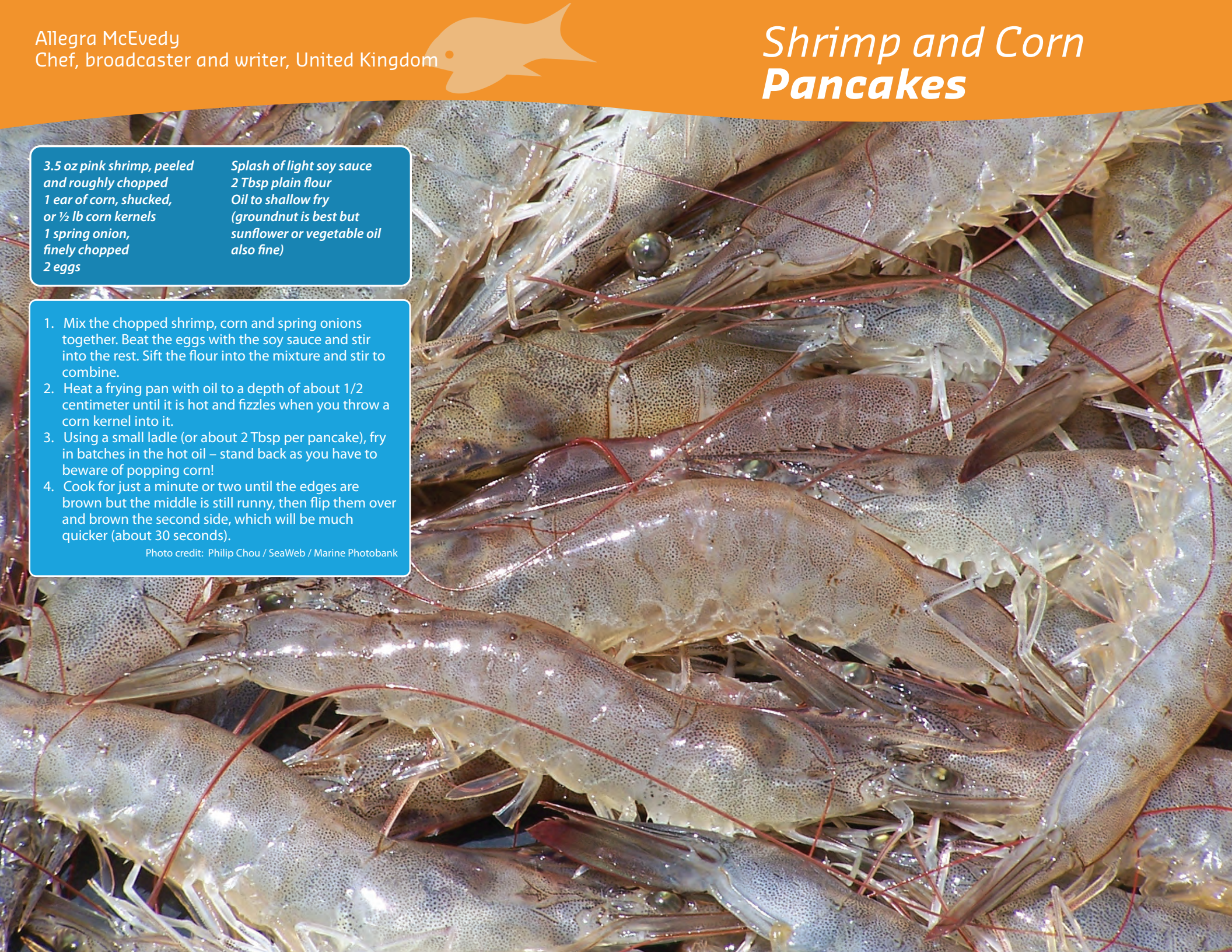
Shrimp and Corn Pancakes

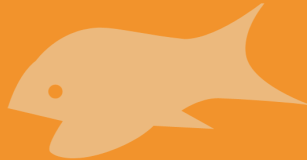
3.5 oz pink shrimp, peeled
and roughly chopped
1 ear of corn, shucked,
or ½ lb corn kernels
1 spring onion,
finely chopped
2 eggs

Splash of light soy sauce
2 Tbsp plain flour
Oil to shallow fry
(groundnut is best but
sunflower or vegetable oil
also fine)

1. Mix the chopped shrimp, corn and spring onions together. Beat the eggs with the soy sauce and stir into the rest. Sift the flour into the mixture and stir to combine.
2. Heat a frying pan with oil to a depth of about 1/2 centimeter until it is hot and fizzes when you throw a corn kernel into it.
3. Using a small ladle (or about 2 Tbsp per pancake), fry in batches in the hot oil – stand back as you have to beware of popping corn!
4. Cook for just a minute or two until the edges are brown but the middle is still runny, then flip them over and brown the second side, which will be much quicker (about 30 seconds).

Photo credit: Philip Chou / SeaWeb / Marine Photobank





Arctic Char Croquettes

1 lb farmed Arctic char, gutted and degilled
¼ stick butter
1/2 small onion
1/3 cup plain flour
1 cup whole milk
1 tsp tomato purée
2 tsp finely chopped parsley or fresh tarragon
1 tsp Dijon mustard
3 Tbsp double cream

Flaked sea salt and ground black pepper
2 large free-range eggs
1 cup very fine breadcrumbs, made from dry white bread
8 Tbsp ground almonds
3 Tbsp plain flour
Sunflower oil for deep-frying and oiling
Lemon wedges for squeezing

1. Preheat the oven to 375° F. Place the char on a baking tray lined with oiled foil.
2. Cover with a second sheet of foil and bake for 12–15 minutes until it is just cooked. Allow the trout to cool.
3. Discarding the skin, flake the fish into a sieve over a bowl. Do this carefully, being extra diligent to take out any tiny bones.
4. Melt the butter in a medium saucepan. Peel and finely chop the onion. Gently fry until pale golden.
5. Stir in the 1/3 cup flour and cook for 30 seconds before gradually stirring in the milk. Cook over a low heat for 5 minutes, stirring constantly, until the sauce is glossy and thick.
6. Beat in the tomato purée, tarragon, mustard, cream and plenty of salt and black pepper. Cover with saran wrap to prevent a skin forming, and allow to cool until tepid.
7. Gently stir in the char until thoroughly incorporated and adjust the seasoning to taste.
8. Spoon the mixture into a bowl and cover again with saran wrap. Allow to cool. Cover and chill for a minimum of five hours or until solid.
9. When ready to cook, make croquettes using two spoons to form the mixture into small ovals, then slightly ball between your palms.
10. Beat the eggs well in a large bowl. Scatter half the breadcrumbs in a shallow bowl and mix with half the almonds. Put the three Tbsp flour in a third bowl.
11. Toss each croquette lightly in flour, then into the egg, before coating evenly in the breadcrumb mixture. Put on a small baking tray. After eight croquettes have been prepared, tip out the used breadcrumbs (they will be sticky and lumpy) and replace them with the remaining breadcrumbs and almonds. Chill the croquettes for at least 30 minutes or until just before serving.
12. Half-fill a large pan with sunflower oil and heat to 350°F. Using a slotted spoon, carefully lower five croquettes at a time into the hot oil and cook for about 2 1/2 minutes turning them once, until the coating is golden brown and the filling melted into a soft, unctuous sauce. Keep warm in the oven whilst the remainder are cooked. If not using a fryer, keep an eye on the oil to make sure that it does not get too hot and burn the remaining croquettes.
13. Scatter with sea salt. Serve hot with wedges of lemon.

NOTE: To make the breadcrumbs, place slices of white bread on a baking sheet and cook in a low oven for about 20 minutes until dry but not colored. Blend to crumbs in a food processor.

Photo credit: Benjamin R. Sandoval



Barton Seaver
Chef, Speaker, Author of *For Cod and Country*,
and Fellow, National Geographic Society
Seafood Champion Award Winner 2008

Mackerel Melt

Two 7 oz cans smoked
wild Atlantic mackerel
1/4 cup mayonnaise
Pinch of celery salt

4 slices whole-grain
bread
4 oz white Cheddar
cheese, thinly sliced

1. Preheat oven to 400 degrees.
2. Open the cans, drain the mackerel, and flake it with a fork in a medium bowl.
3. Mix in the mayonnaise and celery salt.
4. Evenly divide the fish among the slices of bread and cover with the cheese.
5. Place on a baking sheet and bake until cheese is melted and the mackerel is warmed through (about 8 minutes).

Makes 4 open-faced sandwiches.

Photo credit: Ewen H. Watt



Xavier Deshayes
Executive Chef, The International Trade Center/
Ronald Reagan Building, Washington, D.C.

Seared Sea Scallops ***Caesar Salad with Parmesan***

Caesar Dressing

(no anchovy)

4 tsp tarragon
vinegar
8 tsp olive oil
1 tsp lemon juice
2 tsp dijon mustard
1 tsp grated
parmesan
1 tsp salt
¼ tsp garlic (crushed)
1 egg

Scallops

1 lb sea scallops
2 tsp Caesar dressing
1 tsp olive oil
salt and pepper to
taste

Lettuce

2 heads romaine
lettuce
2 tsp freshly grated
parmesan
Caesar dressing

Dressing

1. Place all ingredients in a blender for 30 seconds. Refrigerate. To be consumed within a week.

Scallops

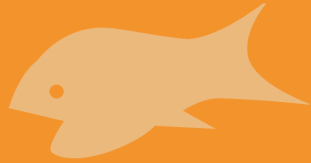
1. Heat a sauté pan, add olive oil.
2. Sear the sea scallops for two minutes on each side.
3. Remove scallops from pan, place in a mixing bowl and pour Caesar dressing over the scallops. Toss well.

Lettuce

1. Wash and dry the Romaine lettuce. In a large bowl, combine Caesar dressing, Romaine lettuce, and parmesan.
2. Place the Romaine lettuce in the center of each plate. Put the warm sea scallops around the lettuce and serve.

Photo credit: Nick DeWolf, <http://www.flickr.com/photos/dboo/6175748256>





	Anchovies	Sardines	Dungeness Crab	Farmed Rainbow Trout	Farmed Arctic Char	Pink Shrimp	Tilapia	Farmed Oysters	Farmed Mussels	Sea Scallops	Atlantic Mackerel	Wild Chum Salmon
Jan			X				X	X	X	X		
Feb			X				X	X	X	X		
Mar			X				X	X	X	X		
Apr			X				X	X		X		
May	X		X				X					
June	X	X		X		X	X				X	X
July	X	X		X		X	X				X	X
Aug	X	X		X		X	X				X	X
Sept	X				X	X	X				X	
Oct	X				X	X	X	X			X	
Nov							X	X	X		X	
Dec			X				X	X	X	X		

X denotes the best time to buy

Eating seasonably is a great way to vary your family's diet and try new recipes with tastier, naturally plentiful seafood options. While some seafood species are available year round, others are only available or best purchased at certain times of the year.

- Seasonality may refer to species availability (i.e. most plentiful, highest quality) or the breeding season (i.e. when to avoid purchasing).
- Seasonality is particularly relevant to wild seafood, as farmed fin-fish are not part of the same natural breeding cycle and frozen/canned fish can be caught/served year round.
- Avoiding buying wild fish during their spawning season allows species to breed and replenish their populations.
- Note seasonality can vary by region, climate and fishery.

Sustainable Consumption

