

# FISH FOREVER RECIPES

A delicious guide for turning fish to dish

FOR FISH  
FOREVER





## ABOUT THE MARINE STEWARDSHIP COUNCIL

The Marine Stewardship Council (MSC) is an international non-profit on a mission to end overfishing and restore fish stocks for future generations.

Sustainable seafood means it's been caught at a level where it will be around in the future.

- Fish need time to grow and reproduce -
- sustainable fishing allows this to happen.

Just look for the MSC's blue fish tick on wild-caught seafood, and you'll be supporting sustainable fishing practices and knowledge.



## ABOUT THE AQUACULTURE STEWARDSHIP COUNCIL

The Aquaculture Stewardship Council (ASC) is the world's leading certification scheme for farmed seafood – known as aquaculture – and the ASC label only appears on food from farms that have been independently assessed and certified as being environmentally and socially responsible.



The ASC develops and manages the strictest standards in the industry. These standards include hundreds of requirements covering the potential impacts of aquaculture – including water quality, responsible sourcing of feed, disease prevention, animal welfare, the fair treatment and pay of workers and maintaining positive relationships with neighbouring communities.





## WHAT IS OVERFISHING?

When too many fish are caught and there are not enough adults to breed and sustain a healthy population, the stock is overfished.

In the early 90s, the impact of overfishing was increasingly a concern, culminating in the devastating collapse of Canada's Grand Banks cod fishery in 1992. Over 35,000 fishers and plant workers from more than 400 coastal communities lost their jobs.

This event was one of the catalysts for the creation of the MSC and the MSC Fisheries Standard - now the most globally recognised standard for sustainable, well-managed fisheries.

When overfishing happens, populations of fish decline. The main effects of overfishing can be:

- Fish stocks collapse and can take decades to recover threatening livelihoods, communities and food security
- The price of fish can increase as supply falls and demand continues to increase
- Fishing can become harder and less efficient
- When one fish species is removed from an ecosystem it can lead to an ecosystem collapse
- Protein demand shifts to other parts of the ocean or land placing pressure on other food systems



## WHY CERTIFICATION MATTERS

Fish is an ideal food to feed our growing planet. It is a high protein, low fat, healthy and nutritionally rich food.

- Fish happens to be one of the most efficient converters of feed into high quality food, it has a lower carbon footprint and uses fewer resources than other animal production systems.

Aquaculture has the capacity to meet global demand for fish while reducing the pressure on wild capture fisheries. More than half of the fish consumed globally already comes from aquaculture. But like all food production, it has impacts and must be done responsibly.

With a growing world population, the rapid rise in demand for farmed fish can present its own problems. When aquaculture is not well managed, it can have a range of adverse impacts including water pollution, disruption of local ecosystems and poor working conditions. The faster the aquaculture industry grows, the greater its potential impact on the environment and local communities.

Now is the time to address these issues. By setting standards and promoting better managed fish farming we can meet the growing demand while minimising negative environmental and social impacts.

Buying seafood with the ASC label allows consumers to reward responsible farmers by purchasing their products.





## WHAT YOU CAN DO ABOUT IT...

Simply put, all you need to do is look on the packaging for the MSC or ASC labels when you buy seafood.

Almost all fishing or farming can be sustainable if well-managed. Science and effective management are important tools to ensure sustainable fishing and responsible farming is occurring.

There are a lot of myths around sustainable fishing and responsible farming practices which oversimplify the problem and stigmatise certain types of fishing.

When you see these labels on seafood, you can be sure it can be traced back to a certified sustainable fishery or a responsible aquaculture farm.





## MSC SPECIES IN THE RECIPES

### PATAGONIAN TOOTHFISH

The Patagonian toothfish is a long-lived species, living for more than 50 years and reaching more than 2m in length and 95kg in weight. They are mainly sold as fillets.



### WESTERN ROCK OCTOPUS

Western Rock Octopi are located in the crystal clear waters of Shark Bay to Esperance. They are caught by MSC-certified WA fisheries using unique trigger traps to limit bycatch of other fish.



### BLUE GRENADIER

Blue grenadier are also known as hoki. The fish is sold as fresh fillets, but is also used in many processed fish products like fish fingers.



### PIPIS

A small clam-like shellfish that are often collected by hand and 'the pipi shuffle'. Delicious smothered in garlic and butter.



## ASC SPECIES IN THE RECIPES

### SPENCER GULF KINGFISH

Indigenous to Australia's crystal-clear Spencer Gulf, it is revered as a superlative sashimi grade fish.



### BLACK TIGER PRAWNS

Succulent with a pleasant, fresh sea smell and are a majestic, glossy red when cooked. When purchasing fresh prawns, leave them in their shells until just prior to using.



### ATLANTIC SALMON

Often referred to as a superfood, it is one of the best sources of Omega-3 fatty acids found in nature.







# PAN ROASTED TOOTHFISH WITH PIPI CHOWDER

Recipe by: Manu Feildel

Preparation: 20 mins | Cooking: 20 mins | Serves: 4



## Ingredients :

- 80ml Olive Oil
- 200gm MSC certified sustainable pipis
- 3x Shallots, 1 thinly sliced, 2 finely chopped
- 3 x sprigs Thyme
- 1 x Bay leaf
- 8 flat leaf Parsley stalks, leaves picked and chopped, stalks reserved
- 100ml White Wine
- 1 x large Carrot (diced)
- 1 x stick of Celery (diced)
- 2 x cloves of Garlic (finely chopped)
- ½Ltr Fish Stock
- 1 x large désirée Potato (diced)
- 180ml pouring cream
- Sea salt and freshly ground pepper
- 4 x fillets MSC certified sustainable toothfish
- 40g unsalted butter
- Lemon juice to taste
- Chervil sprigs (optional) to serve

## Cooking instructions:

1. For the MSC certified sustainable pipis, take one shallot and slice it thinly along with 3 sprigs of thyme and the bay leaf. Place a heavy based saucepan on the heat with the lid still on. Once the pot is hot add the pipis along with the shallot, thyme and white wine. Cook until the pipis open, this will only take a couple of minutes. Once the pipis are cooked, remove from the pan and keep the cooking juices (pipi stock).
2. Place a heavy based pot on the stove and add the olive oil, heat until quite hot, then add the diced carrot and celery. Sauté for 2 minutes without colour, then add the shallots and garlic and sauté for a further 2 minutes.
3. Add the potatoes, then pour in the clam stock & fish stock and bring it to the boil. Pour in the cream and bring to boil again, then reduce to a simmer and cook until the vegetables are still firm but cooked, stir in some chopped parsley, rectify the seasoning and set aside
4. Place a non-stick frying pan on the heat and add some Olive Oil, season the MSC certified toothfish fillets with sea salt & pepper. When the pan is hot add the fish skin side down and cook until golden, turn over for 1 minute and finish with a knob of butter.
5. To assemble the dish, ladle some of the chowder in a serving bowl, Place the MSC certified toothfish fillet in the centre of the bowl, scatter the pipis around the fish and pour a little more of the broth over the pipis. Add a squeeze of lemon juice and garnish with some Chervil if you wish.



# WILD CHARGRILLED FREMANTLE OCTOPUS WITH SLAW

Recipe by: Luke Hines

Preparation: 45 mins | Cooking: 60 mins | Serves: 4



## Main ingredients :

- 1kg MSC certified Raw Fremantle Octopus
- 2tbsp apple cider vinegar
- 2 lemons, juiced (plus extra wedges to serve)
- ½ cup extra virgin olive oil
- 2 garlic cloves, smashed
- 2 tbsp oregano leaves
- 2 tsp sea salt

## Cabbage slaw:

- 1/4 savoy cabbage, shredded
- 1 carrot, shredded
- 3 tbsp extra virgin olive oil
- 2 tbsp apple cider vinegar
- 1 tsp dried chilli flakes
- zest and juice of 1 lemon

## Tartare:

- ½ cup good fat mayo
- 1 tsp apple cider vinegar
- 1 tsp dried dill
- 1 tsp dijon mustard
- sea salt & black pepper

## Cooking instructions:

1. Preheat the oven to 180°C and line a roasting tin with baking paper.
2. Wash the octopus under cold water and place in the prepared roasting tin with 1/2 cup water and the apple cider vinegar. Cover the tin with foil – being sure to secure the edges to seal it well – and cook for about 40–45 minutes, or until the octopus is tender when pressed with a fork.
3. Check on it once or twice during this cooking time to ensure it hasn't dried out, adding a dash more water and apple cider vinegar for moisture if necessary.
4. Transfer the octopus to a large heatproof bowl and add the lemon juice, olive oil, garlic, oregano and salt and mix together well. Cover with plastic wrap and leave to marinate for 30 minutes.
5. Meanwhile, to make your slaw, combine the cabbage and carrot in a large bowl, add the olive oil, apple cider vinegar, chilli flakes, lemon zest and juice and mix together well with your hands.
6. To make the tartare, mix all the ingredients in a bowl until well combined.
7. Heat a chargrill pan or barbecue grill to high. Add the octopus and cook for 3–4 minutes on each side, or until nicely charred and crispy around the edges. Remove from the heat.
8. Serve the octopus on a platter, you can slice into rough pieces and divide among plates with the cabbage slaw, dollops of tartare sauce and lemon wedges for squeezing.



# WILD CRISPY HOKI FILLET FISH BURGER JAPANESE STYLE

Recipe by: Colin Fassnidge

Preparation: 15 mins | Cooking: 20 mins | Serves: 2



## Ingredients:

- 1x 225g pack of MSC certified sustainable hoki fillets
- River Salt (look for the MSC blue fish tick)
- Soft milk or potato burger buns
- Yuzu mayo

## Asian slaw:

- 3 tbsp of extra virgin olive oil
- 1 tbsp sesame oil
- 1 tbsp white wine vinegar
- 1 tbsp honey
- 1 tbsp soy sauce
- 1 garlic glove, finely chopped
- 1 tbsp grated ginger
- Pinch of salt

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## Cooking instructions:

1. Place all ingredients for the Asian slaw in a bowl and mix well, put aside
2. On a medium heat and in a non-stick pan drizzle 2 tablespoons of olive oil. Once hot, place the MSC certified sustainable fish fillets in the pan and cook until golden brown each side. This should only take about 15 mins until cooked through.
3. Get your burger buns ready. Toast them if you like. Use a dollop of Asian style mayo and spread on your buns as you like
4. With a large spoon, scoop a handful of Asian slaw. Drain some of the dressing if needed
5. Place the MSC certified Hoki fillets on your buns cutting them in half if you need to before putting the burger together





BLUE GRENADIER  
FISHED HERE

PIPIS  
HARVESTED HERE

WESTERN ROCK OCTOPUS  
FISHED HERE

PATAGONIAN TOOTHFISH  
FISHED HERE



# BLACK TIGER PRAWNS WITH POLENTA AND SMOKED PAPRIKA

Recipe by: Analiese Gregory

Preparation: 10 mins | Cooking: 90 mins | Serves: 4



## Ingredients:

- 3 responsibly sourced ASC black tiger prawns per person, cut in half and deveined (can use other sustainably sourced ASC prawns that are in season)
- 1 cup painted mountain corn polenta
- 2 cups water
- 2 cups chicken stock
- 30g grated Pyengana cheddar
- 1 baby corn per person, chopped into small rounds
- 50g butter for the polenta
- 1 lemon, juiced
- butter for the prawns
- 1 tsp smoked paprika
- ½ bch tarragon
- ½ bch parsley
- ¼ bch chopped green spring onion
- sea salt and pepper

## Cooking instructions:

1. For the ginger sauce, place all the ingredients into a bowl and mix until well combined. Taste for balance of sour, salty, hot and sweet then place into a dipping bowl and set aside.
2. To make the prawn mousse, place the prawn meat, egg white, sesame oil, salt, white parts of the spring onions and stems of the coriander into the bowl of a food processor and pulse to create a course looking paste-Make sure not to make the mousse too smooth as you want a few chunks of prawn in the mix. Set the mixture in the fridge to firm up for 30 minutes.
3. Cut the sourdough into 1.5cm thick slices. Using a butter knife spread the prawn mousse onto the bread evenly into a 1.5-2cm thick coating. Sprinkle the tops of the prawn toast with sesame seeds so it sticks to the mousse.
4. Heat oil to 180 degrees in a wok. Fry the prawn toast in batches for 4-5 minutes, or until the toast is golden and the prawn mousse is just cooked through. Drain on a paper towel then cut each toast into 2 or 3 fingers.
5. Drizzle the kewpie mayonnaise over the top of the toasts and arrange on a serving platter. Garnish with coriander tops and green spring onions and serve with the ginger dressing and extra lime wedges.



# KINGFISH CEVICHE WITH SWEET POTATOES & LECHE DE TIGRE

Recipe by: Manu Feildel

Preparation: 15 mins | Cooking: 5 mins | Serves: 2



## Ingredients:

- 1 Sweet Potato, cut into 1cm dice
- 30 gm Caster Sugar
- 1 tbsp Fennel seeds (toasted)
- 100 ml Lime juice, plus extra to taste
- 5 cm piece Celery stalk (cut into a brunoise)
- 10 gm (2cm piece) Ginger (cut into a brunoise)
- 1 Garlic clove (finely chopped)
- 1 small Spanish onion, ( $\frac{1}{2}$  finely chopped &  $\frac{1}{2}$  thinly sliced)
- $\frac{1}{2}$  bunch of Coriander, (washed, stalks finely chopped & leave for presentation)
- 1 small green Chilli (sliced)
- 1 small birdseye Chilli, seeds removed, finely chopped
- 200 gm ASC certified Spencer Gulf Hiramasa Kingfish thickly sliced or diced
- A handful of ice cubes

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## Cooking instructions:

1. Place sweet potato in a saucepan with sugar, star anise and 1 litre water, bring to a simmer over medium heat and cook until tender (5-10 minutes). Drain and set aside.
2. Soak sliced onion in iced water, set aside.
3. Meanwhile, combine the celery, ginger, garlic, chopped onion, red chilli, coriander stalks and 1 tsp fine sea salt in a bowl.
4. Add the ASC certified Kingfish and the lime juice in the bowl, toss to combine.
5. Drain onion, add to ceviche with coriander springs, green chilli and few ice cubes, toss to combine, adjust seasoning to taste. Serve in a bowl or plate with all the juices, and sweet potatoes.



# SALMON WELLINGTON

Recipe by: Guy Turland

Preparation: 15 mins | Cooking: 90 mins | Serves: 5



## Ingredients:

- ½ tbsp chopped sage
- ½ tbsp chopped thyme
- ½ tbsp chopped parsley
- ½ tbsp chopped mint
- 500g ASC responsibly sourced salmon fillet
- 10g unsalted butter
- ½ tsp extra virgin olive oil
- 1 eschalots, finely chopped
- ½ clove garlic, minced
- 150g mixed mushrooms, finely chopped
- 1 sheets frozen puff pastry

## Citrus tahini sauce:

- ¼ cup tahini
- 1½ tablespoons fresh lemon juice
- 1½ tablespoons fresh orange juice
- ¼ teaspoon lemon zest
- ¼ teaspoon orange zest
- ½ clove garlic, minced
- 1½-3 tablespoons water, depending on how thick you would like the dressing
- ¼ teaspoon salt

## Cooking instructions:

1. Mix all herbs together on a chopping board, then roll your salmon fillet in the herbs mixture covering all sides, place to the side on a plate.
2. Heat butter and oil in a frypan over medium heat.
3. Add garlic, eschalot and cook for 2 minutes, add the mushroom and cook for 10-12 minutes until mushrooms are cooked and semi dry, Cool completely.
4. Preheat the oven to 200°C. Line a baking tray with baking paper.
5. Place 1 pastry sheet on a prepared tray (leave the 2nd sheet in the fridge to keep cool) and prick all over with a fork. Bake for 20 minutes or until crisp and golden. Remove from the oven and cool completely. Remove remaining pastry from the fridge.
6. Spread half the mushroom mixture over the cooled pastry base, leaving a 5cm border, and place salmon on top. Spread remaining mushroom mixture over top and sides of salmon and drape over the 2nd sheet of pastry, tucking under the pastry base. Brush all over with egg wash and chill for 30 minutes.
7. Remove Wellington from the fridge and bake for 30-35 minutes, then reduce the oven to 180°C and cook for a further 10 minutes until the pastry is crisp and golden. Remove from the oven and rest for 10 minutes before serving.
8. To make citrus tahini dressing place all ingredients into a blender or food processor and blitz until combined.



BLACK TIGER PRAWNS  
FARMED HERE

KINGFISH  
FARMED HERE

ATLANTIC SALMON  
FARMED HERE





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[AU.ASC-AQUA.ORG](https://www.au.asc-aqua.org)

