



# THE BLUE COOKBOOK

DISCOVER 10 DELICIOUS AND SUSTAINABLE SEAFOOD RECIPES BY  
AWARD-WINNING CHEFS FROM AROUND THE WORLD

A NEW YEAR IS COMING. A CHANCE TO MAKE BETTER CHOICES FOR US, AND OUR PLANET.  
WHERE BETTER TO START THAN WITH THE FOOD WE EAT EVERY DAY.  
CHOOSE SUSTAINABLE SEAFOOD, UNDERSTAND WHAT IS ON YOUR PLATE AND ENJOY  
COOKING IN THE KNOWLEDGE YOU ARE HELPING TO BUILD A  
**#BIGBLUEFUTURE**

BECAUSE THE CHOICE YOU MAKE HERE...



...MAKES WAVES HERE.

## ABOUT THE BLUE COOKBOOK

Sustainable fish is not just good for the future of our oceans, it's delicious too! To help you make the most of your seafood, we asked 10 incredible chefs from across the world, each with a flair for seafood cooking, to share a delicious recipe showcasing sustainable fish and shellfish.

And with a sprinkling of fish facts along the way, you'll be ready to dazzle your dinner party guests with your chef skills and seafood trivia.

## ABOUT MSC

By choosing seafood with the blue MSC label you are supporting independently certified sustainable fisheries committed to protecting fish stocks, habitats and fishing community livelihoods.

So find a recipe below, choose seafood bearing the MSC Ecolabel and enjoy a delicious meal knowing that tomorrow there will be plenty more where it came from.



# MEET THE CHEFS



## MITCH TONKS

Award-winning seafood restaurateur, seafood ambassador and writer. Mitch Tonks is a highly acclaimed and award-winning seafood restaurateur, food writer and supporter of sustainable fishing and the industry.

RECIPE: BASQUE-STYLE HAKE WITH GARLIC AND SAUCE ROMESCO



## OTTO GOH

Executive Chef from Kerry Hotel Shanghai, Pudong under Shangri-La Hotel & Resort Group Limited Chef Otto has accumulated over 27 years of culinary experience by working at prestigious establishments.

RECIPE: STEAMED HALIBUT FILLET WITH CHINESE RICE WINE



## REBECA HERNÁNDEZ

Chef, restaurateur, and former contestant on Top Chef Spain. Rebeca Hernández is a chef and owner of La Berenjena restaurant in Madrid, and a former Top Chef Spain contestant.

RECIPE: HAKE WITH CANTONESE GLAZE



## LUCAS GLANVILLE

Director of culinary operations, Singapore and South East Asia at Hyatt Hotels Corporation. An Australian national with over 35 years of culinary experience, Lucas' experience has seen him work in world-class kitchens around the world.

RECIPE: SEARED KING PRAWNS



## DAGNY ROS ASMUNSDOTTIR

Tv chef and author of cookbooks Easy Iceland and Easy Nordic. Dagny Ros Asmundsdottir is an Icelandic cook and TV personality.

RECIPE: ICELANDIC WHITEFISH BRANDADE



## JESPER BJÖRKELL

Head chef, restaurateur and mentor, Hanko Sushi and ToQyo Food Street. Having worked with sushi for over 10 years now, Jesper has developed a sense of patience as well as appreciation for details and accuracy.

RECIPE: CREAMY NORDIC MUSSELS



## FRIDA RONGE

Award-winning chef and culinary director. Frida Ronge is an award-winning Swedish chef and the culinary director for Tak and Unn restaurants in Stockholm, which serve a large proportion of seafood.

RECIPE: OVEN-BAKED PIKE PERCH



## BART VAN OLPHEN

Chef, author and co-founder of the seafood brand Fish Tales. One of the world's most passionate sustainable fishing advocates, Bart is a chef, author and the co-founder of the seafood brand Fish Tales.

RECIPE: PITA WITH TUNA MAS HUNI



## CHARLOTTE LANGLEY

Chef, culinary director and co-founder of the Scout Canning seafood brand. Chef Charlotte Langley hails from Prince Edward Island, Canada where she cultivated a 'Maritime Chic' style of cooking and a deep love for the oceans.

RECIPE: LOBSTER SAFFRON RISOTTO



## SIBA MTONGANA

Multi-award-winning Food Network Celebrity Chef, Culinary Director of The Siba Co. Chef Siba is a culinary extraordinaire, food expert, author, entrepreneur!

RECIPE: HADDOCK AND BROCCOLI BAKE



# THE RECIPES

CHOOSE FROM OUR COLLECTION OF EASY-TO-FOLLOW RECIPES, SHOWCASING SUSTAINABLE SEAFOOD FROM THE WORLD'S OCEANS.



P6

BASQUE-STYLE HAKE WITH GARLIC AND SAUCE ROMENESCO



P7

ICELANDIC WHITEFISH BRANDADE



P8

HAKE WITH CANTONESE GLAZE



P9

OVEN-BAKED PIKE PERCH



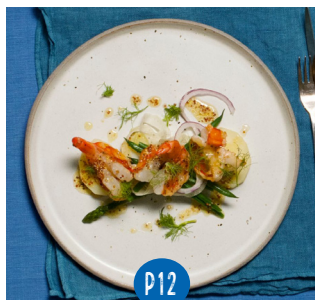
P10

LOBSTER SAFFRON RISOTTO



P11

STEAMED HALIBUT FILLET WITH CHINESE RICE WINE



P12

SEARED KING PRAWNS



P13

PITA WITH TUNA MAS HUNI

DID YOU KNOW?  
UP TO 10% OF THE GLOBAL POPULATION RELIES ON FISHERIES FOR THEIR LIVELIHOOD



P14

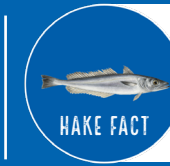
CREAMY NORDIC MUSSELS



P15

HADDOCK AND BROCCOLI BAKE

A HEALTHY RECIPE USING HAKE (OR ANY OTHER WHITE FISH FILLET SUCH AS COD, HALIBUT OR FLOUNDER), WITH A CLASSIC GARNISH FROM NORTHERN SPAIN. BY UK WRITER AND RESTAURATEUR MITCH TONKS.



HAKE ARE ONE OF THE HEALTHIEST FISH BECAUSE THE TENDER MEAT IS VERY LOW IN FAT, AND CONTAINS PHOSPHORUS AND CALCIUM FOR HEALTHY BONE GROWTH.

## INGREDIENTS

- ½ dried nora/choricero chilli
- 4 MSC certified hake fillets, about 180–200g each, with skin on
- 100ml olive oil
- 4 garlic cloves, finely sliced
- 20ml good quality agrodolce vinegar (e.g. white balsamic vinegar)
- 1 teaspoon chopped parsley
- salt

### For the sauce Romesco

- 4 dried nora/choricero chillies
- 100g whole blanched almonds
- 6 garlic cloves, peeled
- 12 roasted pequillo peppers
- 1 teaspoon sweet paprika
- 1 teaspoon smoked paprika
- ¼ teaspoon hot smoked paprika
- 25ml sherry vinegar
- 100ml olive oil
- salt



and remember to look for the blue fish label



## METHOD

1. Preheat the oven to 200°C/Gas Mark 6. Soak the dried chillies for both the fish and the sauce in separate bowls for 10 minutes, then drain and deseed.
2. Place the almonds and the 4 soaked chillies in a processor and pulse until roughly chopped. Add the garlic, roasted peppers and spices and pulse again. Add the vinegar, most of the olive oil (reserve 1 tablespoonful for later) and a pinch of salt, then pulse again to produce a thick sauce that is neither too chunky nor too smooth.
3. Fry the hake fillets skin-side down in a large, ovenproof frying pan in the reserved olive oil until lightly golden. Turn, then transfer the pan to the oven and roast the fish for about 5 minutes, or until just cooked through.
4. Finely slice the soaked dried chilli. Heat the garlic in a little olive oil, add the sliced dried chilli and a pinch of salt. Cook gently for 2 minutes, stirring occasionally to distribute the garlic and chilli.
5. As soon as the edges of the garlic begin to turn golden, take off the heat and allow to cool slightly. Add a splash of the agrodolce vinegar and the chopped parsley.
6. Remove the hake from the oven, put a fillet on each serving plate and peel away the skin. Spoon a little sauce over each piece of fish and serve with a spoonful of Romesco sauce.

# BASQUE-STYLE HAKE WITH GARLIC AND SAUCE ROMESCO



RECIPE BY MITCH TONKS

AWARD-WINNING SEAFOOD RESTAURATEUR, SEAFOOD AMBASSADOR AND WRITER.



COOKING TIME  
20 MINS



SERVING  
4



## ICELANDIC WHITEFISH BRANDADE



RECIPE BY DAGNY ROS ASMUNSDOTTIR

TV CHEF AND AUTHOR OF  
COOKBOOKS EASY ICELAND  
AND EASY NORDIC.

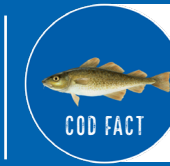


COOKING TIME  
30 MINS



SERVING  
4

A TRADITIONAL RECIPE FOR COD (OR OTHER WHITEFISH SUCH AS HADDOCK, HOKI OR POLLOCK) FROM ICELAND WHERE CHEF DAGNY ROS ASMUNSDOTTIR IS FROM. SOMETIMES CALLED 'PLUCK', IT USED TO BE MADE FROM LEFTOVERS BUT IT'S NOW A REAL DELICACY.



COD IS A HUGE POPULAR FISH AND HAS BEEN PART OF THE EUROPEAN DIET SINCE THE STONE AGE.

## INGREDIENTS

- 600g cooked MSC cod (or any sustainable whitefish like pollock, hoki or haddock) or fish leftovers
- 600g boiled potatoes
- 2 to 3 onions
- 350/400ml milk
- 50g butter
- 3 tablespoons flour
- 2 to 4 tablespoons white pepper
- Sea salt
- 50 to 100ml water and a little fish or vegetable stock is allowed
- Chopped chives (optional)

(Tip: You can also “pimp” this dish by adding grated cheese at the end and putting it in the oven.)



and remember to look for the blue fish label



## METHOD

1. Cut the fish and potatoes into very small pieces, and finely chop the onions.
2. Melt the butter in a large pot and fry the onions until translucent. Pour the water over them, and let it boil slightly until almost completely evaporated.
3. Sprinkle with the flour and stir well. Add the milk while stirring and let it simmer for 5 minutes.
4. Add the fish, mix well and let it boil for a while. Season with salt and lots of pepper.
5. Add the potatoes as well, stir and let it all cook together into a thick mash. Taste. Add extra salt and pepper if necessary.
6. Spoon it into a bowl and sprinkle with chives. Serve hot with dark rye bread and butter.



## HAKE WITH CANTONESE GLAZE



RECIPE BY REBECA HERNÁNDEZ

CHEF, RESTAURATEUR, AND  
FORMER CONTESTANT ON  
TOP CHEF SPAIN.

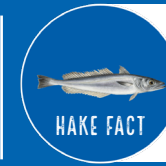


COOKING TIME  
20 MINS



SERVING  
1

AN EXOTIC CANTONESE INSPIRATION FOR THIS RECIPE MADE WITH A POPULAR FISH IN SPAIN (OR OTHER FIRM WHITE FISH FILLETS SUCH AS COD, HALIBUT OR FLOUNDER). BY MADRID-BASED CHEF AND RESTAURATEUR REBECA HERNANDEZ.



HAKE BECOME SEXUALLY MATURE RELATIVELY LATE WHICH MEANS OVERFISHED STOCKS WILL RECOVER SLOWLY.

## INGREDIENTS

- 150g of MSC certified hake fillet
- 400ml sake
- 400ml mirin
- 200ml soy sauce
- 100ml oyster sauce
- 2 ladlefuls of glazed sauce
- 2 ladlefuls of chicken broth (or alternative)
- 1 tablespoon of corn-starch (corn flour)



and remember to look  
for the blue fish label



## METHOD

1. Add the sake, mirin, soy and oyster sauce into a pan and reduce to simmer.
2. Cook the hake as you prefer it - either baked, steamed, grilled, or placed into the sauce as it is reducing.
3. Once the hake is cooked, cover it with the glaze. Add a lightly pickled onion to the reduction.
4. Serve with the broth.





## OVEN-BAKED PIKE PERCH



RECIPE BY FRIDA RONGE

AWARD-WINNING CHEF AND  
CULINARY DIRECTOR.

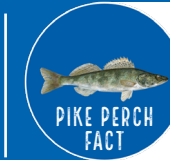


COOKING TIME  
30 MINS



SERVING  
2

CAN'T FIND SUSTAINABLE PIKE PERCH OR ZANDER LOCALLY? TRY THIS DELICIOUS RECIPE FROM AWARD-WINNING SWEDISH CHEF FRIDA RONGE WITH ANY OTHER WILD WHITE SUSTAINABLY CAUGHT FISH.



LIGHT AND TENDER, PIKE PERCH IS POPULAR IN FISH DISHES ACROSS SCANDINAVIA AND EUROPE.

## INGREDIENTS

- 1 whole MSC-certified pike perch (or any similar whole whitefish), approx. 1.5-2kg
- 100g butter
- 100ml of dry white wine
- ½ lemon
- 2 banana shallots
- Salt
- 2 spring onions
- 1 fennel
- 4 slices of sourdough bread
- 600g potatoes



and remember to look for the blue fish label



## METHOD

1. Preheat the oven to 210 degrees (gas mark 8). Place the fish in foil in an oven-proof dish. Fold up the edges of the foil, cut the butter into small cubes, cut the shallots into 4-5 pieces, and add.
2. Split the fennel and lemon into 4 segments. Peel the potatoes and cut them into 2-3 pieces and add them to the fish. Add salt and pour the wine over the fish.
3. Bake in the oven for 20-25 minutes. The fish should have an inner temperature of 50-55 degrees (if you use another type of fish, the cooking time needs to be altered accordingly).
4. Finely chop the spring onions and sprinkle over the fish after cooking.
5. Pan-fry or toast the bread.
6. Serve straight from the ovenproof dish and dip the bread in the sauce.



## LOBSTER SAFFRON RISOTTO



RECIPE BY CHARLOTTE LANGLEY

CHEF, CULINARY DIRECTOR AND  
CO-FOUNDER OF THE SCOUT  
CANNING SEAFOOD BRAND.

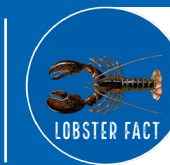


COOKING TIME  
45 MINS



SERVING  
6

SOMETHING TO CELEBRATE? PREPARE THIS DELICIOUS AND NUTRITIOUS RISOTTO, MADE WITH SUSTAINABLE LOBSTER, BY CANADIAN CHEF CHARLOTTE LANGLEY.



THE LOBSTER IS A LARGE CRUSTACEAN FROM THE SAME GROUP AS SHRIMP, PRAWNS AND CRAYFISH.

## INGREDIENTS

- 2l fish or lobster stock
- 200g Arborio (risotto) rice
- 5 tablespoons extra virgin olive oil
- 1 yellow/brown onion, diced
- 25g diced celery
- 1 tablespoon crushed garlic
- 75g diced red and yellow peppers
- 75g shaved zucchini (courgette)
- 45g diced fennel (save fronds for garnish)
- 250ml dry white wine
- 6 strands of saffron
- 3 tablespoons smoked sweet paprika
- 110g tomato paste
- 175g of cooked MSC certified lobster meat per person
- Salt and pepper to taste
- Zest and juice of a lemon
- Freshly grated Parmigiano Reggiano cheese to taste (optional)

## METHOD

1. Bring the fish stock to a simmer in a medium-sized saucepan.
2. Soak the strands of saffron in the white wine to infuse for at least 10 minutes.
3. Preheat a medium-sized high-sided pot to medium and add the olive oil. Add onion, garlic, celery and fennel. Sweat them until tender (approximately 5-10 minutes). Then stir in the rice, thoroughly coating it.
4. Cook the rice until it is no longer chalky-looking and begins to pop – about 5 minutes. Add the smoked paprika and coat the grains. Add the saffron-infused wine and simmer, stirring constantly until it has evaporated. Swirl in the tomato paste.
5. Add a few ladles of stock and reduce heat slightly. Good things take time, and risotto is definitely one of those things. Continue to simmer, stir until almost dry. Continue adding ladles of hot stock and stir until almost tender (approximately 30-45 minutes).
6. Taste and adjust seasoning to your liking. Fold in zucchini, diced peppers and wild lobster meat.
7. Serve in shallow bowls and garnish with the fennel fronds, zest and juice of lemon and parmesan.

and remember to look for the blue fish label





# STEAMED HALIBUT FILLET WITH CHINESE RICE WINE



RECIPE BY OTTO GOH

EXECUTIVE CHEF FROM KERRY HOTEL SHANGHAI, PUDONG UNDER SHANGRI-LA HOTEL & RESORT GROUP LIMITED

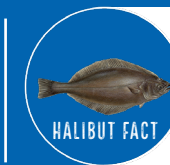


COOKING TIME  
20 MINS



SERVING  
2

LET'S TRAVEL WITH THESE FLAVOURS COMING FROM CHINA, WITH A TRADITIONAL RECIPE FOR SUSTAINABLE HALIBUT (OR ANY OTHER FIRM WHITE FISH SUCH AS COD, FLOUNDER OR TURBOT). BY CHEF OTTO FROM MALAYSIA.



HALIBUT ARE PART OF A GROUP OF THREE SPECIES OF LARGE FLATFISH IN THE RIGHT-EYE FLOUNDER FAMILY. THEY INCLUDE THE PACIFIC, ATLANTIC AND GREENLAND HALIBUT.

## INGREDIENTS

- 400g MSC certified halibut fillet (or any similar firm white fillet fish)
- 500ml water, salted with 10g salt
- 3 mushrooms, sliced
- Goji berries, soaked
- 2 spring onions, chopped
- 50g shredded ginger
- 80ml Chinese rice wine
- 30ml water

- 100g steamed fish soy sauce
- 15g sugar
- Shredded spring onion
- Spring onion oil (or scallion) to drizzle
- Coriander

\* NB. If you can't find spring onion oil, you can try with sesame or olive oil.

## METHOD

1. Slice the halibut fillets into 45 degree pieces
2. Soak the sliced fish in the salted water for 10-15 mins, then pat them dry.
3. Place the mushroom slices, Goji berries, shredded ginger and spring onion onto the fish.
4. Pour the Chinese rice wine, steamed fish soy sauce and sugar into 30ml water and mix well.
5. Place the fish on a plate and pour the rice wine mixture over it.
6. Steam the fish for 8 minutes at high temperature. Turn off the heat, keep the fish covered but let it rest in the steam for 2-3 minutes.



and remember to look for the blue fish label





## SEARED KING PRAWNS



RECIPE BY LUCAS GLANVILLE

DIRECTOR OF CULINARY  
OPERATIONS, SINGAPORE AND  
SOUTH EAST ASIA AT HYATT  
HOTELS CORPORATION

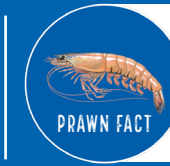


COOKING TIME  
20 MINS



SERVING  
4

IMPRESS YOUR FRIENDS WITH THIS HEALTHY,  
SUSTAINABLE AND EASY TO MAKE RECIPE SENT FROM  
SINGAPORE BY AUSTRALIAN CHEF LUCAS GLANVILLE



SHRIMP AND PRAWN ARE  
CENTRAL TO VARIOUS CUISINES  
FROM DIFFERENT CULTURES. THEY  
OWE THEIR GREAT POPULARITY  
NOT ONLY TO THEIR TASTE BUT  
ALSO TO THEIR VERSATILITY.

## INGREDIENTS

- 12 large peeled and cleaned MSC wild-caught King prawns
- 1 bulb fennel, sliced
- 1 red onion, sliced
- 200g steamed kipfler potatoes (or similar)
- 8 spears green asparagus, sliced
- 100g steamed fine green beans
- 1 tablespoon grain mustard
- 60ml extra virgin olive oil
- Juice of 1 lemon
- 20ml water
- Sea salt and cracked pepper to taste



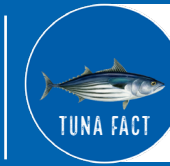
and remember to look  
for the blue fish label



## METHOD

1. Heat a non-stick pan, add a little extra virgin olive oil and then add the seasoned prawns, cooking gently until you have colour on both sides.
2. In a bowl, add the sliced fennel, red onion, green asparagus and green beans. Mix together.
3. In a separate bowl, add equal parts of fresh lemon juice, extra virgin olive oil, grain mustard and water. Season with sea salt and cracked pepper, whisk together.
4. Slice the potatoes and lay evenly around the plate, spoon some dressing onto the salad, mix gently and then place a handful of the salad on top.
5. Place the seared prawns on top of the salad and spoon a little dressing over the prawns.

A HEALTHY, SPICY AND TROPICAL RECIPE FOR YOUR LUNCH, TRADITIONAL IN THE MALDIVES. BY DUTCH CHEF AND AUTHOR BART VAN OLPHEN.



TUNA IS ONE OF THE WORLD'S MOST POPULAR SEAFOODS AND ONE OF THE MOST ECONOMICALLY VALUABLE.

## INGREDIENTS

- 1 small red onion, diced
  - 1 red chili, seeded and finely chopped
  - 2 limes (one juiced, one cut into wedges)
  - ½ teaspoon salt
  - 90g freshly grated coconut\*
  - ½ bunch cilantro (or 2 fresh curry leaves), finely chopped
  - 2 tins of 160g MSC certified tuna in water, drained
  - 4 pieces of pita, sliced open
  - A few leaves of iceberg lettuce
- \* If you prefer, you can use dried coconut flakes instead. Just add 2 tablespoons of coconut milk along with the flakes.



and remember to look for the blue fish label



## METHOD

1. Work the red onion, chilli, lime juice and salt in a bowl. In the Maldives these ingredients are kneaded by hand to allow the flavours to blend.
2. Add the coconut, cilantro, and tuna. Mix with a spoon until all ingredients are combined and the tuna has a flaky texture. Set aside.
3. Prepare the pita breads according to the packaged direction or heat them to your liking using a toaster or oven.
4. Fill the pitas with some lettuce and the mas huni and serve with the lime wedges.

# PITA WITH TUNA MAS HUNI



RECIPE BY BART VAN OLPHEN

CHEF, AUTHOR AND CO-FOUNDER OF THE SEAFOOD BRAND FISH TALES.



COOKING TIME  
10 MINS



SERVING  
2



## CREAMY NORDIC MUSSELS



RECIPE BY JESPER BJÖRKELL

HEAD CHEF, RESTAURATEUR  
AND MENTOR, HANKO SUSHI  
AND TOQYO FOOD STREET.

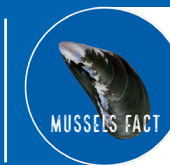


COOKING TIME  
20 MINS



SERVING  
4

A DELICIOUS NORDIC RECIPE WITH SUSTAINABLE MUSSELS FROM FINNISH SUSHI EXPERT CHEF JESPER BJÖRKELL.



THE SOFT MEAT OF MUSSELS IS CONSIDERED AN EXTREMELY HEALTHY DELICACY, PACKED WITH PROTEIN, OMEGA-3 FATTY ACIDS AND MANY OTHER NUTRIENTS.

## INGREDIENTS

- 3 tablespoons butter
- 2 shallots, chopped
- 200ml white wine
- 1kg MSC certified blue mussels
- 300ml double cream
- 3 tablespoons grated horseradish
- 2 tablespoons finely chopped dill (or parsley) plus extra for garnish
- White pepper
- Salt
- 1 teaspoon sugar

and remember to look for the blue fish label



## METHOD

1. Wash the mussels under cold running water, getting rid of any 'beards' still attached to the shell. If any mussels are open, tap them sharply on the side of the colander or bowl. They should close straightaway – discard any that remain open, or any with cracked or broken shells.
2. Melt butter in a saucepan on low heat, add finely chopped onions and sweat for 2-4 minutes. Be careful not to burn them.
3. Add the wine and the mussels. Put a lid on and increase the heat; cook on medium heat for about 5 minutes, until the mussels open. Remove the mussels from the pan and discard any that didn't open.
4. Lower the heat again, add the cream, horseradish and dill (or parsley) to the sauce and let simmer for a couple of minutes. Add pepper, salt and a pinch of sugar just before serving. Avoid boiling the pepper as that might make the sauce bitter.
5. Pour the sauce over the mussels and decorate with chopped dill (or parsley) Serve with new potatoes or with fresh pasta.



## HADDOCK AND BROCCOLI BAKE



RECIPE BY SIBA MTONGANA

MULTI-AWARD-WINNING FOOD  
NETWORK CELEBRITY CHEF,  
CULINARY DIRECTOR OF THE SIBA CO.

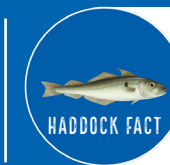


COOKING TIME  
40 MINS



SERVING  
4

A HADDOCK RECIPE, FULL OF FLAVOUR, NUTRITIOUS,  
EASY TO MAKE AND ABSOLUTELY SIBALICIOUS! BY  
SOUTH AFRICAN CHEF SIBA MTONGANA.



HADDOCK IS A MEMBER OF THE  
COD FAMILY. IT HAS A MILD  
FLAVOUR, FIRM FLESH AND  
MOIST TEXTURE, AND IS THE  
BEST WHITE FISH FOR SMOKING  
THANKS TO ITS SWEETNESS.

## INGREDIENTS

- 2 tablespoons olive oil
- ½ teaspoon smoked paprika
- Pinch of ground turmeric
- 2 tablespoons wheat (cake) flour
- 625ml warm low-fat milk
- 1 teaspoon fish spice (fish seasoning)
- Flaked sea salt and fresh black pepper
- 60ml grated parmesan cheese, optional
- 60ml grated mozzarella cheese, plus 30 ml extra
- 60ml grated mature cheddar cheese, plus 30 ml extra
- 500g fresh or frozen MSC certified haddock, cut into chunks
- 400g long stem broccoli stems
- 1 teaspoon freshly ground black pepper



and remember to look  
for the blue fish label



## METHOD

1. Preheat the oven to 180<sup>o</sup> C. For the sauce: in a large non-stick saucepan, heat the olive oil, add the spices and cook for 30 seconds.
2. Whisk in the flour a little at a time to create a roux. Take the pan off the heat and whisk in the warm milk. Place back on the heat and continue whisking until the sauce thickens.
3. Bring to the boil and simmer for 8 minutes, still whisking. Season the fish with spice, salt and pepper and stir until well combined.
4. Switch off the stove and add the different cheeses, stir until melted. Pour the sauce into an oven-proof baking dish.
5. Place the thawed and pat-dried haddock chunks on top of the sauce followed by broccoli stems. Lightly season the broccoli with a pinch of salt. Sprinkle with the extra cheddar and mozzarella cheese.
6. Bake in the oven for 20 minutes until fish is cooked and sauce is golden and bubbling. Serve with fresh dill and lime wedges and starch of your choice (such as crusty bread, potatoes or fries).

# WHERE IS THIS COOKBOOK'S MSC CERTIFIED SEAFOOD FISHED?

## ATLANTIC

TUNA  
MUSSELS (N/E NORTHERN)  
COD (NE)  
PRAWN  
HAKE (SE/NE)  
HALIBUT (NE)  
LOBSTER (NW/E)  
HADDOCK (NE/NW)

## ARCTIC

PRAWN

## EAST EUROPE - EAST ASIA

PIKE PERCH

## MEDITERRANEAN SEA

TUNA

## INDIAN

TUNA  
PRAWN

## PACIFIC

PRAWN  
TUNA  
MUSSELS (N)  
COD (N)  
HAKE (SE/SW/NE)  
HALIBUT (NE/NW)





**OUR OCEANS FEED MORE THAN  
3 BILLION PEOPLE.**

**WE NEED THEM TO THRIVE.**

SO THE NEXT TIME YOU BUY FISH, REMEMBER TO LOOK FOR THE LITTLE BLUE LABEL. THIS MEANS YOUR SEA-FOOD HAS BEEN SOURCED BY A FISHERY COMMITTED TO PROTECTING FISH STOCKS, HABITATS AND LIVELIHOODS.



# FIND US AT



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## IMAGE CREDITS

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**Chef Mitch & dish:** www.therockfish.co.uk  
**Chef Otto & dish:** Executive chef Otto Goh from Kerry Hotel Shanghai  
**Chef Bart:** David Loftus  
**Chef Bart dish:** Recipe from The Tinned Fish Cookbook: Easy-to-Make Meals from Ocean to Plate—Sustainably Canned, 100% Delicious © Bart van Olphen 2019, 2020. Translation © The Experiment, 2020. Reprinted by permission of The Experiment. Available wherever books are sold. experimentpublishing.com. Photo credit: David Loftus  
**Chef Charlotte & dish:** Rick O'Brien  
**Chef Siba & dish:** The Siba Co  
**Chef Jesper & dish:** Tuukka Ervasti/MS  
**Chef Rebeca:** Donna Salama  
**Chef Rebeca dish:** Sara Buzon / @sara\_buzon  
**Porthole:** Getty Images  
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**Species illustrations:** © Scandinavian Fishing Year Book

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