

Seafood Watch®



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The “Super Green” List: Connecting Human Health and Ocean Health

The “Super Green” list highlights products that are currently on the Seafood Watch “Best Choices” (green) list, are low in contaminants and are good sources of long-chain omega-3 fatty acids.

The Best of the Best: January 2010

Albacore Tuna (troll-or pole-caught, from the U.S. or British Columbia)

Freshwater Coho Salmon (farmed in tank systems, from the U.S.)

Mussels (farmed)

Oysters (farmed)

Pacific Sardines (wild-caught)

Pink Shrimp (wild-caught, from Oregon)

Rainbow Trout (farmed)

Salmon (wild-caught, from Alaska)

Spot Prawns (wild-caught, from British Columbia)

Monterey Bay Aquarium **Seafood Watch** seafoodwatch.org

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Monterey Bay Aquarium “Super Green” Recipes

Grilled Oysters* with Miso and Wasabi (Serves 4)

David Anderson

Portola Restaurant at the Monterey Bay Aquarium

- 24 farm-raised oysters
- 2 cups prepared miso soup
- 1 package powdered gelatin
- 1 cup crème fraîche (sour cream can be substituted)
- 2 Tbsp. wasabi paste

Directions:

Scrub each oyster under cold water with a brush.** Place the oysters on a hot grill for 5-10 minutes or until you see steam or bubbles coming from the oysters. (This step can also be done in a 500-degree oven.) Remove oysters from the grill and allow to cool in the refrigerator for at least one hour.

Pour the miso soup through a strainer. Sprinkle the gelatin over 1/4 cup of the cold miso soup and allow to set for 5-10 minutes. Bring the remaining miso soup to a slow simmer and add the gelatin mixture, stirring to dissolve. Pour into a shallow bowl and chill in the refrigerator until set (about 30 minutes).

Whip the crème fraîche until it's thick like whipped cream, then add the wasabi to taste, stirring to combine.

Open the chilled oysters with an oyster shucker or a blunt table knife by prying them at the hinge. Discard the top shell.

Roughly chop the miso gel with the tines of a fork to form “crystals” (or chop into small pieces) and divide among the oysters. Top with a small amount of the wasabi crème fraîche and serve immediately.

** For safety reasons, discard any raw oysters that are open.

*Seafood Watch® recommends farmed oysters from all sources.

Oregon Pink Shrimp* Chowder (Serves 10)

Peter Pahk

Silverado Resort & Spa Napa, California

- 6 slices bacon, diced
- 4 Tbsp. Clover Stornetta unsalted butter
- 2 cups leeks, white and light green parts only, diced
- 1 cup yellow onions, diced
- 1 cup celery, diced
- 1 tsp. fresh thyme leaves
- 2 bay leaves
- 3 cups russet potatoes, diced
- 5 cups Oregon pink shrimp
- 3/4 cup all-purpose flour
- 8 cups clam juice
- 4 cups Clover Stornetta heavy cream
- 1/2 cup fresh parsley, chopped
- Salt and Pepper to taste

Directions:

Render bacon in a large, heavy pot until crisp. Remove bacon. Add butter to bacon fat and sauté leeks, onions, celery, thyme and bay leaves until vegetables are tender. Add all-purpose flour and cook 3 minutes; do not brown. Add clam juice, cream and potatoes, and bring to a boil. Simmer until potatoes are tender, about 15 minutes. Remove from heat and season to taste.

Just before serving, add Oregon pink shrimp to chowder and garnish with chopped parsley.

*Seafood Watch® recommends wild pink shrimp from Oregon.