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Ocean Wise

Another Kelowna business has joined the **Vancouver Aquarium's Ocean Wise** program, which was created to help restaurants, seafood sellers and their customers make environmentally-friendly seafood choices.

Codfathers Seafood Market owners Jon and Anne-Marie Crofts say they are one of only two seafood retailers in B.C. to join the conservation program, aimed at promoting sustainable seafood sales.

Jon says they put a lot of research into the whole issue, a particularly arduous task since they stock such a wide variety of seafood. **Ocean Wise** is set up to educate fish buyers, particularly restaurants, on how to make good choices when buying seafood, in terms of sustainability of the species.

The store has information on which fish are considered good choices and which are not, and when buying fish, the Crofts look for sustainable fisheries wherever possible. As a result, they have decided not to stock Bassa, an intensively-farmed catfish from Vietnam, but will stock Idaho Catfish, a similar species, but with no chemicals added, which come from a sealed system tank, and use organic feed.

Incidentally, Jon says there should be some fresh sea urchin roe in this week, and live king crab for a few weeks.

Halibut season is coming up Mar. 8.

Several local restaurants have also joined the **Ocean Wise** program. The latest is Mission Hill Family Estate where chef Michael Allemeier has just wrapped up his winter culinary classes. Watch for barbecuing events next!

Michael says **Ocean Wise** is a fundamental part of ecologically sensitive cuisine, and he didn't have to change much in the way he does things in order to join the program.

"It's about integrity. If enough people get aboard we have the power to change things," he believes.

He will be hosting renowned chef John Bishop (for whom he worked as chef at Bishop's in Vancouver) for the Spring Wine Festival Epicurean Dinner at the Westside winery May 3. John will be promoting his book *Fresh!* and a copy of the book will go to everyone who attends the five-course dinner, which is sure to be sumptuous. To reserve, go to www.missionhillwinery.com or call 768-6443.

Also members are Quails' Gate Estate Winery's Old Vines Restaurant on Boucherie Road in Westside, The Rotten Grape on Bernard Avenue and the Cactus Club on Banks Road.

An easy cause to support.

from Jude's kitchen



Appetizer Avocado & Shrimp with Soy & Sesame

This looks refreshing and appetizing and is quick and simple to prepare. It's great for a casual evening with a glass of chenin blanc or pinot blanc.

avocado
shrimp/prawns
lemon juice
olive oil
soy sauce
sesame seeds

salt and pepper

Peel and seed avocado and chop into big chunks onto a serving plate. Steam prawns and cool. Squeeze fresh lemon juice over the avocados to keep their colour and the prawns to give them a spritz of added flavour.

Drizzle with extra-virgin olive oil and a good soy sauce, then toasted sesame seeds. Grind fresh black pepper and sea salt over it all and serve. Allow about a dozen prawns for a couple and a half avocado.

Salmon in a Green Salad with Avocado & Feta

This is filling, yet lean and nutritious; full of protein and omega-3 fatty acids, which are an essential element of a healthy diet and particularly beneficial for those with heart disease.

This makes a full-meal salad for two or would make a good appetizer salad for four.

4 c. green lettuce leaves 1 l
1/2 c. cucumber 125 ml
1 large avocado 1
sockeye salmon
1/4 c. feta cheese 60 ml
nuts or croutons, to garnish
salad dressing, of your choice

Tear rinsed and dried greens (romaine lettuce, butter or baby spinach would all work well) into a salad bowl.

Cube or slice an English cucumber and cut an avocado into cubes and add both to the greens.

Shred cooked salmon (I used canned), mashing the bones and adding them along with the meat.

Cut the feta into small cubes and add, then garnish the salad with roasted almonds, pine nuts or croutons.

We found it didn't need much dressing, so go lightly with it.

Serves 2 as a meal.



JUDIE STEEVES / CAPITAL NEWS