



# Recipes for your sustainable seafood

Not sure how to cook what's on offer at your local fish merchant? Here we recommend the fish that are sustainable to buy and suggest some recipes to try with them.

## Brown crab

*Cancer pagurus*

Brown crab, also known as edible crab, is the heaviest British crab. About a third of the weight of the crab is meat, two thirds is white and third is brown. It's used to make 'dressed crab' where the shell is cleaned out and used as the dish. Crab is also used to make fish cakes, crab sticks and paste. Brown crabs mature at about 10 years and averagely lives for 30 years, but some have been known to go on till they're 100!

The vast majority of brown crabs in the UK are caught by potting. This is a low impact and relatively selective method of fishing, any bycatch or discards can be returned alive to the sea with high survival rates. Brown crab from the Inshore Potting Agreement Area in Devon, the Western Channel or Cornwall are the best choices for crab in the UK. Avoid eating crabs below the minimum landing size (13-14 cm in most areas of the UK) and crab claws, unless it is certain they have been removed from the animal after landing. Egg-bearing or "berried" females should be avoided at all times to allow them to spawn. (Information source: MSC [Good Fish Guide](#))

## Brown crab Recipes

- These four recipes from [The Guardian](#) include jungle curry with crab and a spring salad.
- The top brown crab recipes from [Seafood & Eat It](#) include crab mac 'n' cheese and crab bisque.
- The Marine Conservation Society suggests [baked crab with brown crab butter](#) and [hot crab dip](#).

# European Lobster

*Homarus gammarus*

The very large claws of unequal size, along with the abdomen, are full of tasty white meat. Can be bought fresh or frozen. There are many popular lobster recipes including Thermidor and Bisque or of course you can boil, steam or grill it. Lobster is often boiled alive - The RSPCA recommend that lobster is placed in the freezer at minus 18 degrees C for 2 hours before boiling so it falls asleep and dies.

Stock levels for UK lobster are generally low or unknown and exploitation levels on them too high.

Lobster potting is a more selective method of fishing than netting as undersized, egg-bearing females or immature animals can be returned to the sea alive. The lobster fishery in the Granville Bay Treaty Area, Jersey, is certified as an environmentally responsible fishery by the Marine Stewardship Council (MSC).

Do not buy lobster below the legal minimum landing size of 87mm carapace (front-shell length), or egg-bearing (berried) or large females which contribute most to the breeding stock (the larger the animal the more eggs she produces). (Information source: MSC [Good Fish Guide](#))

## Lobster Recipes

- [The Guardian](#) suggests simply grilling the lobster with some herbs, or [Giorgio Locatelli's spaghetti and lobster](#) dish.
- BBC Good Food has [several recipes](#), including [lobster thermidor](#) and [grilled lobster tails](#), both with only half an hour of prep time!

# Pollack/Lythe

*Pollachius pollachius*

The best choice to make, in terms of selectivity, is handline-caught pollack from the southwest. For more information on line caught pollack from these waters see [www.linecaught.org.uk](http://www.linecaught.org.uk). Avoid eating immature fish (below 50cm) and during its breeding season, January to April. (Information source: MSC [Good Fish Guide](#))

# Pouting/Bib

*Trisopterus luscus*

Popular with French cooks who flour their pouting and fry or steam it with salted butter, it can also be poached then sautéed. It's best to eat within six hours of being caught as after that it loses flavour. A member of the cod family, bib or pouting only live for about 4 years and are common in British inshore waters, near Northern Europe Atlantic down to Spain and although not commercially fished is increasingly available in supermarkets.

Pouting (or Bib) is a short-lived species common in British inshore waters. It is not commercially fished and is usually only taken as bycatch. Their stock status is unknown and appropriate management of the species is needed. When buying choose mature (over 21 cm) locally caught fish. Avoid eating fresh fish (not previously frozen) caught during their spawning season (March to April). (Information source: MSC [Good Fish Guide](#))

## Pollack and Pouting Recipes

*Pollack and pouting can be cooked like any other white fish and are considered a more sustainable alternative to cod and haddock.*

- Pollack and pouting are suggested as fish to use in this [BBC Good Food's thai fish curry](#).
- You can use both species in this [harissa and lemon baked fish recipe](#).
- On [YouTube](#) Hugh Fearnley Whittingstall will show you how to prepare breaded Pouting.
- You could try [Jamie Oliver's recipe](#) for pouting fish fingers with sweet potato chips and basil mayo.
- And then if you have any leftovers, [The Guardian](#) suggests four different meal ideas for either fish, including croquettes and pâté!

# Monkfish

*Lophius piscatorius and Lophius budegassa*

There are two species of monkfish caught commercially in UK and EU waters, white bellied monkfish (*Lophius piscatorius*) and black bellied monkfish (*Lophius budegassa*). Monkfish are long-lived and late maturing, making them vulnerable to overfishing. Monkfish mature at an average size of 70 cm, so always source fish

from fisheries that select for fish at or above this size. For assurance of scientific co-operation, better environmental practices and experimentation with benthic release panels to reduce impact on bottom dwelling species ask for fish from vessels which are involved in the "Seafish Responsible Fishing Scheme" or from vessels involved in Project 50% and using more selective nets to reduce discards. (Information source: MSC [Good Fish Guide](#))

## **Monkfish Recipes**

- BBC good food has [68 monkfish recipes!](#)
- Jamie Oliver suggests [grilled monkfish with black olive sauce and lemon mash.](#)
- Great British Chefs suggest [monkfish with tomato, ginger and garlic.](#)

## **Brill**

*Scophthalmus rhombus*

Although data-limited, it would appear that the population is not subject to overfishing and is not in an overfished state. Management measures are combined with those for turbot, which prevents effective control and could lead to high grading of the lower value species (brill) or overexploitation of turbot. Despite this, catches of brill in recent years have been below the recommended level. Avoid eating immature brill (less than 30cm) and during their breeding time in spring and summer. (Information source: MSC [Good Fish Guide](#))

## **Brill Recipes**

- The Cornwall Good Seafood Guide suggests [roasted brill with wild mushrooms and garlic.](#)
- Great British Chefs have suggest [seven](#) brill recipes.
- [BBC good food](#) has 11 brill recipes, such as Steamed brill with wild garlic, ginger and chilli broth and Roast brill with tapenade, potatoes and olives.

# Mackerel

*Scomber scombrus*

Handline-caught mackerel from the southwest of England remains the best choice thanks to its ring-fenced quota and low impact methods. The mackerel stock in the North-East Atlantic is in a good state and in general is caught by pelagic trawling and purse-seining - relatively low-impact and well-targeted fishing methods. There are some concerns about management however. Catches of the stock as a whole have not been in line with scientific advice since the 1980s. The EU (including the UK), Norway and the Faroe Islands work together to manage their catches through the Coastal States Arrangement), and mackerel is also caught by Russia, Greenland and Iceland. While all countries have endeavoured to work together to set quotas in the past, this is currently not happening and catches remain in excess of scientifically-recommended limits. The Coastal States Arrangement, including fish caught by the Mackerel Industry Northern Sustainability Alliance (MINSAs), is a better choice, as these countries continue to work together. (Information source: MSC [Good Fish Guide](#))

## Mackerel Recipes

- Jamie Oliver has [12 mackerel recipes](#), including an Irish mackerel breakfast, smoked mackerel pâté and Pomegranate-glazed mackerel with satsuma & fennel salad.
- Hugh Fearnley-Whittingstall's River Cottage suggests [Quick-fried mackerel fillets with garlic and bay](#).
- BBC Good Food has [30 mackerel recipes](#), including Chargrilled mackerel with sweet & sour beetroot and a Japanese-style mackerel rice bowl!

# Scallop, King, scallops – dive caught

*Pecten maximus*

Pan fried with a bit of lemon is often how scallops are served -the part we generally eat is the white adductor muscle which it uses to open and close it's shell and the orange (female) and creamy (male) roe. Scallops are bivalve (2 shell) molluscs which are widespread and common. Two types are commonly available; the larger king scallop (often sold with the roe attached), and the smaller queen scallop, usually sold as meat only. Fact: In Classic times the scallop shell was worn as a badge by pilgrims visiting the shrine of St James.

Choose dive-caught scallops or dredge-caught scallops from either Marine Stewardship Council (MSC) certified fisheries, the inshore English Channel, managed by the Inshore Fisheries and Conservation Authorities (IFCA) or Lyme Bay. Avoid

eating scallops below their legal minimum landing size and during their breeding season (April to September). (Information source: MSC [Good Fish Guide](#))

### **Scallop Recipes**

- The Guardian has [three scallop recipes](#) from Hugh Fearnley-Whittingstall, including Scallop ceviche and Scallop and leek gratins. Separately, he has also shared this [scallop, pea and spring onion recipe](#)!
- Jamie Oliver has [17 scallop recipes](#), including Roasted scallops with pancetta & hazelnuts and Summery pea soup with turmeric scallops.

### **Other useful resources for cooking your sustainable seafood:**

The [Seafish Recipe Book](#)

MSC [fish of the month recipes](#)