Sustainable Seafood Recipes
by Dominica Yang
DOMINICA YANG was born and bred in Hong Kong. She has many passions, from photography to charity work to teaching to cooking, and she has pursued each of them with abundant energy and determination. She and her husband Trevor live in Hong Kong and treasure their family life with their three sons. Famous for her home cooking skills and her attention to detail, Dominica has cooked for her family and friends since her student days and over the years, she has created, collected and adapted many recipes.

She has published three cookbooks, available both in Hong Kong and around the world: ‘DELICIOUS’, ‘TOO DELICIOUS’ and ‘BO BO HO’ with the proceeds going to local and global charities.

Renowned for her dedication to family life and her commitment to her friends and her work, Dominica’s homey and heartwarming recipes reflect a happy and fulfilling life. Whether a formal dinner for friends, a simple pasta with the family or an impromptu afternoon tea, her recipes never fail to please.

In support of WWF’s conservation work, Dominica has designed and adapted ten seafood recipes to help bring variety to a sustainable lifestyle. By providing seafood lovers with an alternative yet delicious meal, these recipes are the perfect example of sustainable eating habits that everyone can adopt in their daily lives.

Through her experience and creativity, Dominica demonstrates how to make sustainable seafood delicious, and more importantly, inspires us all to think twice and make sustainable choices before ordering our next seafood meal!

Learn more about Dominica and her recipes at www.cookingwithdominica.com.
Humanity’s growing population and increasing appetite for all manner of seafood has led to unprecedented pressure on the world’s marine resources. Being the second-largest per capita seafood consumer in Asia and importing nearly 90 per cent of this seafood from over 150 countries and territories, Hong Kong is an important player in the sustainable seafood challenge.

Today, over 80 per cent of the world’s commercially important fishery resources are either fully exploited or over-exploited, meaning that our oceans have reached their limit and we cannot extract more from them. As humanity’s population continues to grow, these alarming facts and figures mean we must begin to rethink our consumption habits and begin making informed choices for the sake of our – and the next generation’s – future.

Sustainable seafood means seafood that has been either caught or farmed in fisheries that are well-managed and in ways that favour the long-term vitality of that species and the well-being of its ecosystem. Sustainable seafood represents a way to rebuild humanity’s relationship with our oceans by allowing marine environments to replenish and repair themselves.

As part of our drive to encourage everyone in Hong Kong to adopt a sustainable lifestyle, WWF-Hong Kong has produced a Seafood Guide, showing seafood lovers how to select and consume sustainable seafood. Included in the Guide are more than 70 types of seafood available in local wet markets, supermarkets, frozen food shops and restaurants. These species have been rigorously assessed and peer-reviewed by local and global experts and marine scientists in accordance with stringent criteria. The Seafood Guide sorts assessed species into three groups: “Green – Recommended”, “Yellow – Think Twice” and “Red – Avoid”. The pocket-sized Guide is available for download on WWF-Hong Kong’s official website: www.wwf.org.hk/seafood/en

The Guide often makes reference to MSC- (Marine Stewardship Council) certified seafood. The Marine Stewardship Council is a non-profit organization (www.msc.org). Its mission is to use the MSC eco-label and a fishery certification programme to improve the health of the world’s oceans by recognizing and rewarding sustainable fishing practices, influencing the choices people make when buying seafood, and working with partners to sustainably transform the global seafood market. For the sake of all of us and our future generations, only buy and consume seafood that is sustainable. With your help, we can begin to turn the tide and restore the world’s oceans to health.
BLACK COD IN FRAGRANT THAI BROTH

MSC-certified Black Cod (wild caught from Alaska)

Ingredients

Black cod fillets (120-180g each, depending on whether you are serving them as a starter or as a main.) I like to keep the skin on as it holds the fish better.

Broth ingredients for two persons

- 2 cups chicken stock
- 80g sliced pork
- 1 tablespoon lemongrass, chopped
- 1 tablespoon galangal (Thai ginger), peeled and julienned
- 1 kaffir lime leaf, loosely chopped
- 2 cherry tomatoes, cut in half (extra for garnish)
- 1 shallot, mashed
- 1 spring onion, roughly chopped
- 2 leaves Thai coriander, roughly chopped (can also use cilantro)
- 2 stalks Vietnamese mint, use only the leaves and shredded
- 1 stalk sweet basil, use leaves only
- 1 tablespoon lime juice
- 1 tablespoon chilli powder
- 1 teaspoon toasted rice powder (optional)
- Salt

Making the toasted rice powder

Fry some Thai raw rice in hot wok without oil and without burning, then pound the rice into powder and keep aside in an airtight jar for future use.
**Method**

**Making the broth**


2. Add the lemongrass, galangal, kaffir lime leaf, cherry tomatoes and mashed shallot and bring to a slight boil. Add the sliced pork and lightly stir for a few minutes. Take the pork out and then bring to a boil.

3. Add lime juice, chilli powder and toasted rice powder.

4. Please taste now for personal taste preferences, and adjust with lime juice and chilli powder. Bear in mind that once you add in the herbs, the whole broth suddenly comes together. You can stop here now and wait until the fish is ready.

5. Finally, add all the herbs and stir for 5 seconds and turn off the gas. Do not overcook the fresh herbs. At this point, I will add in a few fresh halved cherry tomatoes too.

**Cooking the fish**

1. I prefer to pan-fry the fish skin down for about 3 minutes on medium heat without burning, then for about 1 minute flesh down.

2. Roast in oven at 180°F for about 10-12 minutes for a normal 120-180g 1 inch thick fish fillet.

3. Take the fish out and serve it in a shallow bowl, pouring the hot broth in immediately up to at least halfway up the thickness of the fish. The beauty of this method is that the broth will keep the fish warm and continue to cook it if it is undercooked. Sprinkle some rock salt over the fish.

4. It is okay to just roast the fish without frying it, or for a healthier option, steam or poach the fish. I prefer to pan-fry or roast, as it tends to seal the fish better for handling if one is cooking for a dinner party. And if poaching I would do it in a separate broth, so in case the fish breaks a little, it will not make a mess of the broth that we use to serve.

**Timing**

I would make the broth early, but only stir in the fresh herbs when the fish is ready to be served. Nothing can beat the fragrance of freshly cooked herbs. I would garnish with a sprig or two of Thai coriander over the fish in each bowl.

**Optional**

I sometimes put some freshly cooked (bean) vermicelli at the bottom of the bowl before putting in the fish and stock, which completes the dish as a main dish.

**Tip**

Warm the bowls before using so that the broth and fish will stay hot for longer.
SHRIMP WITH ORANGE, GARLIC, CHILLI & OIL

MSC-certified Shrimp (wild caught from Australia / wild caught from Canada)

Ingredients (4 persons as a side dish, or one dish for 4 to share)

1 cup extra virgin olive oil
6-8 garlic cloves, coarsely minced
6 whole dried red chillies
¼ cup minced flat-leaf parsley
900g shelled and deveined medium shrimp
½ cup of orange juice and freshly shredded orange rind, save some for garnish
Salt
Crusty bread, for serving

Method

1. Marinate the shrimps in the orange juice for 15 -20 minutes, then drain and set aside.

2. In a very large, deep skillet, heat the olive oil until shimmering. Add the garlic, chillies and parsley and cook over moderately high heat for 10 seconds, stirring.

3. Add the shrimps and cook over high heat, stirring once, until they are pink and curled, 3 to 4 minutes.

4. Season with salt, stir in the rind and 2 tablespoons of the orange juice marinade that has set aside before, then transfer to small bowls. Serve with crusty bread.

Note
After they are cooked, sprinkle the shrimp with crunchy sea salt.
CHARCOAL GRILLED ABALONES WITH PONZU SAUCE

Abalones (wild caught from Australia or farmed in China)

**Ingredients**

- 6-10 small fresh abalones, depending on size of abalones, and on the number of people to be served

**Ponzu sauce**

- ½ cup Japanese soy sauce
- ¼ cup lemon juice or juice of another citrus fruit
- 1 tablespoon rice vinegar
- ¼ cup sake
- ¼ cup or more dashi - *Dashi* is a simple and savory Japanese stock usually made from Kombu (kelp) and Katsuobushi (dried bonito flakes), usually available in powder form.

**Method**

1. Mix Japanese soy sauce, lemon juice, sake and vinegar in a bowl. Add dashi to the sauce. Warm up a little for the flavours to blend and set aside. Adjust the amount of dashi to your preference.

2. Grill the abalones on a charcoal stove or grill on a skillet, then slice and serve with the ponzu sauce.
GOLDEN SEAFOOD CURRY

MSC-certified Black Cod (wild caught from Alaska), or MSC-certified Shrimp (wild caught from Australia / wild caught from Canada), or Boston Lobster (wild caught from Canada / wild caught from US), or MSC-certified Rock Lobster (wild caught from Western Australia), or Rock Lobster (wild caught from Eastern Australia)

Ingredients (4 persons)

1kg fresh cod fish filets cut into chunks (or shrimp or lobster meat or mixed)
1 medium onion, thinly sliced
1 medium onion, roughly chopped
2 inch piece of fresh ginger, peeled and roughly chopped
6 cloves of garlic, peeled and smashed with flat part of a knife
½ teaspoon turmeric powder
1 teaspoon coriander powder
½ teaspoon (or according to your level of tolerance) cayenne powder
2 fresh green chillies, sliced length-wise (adjust to your taste)
2 large tomatoes, chopped
1 x 400g can coconut milk (look for a brand without preservatives)
½ tsp tamarind paste, if available, or 2 teaspoons fresh lime juice
3 tablespoons canola oil, olive oil or vegetable oil of your choice
3 tablespoons fresh cilantro chopped
Salt to taste
Method

1. Place 1 roughly chopped onion, the garlic and the ginger in an electric blender or food processor with just enough water to grind to a paste.

2. Heat the oil in a heavy-bottomed pot over a medium flame and sauté the onions, stirring for about 10 minutes until they are soft and browned but not burned.

3. Add the turmeric, coriander and cayenne powder, and sauté for about 10 – 15 seconds. Add the paste from the blender and cook over a low heat, stirring constantly until the oil separates from the masala (paste), for about 5-7 minutes. Add the chopped tomatoes and cook until they are soft.

The masala can be prepared up to this point and stored in the refrigerator for a day.

4. Add the coconut milk and the tamarind or lime juice. Bring to a boil and cook covered over a low heat for approximately 10 minutes. (The sauce should be thick but still runny; you might not need the entire can of coconut milk.)

5. About 10 or 15 minutes before serving bring the masala to a gentle boil. Pan-fry the fish pieces lightly in a pan, and then cook for about 5 minutes in the sauce until opaque and cooked through.

Sprinkle with chopped cilantro and serve over steaming basmati rice.
MUSSELS WITH GARLIC, PARSLEY & CREAM

Mussels
(farmed in Europe/ farmed in Australia / farmed in New Zealand)

Ingredients (4 persons)

- 2.5 litres fresh mussels
- 50g butter
- 4 cloves of garlic, peeled and crushed
- 1 medium size onion, finely chopped
- 1½ cup white wine
- 6 tablespoons double cream
- Salt and pepper, to taste
- 1-2 tablespoons of freshly chopped parsley

Method

1. Clean mussels well, set aside.

2. Melt butter in a wide-bottomed pan (with a lid) and sauté garlic and onion lightly until soften, without browning. Add the white wine and bring to a boil. Tip in the mussels and mix well with the liquid.

3. Cover and cook on high heat for 4-5 minutes. Then lift the lid as the mussels begin to open. This might take longer depending on the mussels. Mix well and add the cream and seasoning. Sprinkle freshly-chopped parsley over the mussels just before serving.

4. Serve in individual bowls with fresh crusty bread. Garlic bread is also lovely!
SEAFOOD AND VERMICELLI SALAD

MSC-Certified Shrimp (wild caught from Australia)
Mussels (farmed in Europe / farmed in Australia / farmed in New Zealand)
MSC-certified Scallops (wild caught from Canada), or
Scallops (farmed in China / wild caught from Eastern and Western Australia)

Ingredients (4 persons, as a side salad)

300g shrimp, shelled and deveined
300g mussels, soaked and drained
200g scallops, cleaned and patted dried
5 shallots, finely chopped
2 stalks lemongrass, chopped
2 large red chillies
2 tablespoons grated ginger
2 tablespoons bergamot leaves
120g dried bean thread vermicelli (adjust to preferences)
**Dressing**

1 tablespoon lemon juice  
1 tablespoon tamarind juice  
1 tablespoon concentrated shrimp stock  
   made with the shells, heads and 1 cup of water boiled right down  
1 teaspoon sugar

**Method**

1. Mix the dressing ingredients together and set aside.

2. Blanch the shrimp in boiling water, remove as soon as they turn pink, set aside. Blanch the mussels in boiling water, remove when they open, set aside.

3. Grill or sear the scallops in hot skillet, set aside

4. Soak the vermicelli in hot water until a little soften and set aside.

5. When ready to serve, mix the seafood and vermicelli together and pour dressing over the mix, a little at a time. Taste periodically to decide how much dressing is enough. Mix well and serve immediately.
SEARED SCALLOPS À LA ROYALE

MSC-certified Scallops (wild caught from Canada), or Scallops (farmed in China / wild caught from Eastern and Western Australia)

Ingredients (4 persons)

16 scallops (suggestion: 4 pieces per person)

Sauce

75g onions, peeled and coarsely chopped
2 pcs 1-inch ginger, peeled and coarsely chopped
7 tablespoons water
5 tablespoons vegetable oil
6 cloves garlic, peeled and crushed
1 teaspoon ground cumin
1 teaspoon ground coriander
150-175g tomatoes, peeled and finely chopped
½ teaspoon turmeric
¼ teaspoon cayenne pepper
½ fresh hot green chilli, finely chopped
1 tablespoon lemon juice
1 teaspoon salt
Mint or flat leaf parsley leaves, for garnish
Method

1. Make sure your scallops are lightly patted dry. Place onions and ginger in a blender along with 4 tablespoons water and blend until the mixture becomes a paste.

2. Pour the vegetable oil into a wide pan on medium heat, then add the garlic. Stir until medium brown, then add the onion and ginger paste. Stir and fry for a minute. Now add in the cumin, coriander and tomatoes. Fry until it turns a little brown, then turn down the heat and add 1 tablespoon water. Keep frying, adding turmeric, cayenne pepper, green chilli, lemon juice and salt. Stir well and turn heat to low or set aside if cooking in advance.

3. When ready to serve, heat up a skillet or open grill and brush with vegetable oil. When hot, put on the scallops and cook 2 minutes on each side. Do not move the scallops until they are ready to be turned over, you want them to have beautiful burn marks.

   While the scallops are cooking, heat up the sauce, add 3 tablespoons water and let simmer.

4. When scallops are done, serve on plates and put the sauce on the side. Put one sprig of parsley on each scallop or by the scallops. Serve with freshly cooked wild rice.
SOBA VONGOLE
Clams (farmed in China)

**Ingredients (Serves 4 medium portions)**

- 300g clams
- 350g good-quality buckwheat soba noodles
- 4 cloves garlic, finely chopped
- 1 tablespoon sesame oil
- Sea salt
- 1 tablespoon mirin
- ½ cup chicken broth
- ½ cup dry white wine
- Parsley, for garnish

**Method**

1. Soak and wash the clams, then drain.

2. Sauté the garlic in the sesame oil, then add white wine. When the liquid has boiled down by half, add chicken broth and mirin. Let simmer until reduced by half again, then add in the clams and cover.

3. Now prepare soba according to the instructions, but undercook by a few minutes. Drain and mix the soba into the clams and liquid, turning the heat to high. Keep stirring so the sauce coats the soba and the clams begin to open. Adjust seasoning, add salt and black pepper accordingly and serve immediately.

*You may sprinkle with some freshly chopped parsley.*
Ingredients (4-6 persons)

12 mussels
½ kg shrimp, shelled
   (use shells and heads to make shrimp stock with 2 cups of water, boil down to ½ cup)
400g scallops
25ml olive oil
3 cloves of garlic, peeled and crushed
1 bay leaf
1 small onion
2 green peppers
1 large tomato, peeled and chopped
550g rice, preferably Arborio
1 litre chicken stock, very hot
1 cup white wine
½ teaspoon saffron
½ teaspoon paprika
1 small tin pimento, drained and cut into strips for decoration
100g cooked peas
Method

1. In a flat frying pan, heat up half the olive oil, add in the garlic and the bay leaf. Sauté for a few minutes then set aside.

2. Now add in the onion and chopped peppers and sauté for a few minutes. Add the tomatoes and raise the heat high to fry them. Add the remaining oil so the mixture will not stick. Add the rice now and cook it briefly, stirring until the grains become slightly opaque.

3. Combine the cooking liquids and heat well. Add slowly to the rice mixture, mixing well and continue cooking on high-ish heat. You may adjust according to preference to the texture, maybe just use 4/5 of the liquids for ‘al dente’.

4. In the blender, blend the fried garlic and the bay leaf with the saffron, paprika, 1 clove raw garlic and salt. Dilute the mixture with a little of the liquid from the pan or white wine and add into the paella. Stir in and mix well.

5. Meanwhile, heat up a skillet, brush with oil, then very quickly sear the scallops and the shrimps and set aside. Blanch the mussels until they open and set aside.

6. Now turn down the heat and let the paella continue to cook on medium heat until thoroughly cooked. The rice should not be too wet or too soft. Now add in the shrimp, scallops and peas, season well and cover. Give the paella time to cook until the bottom is slightly brown and crispy.

When rice is still "al dente", add in the mussels.

7. Decorate with pimentos, some freshly chopped parsley and lemon wedges and serve immediately.
STEAMED LOBSTERS WITH ANCHOVY BUTTER

Boston Lobsters (wild caught from Canada / US), or
MSC-certified Rock Lobsters (wild caught from Western Australia), or
Rock Lobsters (wild caught from Eastern Australia)
MSC-certified Anchovies (wild caught from Argentina), or
MSC-certified Herrings (wild caught from Northeast Atlantic)

Ingredients (2 persons for individual portions)

2 lobsters

Anchovy butter

70g butter, at room temperature
3 drained anchovy fillets, finely chopped or mashed
1 small garlic clove, crushed
1 tablespoon chopped fresh continental parsley
1 tablespoon chopped fresh chives
**Making the anchovy butter**

1. Combine the butter, anchovy fillets, garlic, parsley and chives in a bowl. Spoon the mixture along the centre of a piece of non-stick baking paper to form a 9 x 3cm “log”.

2. Roll up to enclose and twist the ends to secure. Place in the fridge for 30 minutes or until firm.

**Steaming the fresh lobsters**

1. Fill a pot so that water comes up the sides about two inches. Add 2 tablespoons of salt for each quart of water. If you have sea salt, even better. Bring the water to a rolling boil and put in the lobsters one at a time. Use a steaming rack and place the lobsters on it, or just add them directly to the pot. Bring water to a rolling boil over high heat. Place the lobsters in the pot head first, cover tightly, return to a boil as quickly as possible and start counting the time.

2. Steam lobsters for 8 minutes per pound for the first pound. Add 3 minutes per pound for each additional pound thereafter. Regulate the heat if the pot starts to bubble over.

3. Lobsters are done when the outer shell is bright red and when the meat is white, not opaque. Again, DO NOT overcook your lobsters. Carefully remove lobsters from the pot with tongs. Be careful, they are very hot. Note: Your lobsters will continue to cook a little after you take them out of the pot. To stop the cooking process, place your steamed lobsters in a bowl of ice before cracking them.

4. Now just melt the butter and if you wish, whisk a little lemon juice into your butter. Open up your lobsters or cut in halves and serve on plates. Lastly, drizzle the melted anchovy butter over your lobsters.