



New England  
Aquarium

# *Celebrate* Seafood

## **Your seafood choices matter.**

Some types of seafood are caught or farmed in more environmentally responsible ways than others. Join us in protecting the blue planet by purchasing ocean-friendly seafood to ensure that we have plenty of seafood choices for years to come.

The first step in choosing ocean-friendly seafood is learning about your options. Use this detachable list to *live blue*<sup>™</sup> next time you're at a supermarket or restaurant.

Learn more about environmentally responsible seafood at [www.neaq.org/seafood](http://www.neaq.org/seafood)

Make your pledge to *live blue*<sup>™</sup> at [www.LiveBlueInitiative.org](http://www.LiveBlueInitiative.org)

Remember to:

### **Ask questions**

Ask specific questions about where your seafood is from and how it was caught or farmed.

### **If you don't see it, ask for it**

Fish markets and seafood departments will make special orders.

### **Try something new**

Some ocean-friendly options may sound a little unusual, but they are worth a try.

### **Check the ingredients**

Check the ingredients list for species and country of origin information.

## Ocean-Friendly Seafood Choices GUIDE



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*Protecting the blue planet*

## Buying and Cooking Ocean-Friendly Seafood

Try these helpful hints from Boston chefs.

Scallops, clams, oysters and shrimp become opaque and firm when fully cooked. Don't overcook, as this will result in loss of moisture, which affects texture and taste.

*Jose Duarte, Taranta Restaurant*

For roasting fish, rub with extra virgin olive oil, salt, pepper and your favorite herb. Roast (or bake) in the oven at 300°F—this will take a little longer but produces a very moist, delicate fillet. A 6-ounce piece of fish will take 12 to 15 minutes depending on your preferred temperature.

*Gregory Griffie, 606 Congress at the Renaissance Boston Waterfront Hotel*

To prevent sticking when cooking seafood on the grill, be sure to use a clean, hot and well-oiled grill. After setting the fish on the heat, do not move it for 10 to 20 seconds. Then gently make a quarter turn with the fish to create crisscross grill marks like a professional.

*Tyrone Todman, New England Aquarium*

### Seafood terms and definitions

**Drawn fish** Whole fish minus internal organs, may still need to be scaled

**Dressed fish** Has organs, scales, head, tail and fins removed, ready to be cooked

**Fish steak** A crosscut slice from a large dressed fish, does not need any special preparation before cooking

**Fish fillet** A boneless piece cut lengthwise from the side and away from the backbone

*From Captain Marden's Seafood*



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ELEMENTAL CHLORINE

*These ocean-friendly seafood options are commonly found in supermarkets and restaurants.*

#### Wild-caught

Cod, Pacific  
(USA hook-caught)  
Haddock (hook-caught)\*  
Halibut, Pacific  
Mahimahi (USA)  
Pollock (Alaska)  
Salmon (Alaska)  
Sardines (USA)  
Shrimp, Northern pink\*

#### Farm-raised

Arctic char (Iceland)  
Bay scallops\*  
Catfish (USA)  
Clams\*  
Mussels\*  
Oysters\*  
Rainbow trout (USA)  
Tilapia (USA,  
Latin America)

*\*Local New England species*

*For more ocean-friendly seafood options, including local New England species and recipes, visit*

[www.neaq.org/seafood](http://www.neaq.org/seafood)