

Sustainable fish for Christmas



CHEESE CRACKER MULLET

2 pounds mullet fillets
1/2 cup French salad dressing
1-1/2 cups crushed cheese snack crackers
2 tablespoons cooking oil / Paprika

Skin fillets and cut into serving size portions. Dip mullet pieces in French dressing and roll in cheese cracker crumbs. Place on well-greased cookie sheet. Drizzle oil over fish. Sprinkle with paprika. Bake in extremely hot oven (500 degrees) for 10 to 12 minutes. Makes 6 servings.

Mullet



Mussels



SPICY COCONUT MUSSELS

1/2 can coconut milk
1/4 cup peeled sliced ginger
1 tbsp sugar / 2 tbsp lemon juice
2 tsp curry powder / 1 can chicken broth
2 lbs mussels / 1/4 cup fresh basil, chiffonaded

Combine the first seven ingredients in a skillet, bring to a boil. Add mussels, cover, and cook 5 minutes until shells open. Discard any unopened mussels garnish with basil.

The recipes and sustainable fish choices in this infographic are recommended by the **Australian Marine Conservation Society.**

<http://www.marineconservation.org.au>
<http://www.aquariuslawyers.com.au>



BAKED BREAM WITH TOMATOES

Olive oil / 3 tbsp chopped herbs / 1 clove garlic, crushed / 1 large bream gutted and scaled / 8-10 cherry tomatoes, quartered / 1 lemon

Heat the oven to 200°C. Combine the herbs, garlic and 2 tsp olive oil and use this to stuff the fish. Transfer to a roasting tin. Drizzle the fish with a little oil and season with salt and black pepper. Quarter the tomatoes and the lemon, and place them around the fish. Roast for 15-20 minutes. Serve with the roasted tomatoes and lemon.

Bream



King George Whiting



PAN-FRIED FILLETS WITH OLIVE AND CAPER SALSA

2 fillets per person /

250g ripe tomatoes / 100 gr pitted olives / 50 g capers / salt / pepper / 100ml olive oil

Mix chopped tomatoes, olives and capers in a bowl and add olive oil, pepper, and salt. Heat two tablespoons of olive oil in a pan. Fry the fillets - about 30 seconds on each side. Season and serve them with fresh salad and salsa on the fish.



BARBECUE SALMON

Australian Salmon

3 tbsp peanut oil / 1 clove garlic, bruised / 1/3 cup brown sugar / 2 tsp fish sauce / 2 tsp soy sauce / 2 tbsp rice vinegar / steamed jasmine rice, to serve / 4 salmon fillets, skin on

Heat 1 tbsp of oil in a small saucepan, add garlic and cook for 1 minute. Add sugar, fish sauce, soy sauce, vinegar and 1/2 cup water. Simmer for about 10 minutes. Brush both sides of salmon with remaining oil. Cook on a medium-hot barbecue for 4-8 minutes. To serve, place salmon on plates, drizzle with sauce and serve cucumber salad on the side, scattered with peanuts. Accompany with steamed jasmine rice. To serve, place salmon on plates, drizzle with sauce and accompany with jasmine rice.

