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Exotic fish dishes that don't hurt stocks

By DHARM MAKWANA, 24 HOURS

The Ocean Wise sustainable seafood program is educating diners and restaurant staff alike, according to a prominent Vancouver seafood chef.

"It's a step in the right direction," says Jason Kleinfeld, executive chef at Sandbar Restaurant on Granville Island.

"It's educating us. It's educating everybody in regard to long-term availability of seafood products."



**MISO SOY MARINATED
BLACK COD**

The menu at Sandbar is stacked with mouthwatering seafood dishes, from wok squid to heaping plates of linguini vongole with Manila and baby clams.

Such dishes can continue to satisfy diners' appetites, without jeopardizing fish stocks, should aquaculture be done with minimal environmental impact, Kleinfeld says.

"Otherwise we won't have fish coming out of the oceans," he says.

Taste, says Kleinfeld, is subjective.

"Some people would find a farmed fish with a high oil content to fall apart and be so buttery and delicious that if you didn't tell them it was farmed, they probably wouldn't know any better."

SZECHUAN BEANS

8 oz. green beans or Chinese long beans

1 tsp minced white onion

1 tsp minced green onion

1/2 tsp minced garlic

1/2 tsp minced ginger

1/2 tsp minced jalapeno

1/2 tsp minced cilantro

1 tbsp oyster sauce

1 tbsp soy sauce

1/2 tsp Vietnamese hot sauce (sambal)

Pinch of sugar

Blanch beans in water or oil. In a wok with a little vegetable oil fry onions, garlic, ginger, jalapenos, cilantro and chilis. Add green beans continue frying, add oyster sauce, soy & sugar.

MISO SOY MARINATED BLACK COD

Sablefish -- One 6-oz. piece per person

For the marinade:

1/4 cup soy sauce

1/4 cup fresh lime juice

2 tbsp light miso paste

2 tbsp sugar

2 tbsp sake (optional)

Whisk all ingredients together until smooth, place fish flesh side down for minimum two hours. Place on top rack in oven. Broil for 10 to 15 minutes (depending on how crispy you like it). Use a well-used baking tray.