

Remember the cute sea creatures while you eat the ugly ones

Ocean Wise restaurants offer sustainable seafood



AMY ROSEN
Dish

This column doesn't have much to do with food, although there is a delicious oyster recipe waiting for you at the end. It's really just an excuse to get you to go to the **Vancouver Aquarium's** Web site and click on the video showing sea otters Nyac and Milo holding hands (www.vanaqua.org/home/otters.html), because it's just the cutest thing you'll ever see.

More important, the **Vancouver Aquarium** is spearheading the very important **Ocean Wise** program (www.oceanwisecan-

IN WAYS THAT MINIMIZE IMPACT

ada.org) — a conservation initiative dedicated to helping restaurants and their customers make environmentally friendly seafood choices. The aquarium reviews the latest scientific information and then recommends sustainable seafood choices to **Ocean Wise** partner restaurants, ensuring all species used are caught in ways that minimize environmental impact, in order to protect the future health of our oceans. Restaurant's like Vij's and C in Vancouver, The Fairmont Empress in Victoria and Jamie Kennedy in Toronto are all participating members, proof positive that deliciousness needn't include endangered. Please: Think of the otters!

And then enjoy this yummy oyster recipe from the Aquarium's executive chef, John Kamara-Cordrey.

GRILLED OYSTERS AND CHAMPAGNE CREAM

- 12 fresh oysters
- 3 tbsp (45 mL) champagne
- 2 tbsp (30 mL) butter

- 2 tbsp (30 mL) whipping cream
- pepper to taste
- 2 cups (500 mL) fresh baby spinach leaves

1. Open oysters. Place the oysters and their juices in a small saucepan.
2. Remove and discard the meat from the shells. Wash and dry the shells, and then place them in a flame-proof dish.
3. Bring the juices to a simmer; poach the oysters for 30 to 60 seconds. Remove oysters from pan. Add champagne to the oyster juices and boil for two minutes. Remove from heat and whisk in butter and cream. Season with pepper. Preheat grill to high.
4. In another saucepan, cook baby spinach for two minutes until wilted, then squeeze to remove excess liquid. Divide spinach evenly between the shells. Top each shell with an oyster, and spoon a little of the champagne cream sauce over each one. Place under the grill for one minute or until heated through. Serve (along with the rest of the bottle of champagne).

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SPECIES ARE CAUGHT

