

# Urbandiner.ca April 27

## Sustainable Sushi

April 27, 2009 at 1:03 am · Similar Stories in [Ecological Issues](#), [North Shore](#), [Pictorial](#), [Restaurant News](#), [Rick Green](#)



When we think of food and sustainability, it's easier to be conscious of what visibly surrounds us on land than beneath the ocean's waves. Increasingly, however, out of sight can no longer be an excuse to be out of mind. Despite the vastness of the Earth's seas, there are growing indications that we are [reaching the limits](#) of what they can provide.

The [collapse of the northern cod fishery](#), the growing number of [marine dead zones](#), and the [imperiled state of BC's wild salmon](#) are just some of the signs telling us we need to take [better care of our oceans' ecosystems](#) if they are to continue providing for us. While we expect governments to be the primary stewards of our fisheries, consumer behaviour can be a strong force for directing businesses towards sustainable practices. But to vote with our wallets, we need to know what and what not to buy. Fortunately [SeaChoice](#) and the Vancouver Aquarium's [Ocean Wise](#) conservation program provide consumers with [convenient information](#) to make those choices.

While a [growing number of Canadian companies](#) are joining Ocean Wise, until recently, none of Metro Vancouver's ubiquitous sushi restaurants were transparently committed to sustainable seafood. On Thursday, however, West Vancouver's [Zen Japanese Restaurant](#) became the first Japanese Sushi Ocean Wise partner in Metro Vancouver.

To mark the occasion, Chef Nobu Ochi and his team prepared a special luncheon with seafood supplied by [Seven Seas Fish Company](#):



^ Suzuki (striped bass) Nigiri.



^ Pacific Roll: inside out roll with BC dungeness crab, BC spot prawn, cucumber, and Japanese tomato pesto topped with BC albacore tuna and Alaskan wild sockeye salmon.



^ Ceviche Roll: BC albacore tuna [tataki](#) in soy wrap.



^ Baja Diver Scallop Nigiri.



^ Seafood Canneloni: spicy BC albacore tuna paté.



^ Isobe Age: spicy BC albacore tuna paté, tempura style.

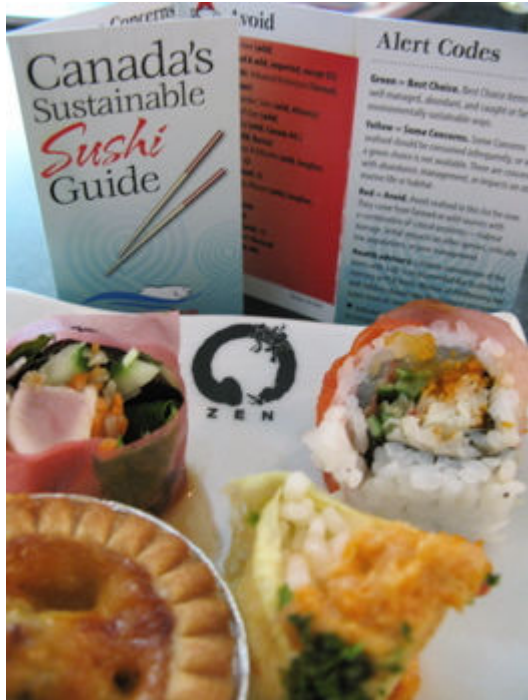


^ Baked oysters.



^ Zen Halibut: halibut wrapped in a potato blanket with organic snow pea tops, smoked red pepper, and BC spot prawn bisque.

The Zen luncheon was also a fitting opportunity for Sustainable Seafood Canada to launch their new [\*Canada's Sustainable Sushi Guide\*](#). The SeaChoice wallet card colour-codes different types of sushi to make it easy for diners to know what choices are best. For example, Ebi that uses farmed and wild shrimp imported from outside of North America should be avoided. There are concerns with the sustainability of farmed US shrimp, but wild Nova Scotia shrimp that is trapped is fine.



Sustainable seafood expert, [Casson Trenor](#), was also on hand to offer encouragement and launch his new book, [Sustainable Sushi: A Guide to Saving the Oceans One Bite at a Time](#). Since December 2007, Trenor has helped San Francisco's [Tataki Sushi and Sake Bar](#) become fully sustainable.



^ Launching *Canada's Sustainable Sushi Guide* at Zen are West Vancouver Councilwoman Trish Panz, Jay Ritchlin of the David Suzuki Foundation, Chef Nobu Ochi, Mike McDermid of the Vancouver Aquarium (with a farmed striped bass), and author Casson Trenor.

Chef Nobu is to be commended for taking this important first step. Hopefully, more restaurants will follow suit to ensure we can continue to feed our sushi habit. To introduce his customers to sustainable seafood, Zen is currently offering a three-course [Ocean Wise tasting menu](#) for \$35.00. An optional sake flight of Tamanohikari Gold Omachi Daiginjo Junmai Bizen, Yoshi no Gawa Junmai Ginjo Organic, and Haru Junmai Ginjo is available for \$16.95.

### [Zen Japanese Restaurant](#)

2232 Marine Drive, West Vancouver

Hours: M-Th 5:00 - 9:30pm, F & Sa 5:00 - 9:45pm, Su 5:00 - 9:15pm

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