



**MANGIAMOLI
GIUSTI**

**FISH
TO EAT
AND FISH
TO LEAVE IN THE SEA**



**Slow
fish**

Buono, Pulito e Giusto.

**A miniguide
to combining
pleasure
and
responsibility**

SOMMARIO



PREPARARSI ALL'ACQUISTO

4 passi per compilare la lista della spesa

1°~ Individuare il pescivendolo	2
2°~ Scegliere pesci di stagione e nostrani	4
3°~ Cercare la giusta taglia	6
4°~ Spendere meno	8

E ORA FACCIAMO LA SPESA

cosa non comprare e cosa comprare

I pesci NO	9
I pesci SÌ	17



PER APPROFONDIRE

Ministero delle politiche agricole alimentari e forestali
www.politicheagricole.gov.it

ISMEA ~ Istituto di servizi per il mercato agricolo alimentare
www.ismea.it

FAO
www.fao.org/docrep/005/v9878i/v9878it00.htm

Lega Pesca
www.legapesca.it

ISPRA ~ Istituto superiore per la protezione e la ricerca ambientale
www.icram.org

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IT'S UP
TO YOU

For some time Slow Food has been promoting aware but pleasurable ways of eating, as our food choices have a significant effect on our quality of life and the health of the planet. At this present time, special attention needs to be focused on fish resources, as the situation facing our seas and various fish species is particularly critical. This guide aims to provide you with some pointers on how to modify your purchasing and consumption habits so that together we can all help to turn things round.

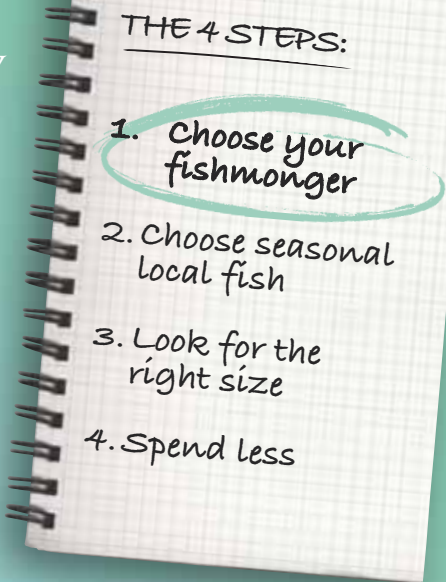
How we consumers can make a difference!

As consumers we have the power to influence the food market, not only when we are doing the grocery shopping but also when eating out in restaurants or cafeterias. Slow Food has created this guide to get you started – let's all reconsider our fish consumption habits, and start making aware choices that combine pleasure and responsibility.

We hope you find the following suggestions for sustainable fish consumption in the Mediterranean useful, buon appetito!

GETTING READY TO SHOP

1^o The first step in deciding what to buy is to **choose a good fishmonger**, making sure that they are willing and able to provide all the necessary information.



European regulations require that the following information must be indicated on the **label** and it is therefore your right to know:

- **what is the name of this fish?**
- **where is it from?**
- **was it caught wild or farmed?**
- **how was it caught or raised?**

Don't be shy or embarrassed, professionals like to have curious and interested customers!

FISH WITH A SHORT LIFE CYCLE

Which species grow more quickly and which ones take many years to reach adulthood? Always try to choose fish with a short life cycle so you don't wipe out decades of life when you buy! What's more, larger and longer-living fish accumulate greater quantities of the toxic substances in our seas.

ENDANGERED SPECIES

Is the fish we want to buy at risk? Find out which species are being sold that are at high risk of extinction due to over-fishing and avoid them!

Here are a few **questions** you can ask your fishmonger

SHARK ON YOUR PLATE

Is this fish actually shark? Did you know that in Italy palombo, verdesca, smeriglio and vitella di mare all mean shark? Tens of millions of sharks are killed every year and Italy is one of the world's biggest consumers. Eliminating this important predator from the food chain can disturb the balance of the whole marine ecosystem.

INTENSIVE AQUACULTURE

Was it intensively farmed? When large numbers of fish are concentrated in a limited area, they become much more susceptible to disease and parasites and may be treated with prophylactic antibiotics. Furthermore the fish effluent and feed from intensively farmed systems change the chemistry of the water and harm the surrounding ecosystems.

HERBIVORES AND CARNIVORES

Which fish are herbivores and which are carnivores? Fish farms that breed carnivorous fish species need an enormous supply of wild fish to feed them... So it isn't necessarily true that fewer wild fish are caught if more fish are farmed!

CHOOSE SEASONAL LOCAL FISH

2^o Fish are **in season** when they are not in their reproductive phase. By only eating seasonal fish, we allow species stock to grow according to their natural development. And by eating fish only **from your region or country**, we

reduce the thousands of kilometers of plane and road travel that is used to transport fish all around the world.

THE 4 STEPS:

~~1. Choose your fishmonger~~

2. Choose seasonal local fish

3. Look for the right size

4. Spend less



A Mediterranean Fish Calendar

Winter

red mullet
white seabream
sardine
amberjack
seabream
anchovy
monkfish
bonito
mackerel
short-necked clam
turbot
octopus
cuttlefish
dolphinfish

Spring

horse mackerel
mackerel
gurnard
seabass
white seabream
leerfish
bonito
seabream

Autumn

albacore
seabass
red mullet
turbot
gurnard
dolphinfish

Summer

horse mackerel
gilthead bream
sole
amberjack
seabass
gurnard
white seabream
sardine
anchovy

ALL YEAR ROUND

grey mullet
striped bream
picarel
saddled bream

A origin of a fish is often **not always clearly** displayed in the shop, as it is often indicated by a number. This is a code defined by the FAO to show where the fish was caught:

21

North
West
Atlantic

27

North
East
Atlantic

37

Mediterranean
Sea

51

57

Indian
Ocean

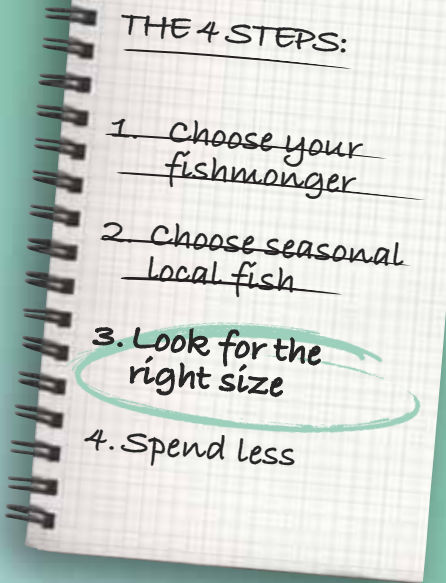
LOOK FOR THE RIGHT SIZE

3 **0** Keep your hands off undersize fish!

For most fish, molluscs and crustaceans there is a minimum permitted size which can be caught and sold.

These regulations help to protect fishing resources but are too often ignored by the fishing industry and purchasers.

Consuming fish when they are young (or even just born as in the case of whitebait) means preventing their reproduction, as only animals reaching maturity can reproduce and maintain the balance of the food chain.



THE 4 STEPS:

1. Choose your fishmonger

2. Choose seasonal local fish

3. Look for the right size

4. Spend less



White seabream
23 cm




Red mullet
11 cm



Mackerel
18 cm



Sole
20 cm



Rose shrimp
2 cm (head)



Sardine
11 cm

Here is a
reminder
of the minimum
measurements



Striped bream
20 cm



Scallop
11 cm
(shell)



Norway lobster
11 cm (total)



Hake
20 cm



Red seabream
33 cm

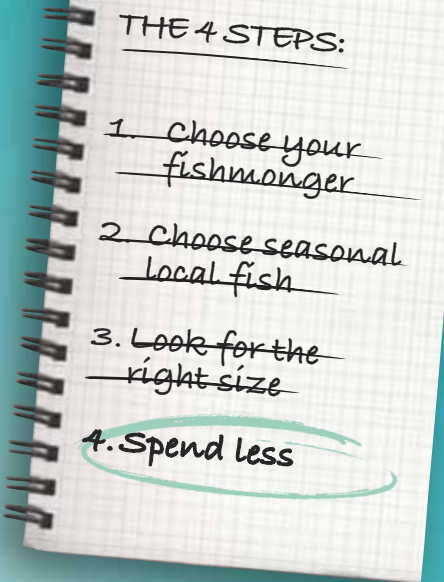
SPEND LESS

4^o It isn't easy to change purchasing and consumption habits, but it is important to do so and what is more, it can **be good** for your bank balance!

Neglected species are less well-known - and less expensive! - than popular tuna, salmon or dentex, but they are just as tasty, and an

environmentally friendly alternative.

Eating neglected species relieves pressure on those species which are paying a very high price for their popularity. Mackerel, for example, is one of the healthiest fish and only costs around 6 per kilo.



WHEN YOU BUY FISH TO AVOID

These fish are seriously endangered: we must avoid eating them as they are at risk of extinction or involve unsustainable fishing or farming practices.



DO NOT buy!

- Atlantic or farmed salmon
- bluefin tuna
- farmed tropical shrimps
- swordfish
- date mussels
- whitebait

Be careful when buying

- dusky grouper
- cod
- wild Pacific salmon

E ORA FACCIAMO LA SPESA FISH TO AVOID



Salmon

This fish, which was once a luxury you could only afford at Christmas, is now available all year round in large quantities and at low prices because large numbers of intensive farms following unsustainable practices have sprung up in recent times. Wild salmon stocks are far below the repopulation threshold: Atlantic salmon is facing extinction and Pacific salmon stocks have plummeted, except in Alaska. But, fish farming is definitely not an alternative!

Why shouldn't we buy it?

The waste produced in one year by a fish farm containing 200,000 salmon is equivalent to the effluent from a city of over 60,000 people!

The salmon are given feed which may contain antibiotics. Apart from damaging our health, this pollutes the sea due to the fish effluent and wasted feed.

For every kilo of farmed salmon, 3-5 kg of fish are needed!

In the Global South, particularly in Chile, fish are caught just to make feed for salmon, with negative effects on the balance of marine ecosystems.

E ORA FACCIAMO LA SPESA FISH TO AVOID



Bluefin tuna

Bluefin tuna are disappearing.

Give them a chance!

Let's stop eating them for at least a few years...



Why shouldn't we buy it?

Illegal fishing is widespread and even "legal" fishing is too excessive!

It is a common practice to extend the "tuna season" 3-4 months beyond the fishing period (May-June) by catching fish at sea and keeping them in large cages offshore. These unnatural concentrations of fish in a small area contaminate our waters. Furthermore the tuna are fed with fish caught for the purpose, creating further stress on sea ecosystems.

E ORA FACCIAMO LA SPESA FISH TO AVOID



Farmed tropical shrimps

Intensive shrimp farming in Asia (India, Bangladesh, Vietnam, Thailand, Indonesia, Philippines) and Latin America (Ecuador, Honduras, Brazil) has a significant impact on coastal habitats.



why shouldn't we buy it?

These farms are the main cause of mangrove forest destruction, with serious consequences for:

- **people** > coastal regions lose their natural protection against cyclones and tsunamis: the 2004 tsunami would not have been so disastrous if the mangroves hadn't been removed;
- **animals** > the disappearance of mangrove forests means the animals living there also disappear: reptiles, fish, crustaceans, birds, mammals are all affected;
- **agriculture** > in coastal regions with intensive shrimp farms people no longer have access to their traditional fishing areas, and salt contaminates the water for drinking or irrigating the remaining fields.

E ORA FACCIAMO LA SPESA FISH TO AVOID



Swordfish

Laziness wins! We often choose the easiest fish to cook, the one without bones: just put a swordfish steak on the grill and dinner is ready. But this species is in decline, it is susceptible to disease and widespread illegal fishing is further threatening its condition.



Why shouldn't we buy it?

Some of the catch is obtained using driftnets, which though banned by the UN and EU are still common!

Swordfish are only 20% of the fish caught in these nets, which are non-selective and can accidentally catch protected species such as whales and dolphins.

In addition, there is a problem of pollution due to accumulated debris in the nets, a risk which is much reduced for small fish.

E ORA FACCIAMO LA SPESA FISH TO AVOID



Date mussels

why shouldn't we buy it?

Collecting date mussels (sea dates) is strictly forbidden by law at all times of year and at any stage of their life cycle!

It is a particularly slow-growing and delicate species, taking 10 years to reach adulthood. The only way to collect them from rocks and flush them out of the holes where they shelter is by blowing up whole sections of underwater reef.

Whitebait

why shouldn't we buy it?



While we see one legislative delay follow another, catching young fish is becoming common and endangering the species involved.

Some Mediterranean countries, including Italy, have for several years been resisting and implementing exceptions or delays to EU regulations requiring the catching of young fish to be banned to allow the species to reach adulthood. Currently, it is permitted to catch whitebait (juvenile sardines, anchovies and sardinellas) at certain times of the year in Italy. We shouldn't buy whitebait or order it in restaurants!

E ORA FACCIAMO LA SPESA ATTENZIONE A



Atlantic cod

Whether salted (baccalà) or dried outside (stockfish) the result is the same: stocks of Atlantic cod are considered over-fished or at risk.

If you eat it once a week, change to once a month!



Why shouldn't we buy it?

Over-fishing and the fact that cod only reproduce after many years, is driving this species to extinction.

The large dragnets used to catch cod cause significant damage to the seabed and destroy animal species which do not get to food markets. In the 1990s the Canadian government had to ban all cod fishing after stocks collapsed completely.

Will we learn from the Canadian lesson?

For the moment things are a little better in Iceland and the Barents Sea, but we need to reduce consumption urgently.

E ORA FACCIAMO LA SPESA ATTENZIONE A

Mediterranean dusky grouper

The dusky grouper has almost disappeared from many Italian waters. Recreational underwater fishing is mainly responsible for reducing the populations which used to inhabit the rocky seabed, but professional fishermen have also played a part. It is recommended that the catch/consumption is reduced by at least half.



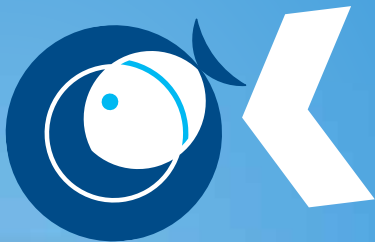
Why shouldn't we buy it?

The grouper is a hermaphrodite fish.

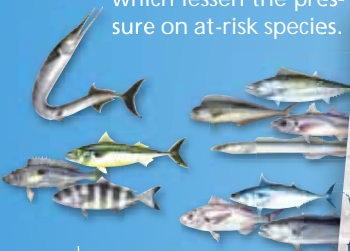
In the early years of its life it is female and then changes to male.

Large-size males usually live at too great a depth for recreational divers, so it is mainly the young females which are caught. This is causing a dangerous imbalance between the sexes and endangering the survival of the species.

E ORA FACCIAMO LA SPESA THE FISH TO CHOOSE



Learn to seek out and ask for **neglected species**, which lessen the pressure on at-risk species.



And you don't need to hold back on the molluscs!

Clam, mussel and oyster farms are some of the most sustainable: no feed needs to be supplied as the animals grow by filtering nutrients from the water.

- Three cheers for neglected species!
- - Mediterranean spearfish/garfish
- - mackerel
- - horse mackerel
- - bonito
- - picarel
- - seabream
- - dolphinfish
- - pilot fish
- - bluefish
- - false albacore
- - sandeel.

E ORA
FACCIAMO LA SPESA
THE FISH TO CHOOSE



Mediterranean spearfish (garfish)



Price: 5.00~7.00 / kg

Season: summer~autumn

Note: has a green backbone

spearfish in salmoriglio sauce

Ingredients

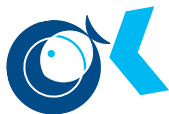
4 spearfish (each about 200 g.)

olive oil, 1 crushed garlic clove, juice of 2 lemons,
parsley, oregano, ½ glass water

Gently beat the oil with a whisk in a bowl. Continue whisking while adding the hot water, lemon juice, parsley, oregano and garlic. Continue mixing until the sauce is homogeneous and smooth. Grill the spearfish. When ready to serve, heat the sauce in a bain-marie and pour it over the fish.

Spearfish is also excellent when crumbed and fried, boiled and seasoned with oil and lemon or cooked as a stew with tomato.

E ORA FACCIAMO LA SPESA THE FISH TO CHOOSE



Mackerel



Price: 6.00–8.00 / kg

Season: spring

Note: very tasty, use instead of tuna!

Mackerel with Wild Fennel

Ingredients

1200 g. mackerel

olive oil, 1 garlic clove, a handful of pinenuts, salt, pepper, sprig of wild fennel, ½ glass white wine

Boil the washed mackerel in water. Debone, coat with flour and place in a large frying pan where you have sautéed the garlic clove in the oil. Sprinkle with the white wine, add salt and pepper and cook for 5 minutes on low heat, occasionally turning the fish. Add a glass of water, the pinenuts, the finely chopped wild fennel and continue cooking for 15 minutes. Serve the fish well covered in their cooking juices.

The fish can be eaten hot or cold.

E ORA FACCIAMO LA SPESA THE FISH TO CHOOSE

Horse mackerel



Price: 4.00~6.00 / kg

Season: spring~summer

Note: also known as scad.

Horse Mackerel Stew

Ingredients

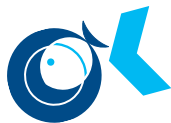
4 horse mackerel (about 150 g. each)

300 g. crushed tomatoes, olive oil, 4 garlic cloves,
salt, pepper, ½ glass dry white wine

Make a sauce in a frying pan using the oil, garlic, crushed tomatoes and cook for a few minutes. Then place the horse mackerel in the sauce, sprinkle on the wine and evaporate it, add salt and cook for about 15 minutes on low heat.

Horse mackerel is also very tasty grilled, in the oven or baked in foil.

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Bonito



Price: 5.00–8.00 /kg

Season: May~June + October~November

Note: Tuscan Sea Palamita (bonito) has been a Slow Food Presidium since 2002

Bonito with Tomato

Ingredients

1 bonito (about 1½ kg)

3 sauce tomatoes, olive oil, 1 garlic clove, 1 white onion,
1 glass white wine, pinenuts, olive, marjoram, parsley

Finely chop up the garlic and white onion in a pan with oil, add the peeled tomatoes and coarsely chop the pinenuts, olive, marjoram. Put in the gutted fish, sprinkle with white wine and cook well covered for 10-20 minutes. Serve the fish garnished with a little fresh parsley.

Bonito is a delicate fish with white flesh.

E ORA FACCIAMO LA SPESA THE FISH TO CHOOSE

Picarel



Price: 4.00-6.00 /kg

Season: all year

Note: try frying them whole, instead of using shrimps!

Picarel with Pesto

Ingredients

800 g. picarel

flour, olive oil,

8 garlic cloves, 3 red peppers, 250 ml vinegar, rosemary, salt

Wash and gut the picarel, coat with flour and fry them. For the sauce, sautéed the finely chopped garlic and red peppers, add the vinegar and rosemary and bring to the boil. Then pour the sauce over the fish and leave for two hours.

Also excellent when preserved in salt and dipped in a sauce of oil and vinegar.

E ORA FACCIAMO LA SPESA THE FISH TO CHOOSE



Seabream



Price: 15.00~20.00 /kg

Season: winter~spring

Note: this fish is hermaphrodite: it is born female and becomes male when it gets older, but primary males do exist, i.e. they are male for their whole life

Seabream Baked in Foil

Ingredients

1 seabream (about 1 kg)

olive oil, 2 lemons,

rosemary or sage, parsley, salt, pepper

Place the fish on a sheet of aluminum foil after it has been cleaned and scaled, seasoned inside with rosemary or sage, salt and pepper and sprinkled with an emulsion of oil and lemon. Close the foil wrapping and cook in the oven at 180°C for 30 minutes. Serve the fish on a plate garnished with lemon slices.

It can also be cooked in the oven in a well greased baking pan, with chopped garlic, parsley, breadcrumbs, olive oil, pepper and slices of lemon.

E ORA FACCIAMO LA SPESA THE FISH TO CHOOSE



Dolphinfish



Price: 6.00–8.00 /kg

Season: autumn–winter

Note: firm and tasty, it is best cooked in foil or grilled.

Try using it instead of swordfish steak!

Dolphinfish Stew

Ingredients

4 dolphinfish (about 400 g. each)

6 sauce tomatoes, 4 garlic cloves, 2 onions

olive oil, ½ glass white wine, parsley, salt

Cut the dolphinfish lengthwise with a knife and pull out the gills and innards. After rinsing and draining in a strainer with a little salt, sauté briefly with a little white wine and put to one side. Sauté the chopped onion and garlic, add the chopped up tomatoes and simmer for a few minutes. Lay the fish on top, add salt and parsley and cook covered for another 5 minutes.

una campagna promossa da



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