June 11:march 24 9/06/11 11:35 PM Page 1



Sustainable shopping

tainable fishing.

gramme designed to inform people about eating

The project will feature guests ranging from fashion designers to restaurateurs and fisher- For this event Selfridges has teamed up with a men to campaigners, workshops and film screenings; 20 tanks each featuring a different coral, specially cultivated for us by Zoological Marine Conservation Society and Greenpeace.

or those visiting London, a visit to Society of London; a video and audio installa-Selfridges store and their Oxford Street tion by artist Beth Derbyshire called The Seven Ultralounge, can learn more about sus- Seas; the Dive Bar, the destination for the Friday after work crowd with music sessions and poetry readings. There will also be cook-Starting on May the eleventh Selfridges is ing demonstrations by celebrity and aspiring launching its "Project Ocean", a five week proalso collect recipes. All fish sold in Selfridges' fish that comes from sustainable sources. food halls and restaurants will be from sustain-

> host of environmental organisations including The Zoological Society of London (ZSL), the





Michael Canals of CQ Foods, in front of the sign informing all of the market's closing date.

Cafe and chat



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ver forty Victorian members of Foodservice Industry Association (FIA) met for their monthly "Coffee and Chat" network meeting at Tassal's Salmon Shop in the Melbourne suburb of Kew.

The event is open to all FIA members and each month a different venue is chosen which is usually organised by Carol Rothchild, Executive Officer of FIA John Sciarra, Tassal's Business Manager for Victoria and South Australia, who is a member of the association, proposed the the Tassal Salmon Shop for their June meeting. The proposal was gladly accepted.

Many of the guests were very surprised and impressed, with not only the concept of the Salmon Shop, but also the look, service and products on sale at the shop's three different sections.

The informal and relaxed atmosphere has proven to be ideal for networking amongst some of the most important suppliers of foods to the wholesale food

Guests were treated to excellent coffee and delicious salmon bagels.

Consultation on Rock lobster plan ends

asmania's Minister for Primary Industries and Water Bryan Green was urging stakeholders to ensure they have their say on the Tasmanian rock lobster fishery draft management plan before the public consultation period closes

"Public consultation is vital so that the Government understands the range of views in the community and enables all stakeholders, recreational and commercial to have input into have long term fish stocks can be improved," Mr Green

A reduction in the total allowable commercial rock lobster catch has already been implemented in response to declining rock lobster stocks.

The draft management plan, released by the Department of Primary Industries, Parks, Water and Environment in April, proposes a range of measures to support the long term sustainability of the fishery.

The review of the rock lobster fishery management plan is expected to be completed later this

MELBOURNE WHOLESALE FISH MARKET CLOSED



MONDAY 13th JUNE Public holiday

Queens Birthday

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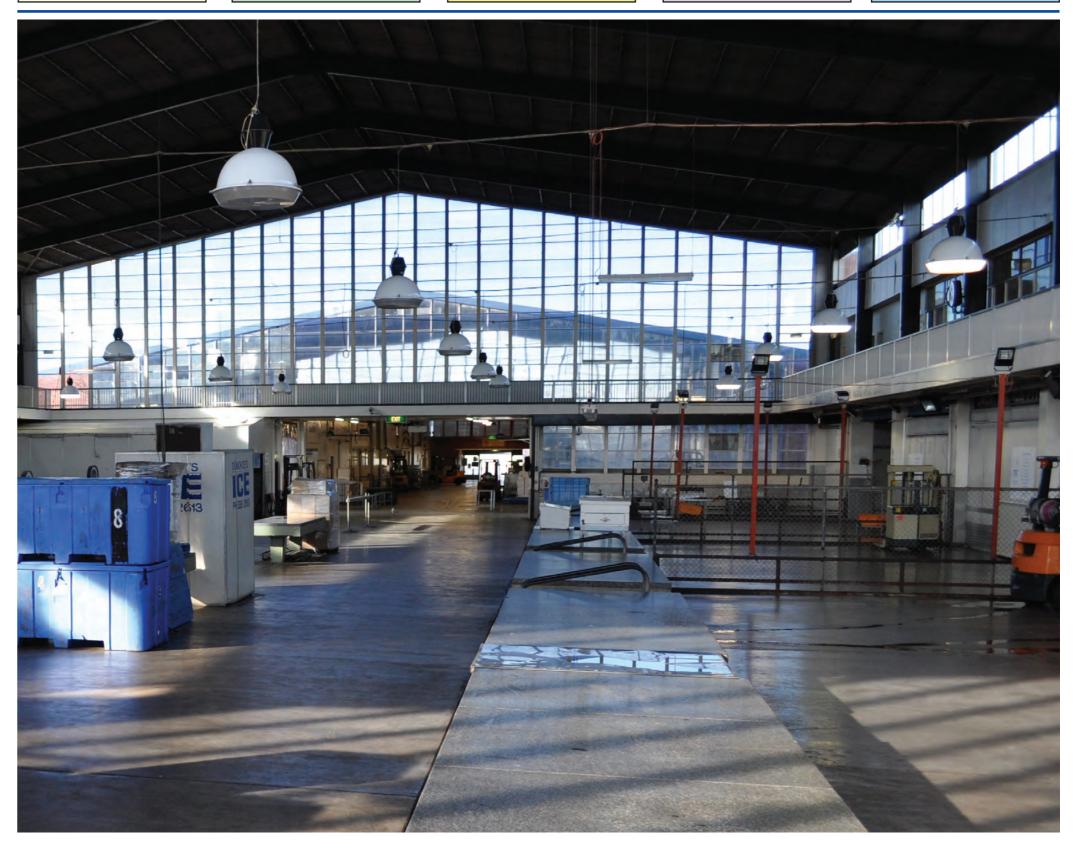
Volunteers WANTED

SSA NGO's **SFM**



\$445 million for biosecurit

SEAFOOD NEWS 1



At the time of Seafood News going to press, the Melbourne Wholesale Fish Market was scheduled to permanently cease operating from its current site on the 30th of June 2011 Full story page 5

STOP PRESS

City of Melbourne Council inundated with phone calls regarding closure of the MWFM

SEAFOOD NEWS 6 JUNE 2011

NPF pursues MSC certification

Northern Prawn Fishery is very proud of its environmental performance and eco-system based management practices.

Fishery (NPF), has entered full assessment for Marine Stewardship Council catch and foster research to improve the (MSC) certification.

Occupying an area of 771,000 square kilo- wild-caught prawns and we are keen to conmetres off Australia's northern coast, the tinue to improve our environmental creden-NPF catches banana and tiger prawns using tials," said Jarrett. otter trawling methods, and has been recently recognised by the United Nations as a Meredith Lopuch, Director of the Major global model for sustainable fisheries man- Buyer Initiative (Fisheries), for WWF-US

represented by the client organisation, NPF Industry Pty Ltd. The annual catch is 1628mt of tiger prawns and 5,642mt of banana prawns worth approximately \$80 million (AUD), sold on both the domestic and export markets, including Japan and China.

WWF (US and Australia) will be a co-client does achieve certification, the fishery's in the assessment with NPF Industry Pty Ltd, providing technical and financial support throughout the process. Independent certification body, the Marine Resources Assessment Group (MRAG), will evaluate Lopuch. the NPF against the MSC environmental standard for well-managed and sustainable fisheries. The MSC standard examines the sustainability of the target fish stock, the environmental impact of fishing operations and the management and governance systems that are in place.

Ms Annie Jarrett, CEO of the NPF Industry Pty Ltd, says the industry is very excited about the decision to pursue MSC certifica-

"We are very proud of our environmental performance and the eco-system based management practices we have adopted over a long period in the NPF. The NPF was the catch action plan, which has been continually updated since its introduction in 1997. The NPF is also among the first major fisheries in the world to fully embrace both economic efficiency and environmental sustainability in an operational management sys- tices, and I wish them well in their efforts

ustralia's largest and most valuable "NPF Industry has been a willing partner and prawn fishery, the Northern Prawn leader of many significant initiatives in the region to improve the stocks, reduce byoverall sustainability of the NPF. We are producing some of the world's finest quality

savs. "Prawns are a hugely popular seafood item. Unfortunately, many prawn fisheries The MSC assessment covers the 52 vessels around the globe are poorly managed, and as a result have high by-catch levels and cause

> The Australian Northern Prawn Fishery, on the other hand, is committed to sustainable fisheries management, and we are hopeful that it can achieve MSC certification. If it responsible efforts will be rewarded in the marketplace, providing an incentive for other tropical shrimp trawl fisheries to adopt similar sustainable fishing practices," continued

> Patrick Caleo, MSC Manager ANZ, welcomes the NPF into the MSC assessment process saving. "By entering their fishery into the MSC assessment process the NPF is showing real commitment to sustainable fishing practices, and is playing an important role in safeguarding wild-caught prawns stocks in Australia for future generations."

"Prawns are one of the most highly-soughtafter and widely-consumed seafood products in Australia. If successful in gaining MSC certification, the NPF will be well placed to meet the ever-growing consumer demand for sustainably sourced seafood by being one of only a handful of prawn fisheries around the world certified by the MSC, and the first first fishery in the world to develop a by- fishery in the world to supply MSC certified banana and tiger prawns," said Caleo.

> "The NPF should be commended for undertaking such a scientifically rigorous and transparent assessment of their fishing prac-

Trout and Salmon closed season begins

he annual closed season for trout and

Anthony Hurst, said during this period anglers were not permitted to take or possess trout or salmon in rivers and streams throughout Victoria, with the exception of waters classed as 'sea-run trout rivers'. Sea-run trout

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SEAFOOD NEWS 2

substantial habitat degradation."

rivers are those coastal streams which run salmon fishing begins at midnight on into the ocean and provide the opportunity ▲ Monday June 13 and will run until for trout to move between the freshwater September 2.

Executive Director of Fisheries Victoria, "In addition, all hook and line fishing is prohibited in the tailrace sections of the Goulburn, Mitta Mitta, Tanjil and Kiewa rivers regardless of the species being targeted," Mr Hurst said.

> Anglers who target fish in these waters risk prosecution and significant fines. During the cooler months of June through to September trout and salmon make their way upstream to spawn in the shallow gravel beds of streams and rivers.

The recent rainfall in Victoria has seen many popular trout rivers and streams that were severely impacted by drought once again return to healthy flows, able to support strong populations of trout again. The coming 2011 spawning season is vital for the recovery of wild populations of trout species If you suspect illegal fishing activity, call the fisheries offence reporting line on 13-FISH (133474).

Outcomes of climate impacts on seafood symposium available

he outcomes of an Australian-first symindustries and disciplines. posium examining the effects of climate

Seafood Industry Association (QSIA) and its included. President Michael Gardner said the organisation was proud to be involved.

Agriculture, Fisheries and Forestry under Perez FarmReady, giving QSIA the opportunity to bring together leading Australian climate

stakeholders and was attended by delegates rep- presenters are also available. resenting a wide range of industries and disuals and organisations involved in related symposium-3-4-march-2011

change on the seafood industry that was
The conference organiser, Eric Perez, QSIA's held in March this year have now been released. Manager for Climate Change, Fisheries and Industry Development, said he has ensured that The event was hosted by the Queensland all the symposium presentations have been

"I wanted a clear record of the presentations for use by attendees and, more importantlyfor Funding for the symposium came from the them to be available to industry members who Australian Governments Department of were not able to be at the symposium," Mr

"The conference proceedings provide a range change scientists, State government fisheries of materials, including session summaries, and conservation managers, and industry oper- PowerPoint presentations, presenter biographies and their contact details, and video footage of each presentation. In addition, ques-The symposium was the first of its kind to inte-tion and answer sessions were also recorded grate the skills of the various climate change and one on one interviews with key symposium

plines from across Australia and overseas. It The proceedings can be found at: was a unique event, very important for the http://www.climatechangefishing.com.au/ausseafood industry and valuable also for individ- tralian-seafood-industryand-climate-change-

Queensland's bass season ends

he Australian bass season has officially ended and will stay closed until the end

Fisheries Minister Craig Wallace, said the closure is vital to protect bass during vulnerable times like their spawning season, but there are still plenty of places exempt from the off sea-

"During the closed season anglers can continue to fish for Australian bass in 22 dams and waterways," Mr Wallace said.

> These are: Baroon Pocket Dam Bjelke-Petersen Dam Boondooma Dam Borumba Dam Cania Dam Claude Wharton Weir Cressbrook Dam Fred Haigh Dam (Lake Monduran) Gordonbrook Dam Hinze Dam

Isis Balancing Storage (Lake Gregory) Jones Weir Lake Clarendon Lake Dyer

Lake MacDonald Lenthalls Dam Maroon Dam Moogerah Dam North Pine Dam (Lake Samsonvale) Somerset Dam Wivenhoe Dam Wuruma Dam.

"By following regulations and closed seasons, anglers help protect fisheries resources for the future," Mr Wallace said.

Bass are a migratory species and head downstream to estuarine spawning grounds. Where dams and weirs prevent fish from reaching the breeding grounds, fish are unlikely to spawn and fishing in these listed areas is permitted.

Mr Wallace reminded anglers that size and possession limits still apply to those Australian bass taken from open dams and weirs.

"The minimum size limit is 30cm and the take and possession limit is two," he said.

The three month closure will end on August



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JUNE 2011

In brief

\$445 million for biosecurity

facilities in Gladstone, Queensland, that will bringing in harmful exotic pests and help protect Australia from pest plants, ani-diseases. mals and diseases.

Minister Ludwig said the new Australian Ouarantine and Inspection Service offices at Gladstone will also contribute to the national

he federal Minister for Agriculture, AQIS staff in Gladstone inspect incoming Fisheries and Forestry, Senator Joe vessels that carry Australian coal all over the Ludwig, opened the new biosecurity world, thereby making sure they aren't

> "The 2011-12 Budget commits more than \$445 million to maintain Australia's strong biosecurity system and to progress reform," Minister Ludwig said.

Goulburn River Trout recieves recognition

Technology (Sydney) under their Sustainable Australian Seafood Program.

business has been in operation for 35 years, cities. the last 20 under the ownership of the

oulburn River Trout been recognised Meggitt family. The business employs about Tas a "sustainable source of seafood" 25 people, produces about 800 tonnes of trout per annum or 30 000 fish per week. Foundation and The University of Approximately 40% of the fish are smoked.

Although its processing plant is regulated by AQIS, to meet export standards, virtually all Goulburn River Trout is a family operated their trout products are consumed by the trout farming and processing business based domestic markets by supplying most the near Alexandra on the Goulburn River. The major wholesalers in all major Australian

NSW DPI platinum sponsor

he Sydney Fish Markets "Seafood The NSW Department of Primary Industries July in what organizers say will be an out- of the NSW fishing industry. standing industry celebration.

Excellence Awards" this year is proud has chosen to sponsor the Environmental to announce the NSW Department of Award for Excellence. The award recog-Primary Industries as its platinum sponsor. nizes an individual or organisation that has The award night will be held at the presti- demonstrated significant leadership and a gious Sydney Town Hall on Saturday 30th commitment to the ecological sustainability

Volunteers wanted

he Marine Discovery Centre at lectures and interactive interpretation train-Queenscliff is calling for volunteers ing. ■ to help people of all ages and backgrounds discover the wonders of the marine Volunteers will have the opportunity to purenvironment and our fisheries.

The Discovery Centre is part of the ing at the Discovery Centre and also to assist Department of Primary Industries Fisheries with some Fisheries Victoria community Victoria division, and located on the shores engagement events throughout the year.

thousands of visitors each year," said Senior Haebich, a volunteer, Education Officer, Alex Giannuzzi

involves hands-on activities, a number of on (03) 5258 3344

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sue a qualification in Tour Guiding (Cert III) through William Angliss TAFE while work-

Most of the staff employed at the Discovery Volunteers are important for the centre. Centre started as volunteers. "The volunteer "they are integral to our community program program is a fantastic way to gain experience and help reveal the wonders of our unique in marine and coastal education and network marine environment and fisheries to our with people in the industry" said Pam

An information session for potential volunteers will be held at the Centre between Volunteers must be at least 18 years of age 11:00am and 1pm Saturday 25 June. For and will be fully trained. The training more information please contact the Centre



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The End

Continued from page

he end has finally come for the Melbourne Wholesale Fish Market (MWFM). After many guesses, rumours and red herrings the wait is over. It is Market official the market will cease to

operate from its current site on the

thirtieth of June 2011.

six months was given.

however it did not go ahead.

Melbourne Seafood Centre.

site to set up a market. There were even con-

Some wholesalers began setting up their own

operations outside the market while still trading

at the market. Only one trader fully closed

Most of the existing wholesalers and some

newcomers eventually banded together and set-

the weather or obtaining of permits, work com-

menced at the new site. Work at the present

time is proceeding at a neckbreak speed but it

is impossible to complete the works by the end

of June. The end of June, as far as the City of

Melbourne is concerned, is the deadline

Many of the retailers who were at the market on Friday and saw what was happening were very rudely awakened. The message was forcefully driven home. Time was up. The market is closing down.

They are now faced with the prospect of having to run about to different Last month signs were erected at the entrance locations to purchase their seafood. They may of the market informing people of its impendalso choose to order it over the phone and pering closure. Some people took the sign seri- haps have it delivered to them, all of which is ously while others didn't believe them.

Rumours of the markets closure have been Many are already talking about the rising cost floating about for some years, but somehow of fuel, time and effort that will be needed to they never came to fruition. In 2010 it was said carry on their businesses. All these costs will that by December of that year it would be in the end be passed on to their customers. closed, but at the last moment an extension of Some retailers are saying that prices for fresh fish will go up by 20 per cent. The alternatives are to sell cheaper frozen products or to wind A couple of years ago there was an attempt by up their operations. They are questioning if all the wholesalers to try and find an altrnative

ative flow on to other parts of the industry. Firstly, fishers will have to decide if it is worthwhile to go fishing or not if they can't access the market. Transport companies will also be affected. The driver of one transport company down his market outlet and moved to his new told us that that he delivers over twenty tonnes of fish to the market daily from Tasmania and Sydney and he is unsure of what will happen to

tled on a site in Kensington Road, West Melbourne. They called themselves the risk of losing their jobs, if the present market After some initial delays and setbacks due to Kensington Road West Melbourne or to whatever other site they have chosen.

> The invisible costs of the market closure are perhaps equally detrimental than the obvious

According to The City of Melbourne and its CEO Dr. Kathy Alexander the message has be replicated again. Whole generations have been clear about the closure on 30 June 2011: Council believes it has given traders a signifi- Consolidated Fishermen, Anna Plafadellis cant amount of time to find new premises, and from ANZ Fisheries, George Miriklis from

The City of Melbourne also says that since licences several times to allow them more time Street over a century ago.

Council supported this decision.

Melbourne which already have significant capacity to temporarily facilitate the remaining traders while their Kensington site is being completed. It has not, however, disclosed the location of the the sites.

to relocate or build a suitable alternate site.

Until now this issue was an internal industry matter with hardly any interest shown in it by outsiders. Last week however the daily media got hold of it and the market was awash with television news crews That evening the story of the impending market closure made all the major television news bulletins. Radio airwaves were buzzing with the story and interviews were given to talkback programmes.

going to cost money.

consumers will be prepared to pay high prices. struction plans drawn up. For some reason The closure of the market will also have a neg-

> Over two hundred people are estimated to be at closes, before the opportunity is given to the wholesalers to move their operations either to

The microcosmos that has existed in the market for over half a century will disappear, never to grown up in the market. Malcolm McLaughlin, from McLaughlin and providing numerous licence extensions since Jack Miriklis, Michael Canals from CO Foods 2006 when the Melbourne Wholesale Fish are all second generation fishmongers whose Market Pty Ltd resolved to sell the market site. children are now part of the market and constitute the third generation. Very few industries can make the same claim.

2006, the Melbourne Wholesale Fish Market The closure of the market is not merely the clo-Pty Ltd has worked with these traders by first sure of an inanimate object made of steel and offering them the market site to purchase and glass but a chapter in the history of Melbourne. then when that fell through by extending their It is the end of a journey that started in Flinders

It is also the journey for many pre and post war In its press release The City of Melbourne says migrants whose journeys started thousands of there are a number of existing sites in kilometers away in far away lands and who made Australia, and the market, their home.

> The market was the forerunner of multiculturalism long before the word multiculturalism became part of our vocabulary. As Malcolm McLaughlin said, at one stage at their company there were sixteen different languages and dialects being spoken. It was all these people and and many more like them and their love of seafood which gave the market its character, and vibrancy and Melbourne its excellent

We bid farewell to the Melbourne Wholesale Fish Market and wish all its sons and daughters a new and prosperous beginning

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Tony Abbott at the Sydney Fish Market



The leader of the Federal opposition Mr. Abbott on an early foggy morning at the Sydney Fish Market spruicking his opposition to the

congratulate them on keeping Sydney well market and in the shops.

that Labor's carbon tax posed a threat to it and according to Mr. Abbott, will have an impact wrong. on cooling which will in turn impact on trans-

the 20th of May on Tony's tweets the port and thereby make it more expensive for leader of the opposition said "started" seafood to be delivered to the market because my day at the Sydney Fish Market. of fuel and cooling costs. The carbon tax will Good to talk to the workers and buyers and make it more expensive to keep seafood at the

The leader of the opposition mentioned marine Whilst at the Market Mr Abbott went on to say protected areas which assume that fishermen don't have any concern for the environment. many other places similar to it. The carbon tax, This assumption according to Mr. Abbott is



Study debunks campaign to lock away vast ocean areas off Western Australia

he Western Australian Fishing Industry Council (WAFIC) has welcomed the release of resultsof a five year scientific study by Murdoch University and the Department of Fisheries that reveals that there is "no evidence that fishing activity was having any major impact on the aquatic food chain within the State's four marine bioregions" and that claims "about "fishing down the food web" are highly exaggerated"

"The conclusions from this study effectively blows away the claims by ideologically driven groups such as the Save Our Marine Life coalition that vast marine sanctuary zones off Western Australia are necessary to protect marine life from commercial and recreational fishing" Guy Leyland, WAFIC a/Chief Executive Officer said.

"Unfortunately both the Western Australian and Commonwealth Governments have responded to these ideologues and are proposing to lock away vast ocean areas off Western Australia. This research shows that such an approach is flawed and the health of marine ecosystems under contemporary fisheries management regimes has been main-

"A fair question to ask is whether Western Australians are being forced to suffer the further reduction in the supply of fresh local seafood either through commercial outlets or catching it themselves for no benefit except to satisfy an ideological pressure group and importers of fish from countries that do not necessarily have sustainable fisheries management" Mr Leyland said



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JUNE 2011 SEAFOOD NEWS 3

SSA network meeting at SFM

Industry and NGOs come together

Organisations) have come together to discuss is transperency, and a willingness to be held the need for clearer definitions and terminol- to account for what you do," said Mr. ogy on sustainability and the need for com- MacMullen. munity participation in this initiatives.

relating to sustainability. There are many

or the first time, key members of the sumers. "What's particularly important is Australian seafood industry and envi- the effective communication of evidenceronmental NGOs (Non Government based arguments. And along with with that,

Increasing demand for Australian seafood "The issues we face is that there are many and growing concern for the sustainability of varied definitions and complex terminology seafood were central themes of the event.

eco labelsfor seafood around the world, each Key outcomes of the meeting were plans to with different criteria. In addition contradic- develop a common language initiative and



Panel Discussion; Left to right: Graham Turk, Managing Director Sydney Fish Market, Professor Colin Buxton, Institute of Marine and Antartic Studies, Professor Robert Kearney University of Canberra and Phil MacMullen, Seafish Industry Authority

tions currently exist between industry and look at sustainability labelling for Australian conservation groups about which fisheries seafood products. are sustainable. It's very confusing for the consumer," said Graham Turk, Managing From the very start of the meeting it was Director Sydney Fish Market.

While this presents a large task for all parties involved, Mr. Turk said he was encouraged by the willingness of all stakeholders in the work together to create greater understanding and transparency on sustainability.

Visiting keynote speaker at the event was Mr. The one-day event was chaired by Dr. industry stakeholders in improving transpare Canberra.

clear that the industry was committed to continue and harvest seafood in a sustainable

industry, including individual and chain throughout the industry and has provided a retailers, processors, fishers and eNGOs to strong foundation to work together in arming consumers with the information they need in an easy to understand format" said Mr. Turk.

ncy and gaining the confidence of con-

Bryan Green, the commercial har- now also exploring opportunities in China vesting of the long-spined sea urchin off the and Japan. State's East Coast was a breakthrough in the fight against the destructive marine pest and The harvest of urchins will increase signifi-

Mr Green said the sea urchin, tive reviews by consumers with high profile Centrostephanus, is seriously threatening chef, Chase Kojima from San Francisco, abalone and rock lobster habitats after spreading into Tasmanian waters in recent

tems and is extremely difficult to manage and impossible to eradicate," Mr Green said.

the environment and the economy.

Tasmanian Seafoods Ptv Ltd has established a specialised processing facility at St Helens to extract the roe from urchins for niche markets where it is considered a delicacy.

The company has harvested about 60 tonnes Green said of urchin over the past seven months, producing 4500 kg of roe.

JUNE 2011

"This meeting has strengthened relationships

Phil MacMullen, Head of Environmental Patrick Hone, executive Director of Fisheries Responsibility for Seafish Industry Authority Research and Development Corporation, in the United Kingdom. Mr. MacMullen with other speakers including Duncan highlighted the importance of common lan- Leadbitter from Fish Matter and Professor guage and co-management by a range of Robert Kearney from the University of

Commercial Harvesting of Destructive Marine Pest ccording to the Tasmanian Minister The company is processing around four for Primary Industries and Water tonnes a week for interstate markets and was

cantly if overseas markets can be developed Initial trials of the roe have resulted in posi-

Mr Green said the commercial exploitation of Centrostephanus roe was one of a number "The urchin is wiping out marine ecosys- of approaches being explored to help manage the threat posed by the urchin.

claiming it is the best that he has tasted.

A recent forum in Hobart hosted by Mr The development of an industry from har- Green brought together a range of stakeholdvesting the urchin was a significant win for ers including scientists, commercial and recreational fishers, environmentalists and fisheries managers to explore future man-

> "The incursion of the sea urchin into Tasmanian waters is likely to continue and we need a well coordinated response," Mr

Marisa's Recipes

www.allthingssicilianandmore.blogspot.com

Pesce in Bianco



bought this fine-looking fillet of fish as 'Rockling' and I was told that it has come from Tasmania; if I can I prefer to buy local fish. but Tasmania is not far from Melbourne and this fish seems to be more plentiful in their

Because of its mottled pink and orange skin I think that it may be Pink Ling. Rock Ling and fish, but for those of us who are healthy an Pink Ling are closely related and apparently it excellent accompanying sauce is maionese is often sold in Melbourne under the name 'Rockling'. However, the grey skinned variety is more sustainable than the pink variety.

As you can see the fish has thick, firm, white flesh and it is well suited to most cooking and moisture. It can be eaten hot or cold methods; I chose to cook it in bianco. In Italian it means, 'white', without colour and it is confeeling unwell.

Even if you are in perfect health you can enjoy fish in bianco because this method of cooking will enhance the delicate, fresh taste of both these fish. If your digestive system is not as good as it should be, Italians (this includes Sicilians) would only dribble a little extra virgin olive oil and a little lemon juice onto the egg mayonnaise.

In this recipe the fish is poached just below boiling point and retains its delicate flavour

The fish needs to be cooked in a pan with a lid sidered the perfect food for those of us who are and in a single layer to prevent the liquid from evaporating

INGREDIENT

White-fleshed fish, estimate1 portion per person (200-220g each) 1 onion cut in half fresh parsley or a little celery (complete with leaves) for the poaching water

PROCESSES

Place the onion, parsley (or celery) and a little salt in a pan, which will accommodate the fish. Position the fish on top of the vegetables; add a little salt and sufficient water to barely cover the fish. Cover with a lid and cook on a very low temperature (just below boiling if possible) until the fish is cooked to your liking. Remove the fish from the poaching liquid and coat with a drizzle your finest extra virgin olive oil and lemon juice. Save the stock for one other time and discard the vegetables.

MAIONESE (Mayonnaise)

Italians make mayonnaise with egg yolks, a little lemon juice and good quality extra virgin olive oil. My mother has never used a food processor to make mayonnaise; the mayonnaise will absorb about 1 cup of oil.

The way my mother makes mayonnaise:

Place 2 egg yolks (removed from the fridge – at room temperature) in a mixing bowl with a pinch of salt. Use a wooden spoon and always moving in the same clockwise direction, stir the yolks and while stirring drizzle a little extra virgin olive oil slowly into the yolks until creamy. Ensure that the previously added oil has been incorporated completely before adding additional oil. Add a tablespoon of fresh lemon juice once all of the oil has been incorporated.

I use a food processor or an electric wand to make mayonnaise:

Mix 1 egg with a little salt in the blender food processor, or in a clean jar (if using the wand) Slowly add 1-1 ½ cups of extra virgin olive oil in a thin, steady stream through the feed tube while the blender or processor is running, Before adding additional oil, ensure that the oil, which has previously been added has been incorporated completely. Add a tablespoon of fresh lemon juice when the mayonnaise is creamy. If you are not making the traditional Italian version, it is common to add vinegar instead of lemon juice and a teaspoon of Dijon mustard. As an alternative, the Spaniards like to add a little saffron (pre-softened in a little warm water).

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