

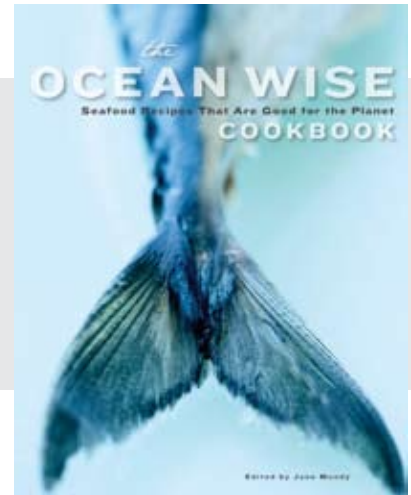
# MEDIA RELEASE

## The Ocean Wise Cookbook Seafood Recipes That Are Good for the Planet

Edited by Jane Mundy  
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paperback with flaps  
8" x 10" 328 pages



*"Most of us have a favourite fish or seafood that is cooked in a certain way. Maybe for you, it's cod and chips, or an exquisite morsel of bluefin tuna sashimi, or beluga caviar on toast points. But these days many of us realize that because we have not responsibly managed the supply of these fish, they are in danger of disappearing. We must learn to take a more responsible approach to what we eat and consider how our individual choices affect the world."*

—Jane Mundy

In the wake of the recent oil spill in the Gulf of Mexico, now more than ever we are reminded of humanity's tenuous relationship with the planet's oceans. Factors such as pollution, overfishing, and mismanagement of fisheries have caused fresh- and saltwater stocks to plummet across the globe.

This is where *The Ocean Wise Cookbook* comes in. Edited by writer **Jane Mundy**, this cookbook brings together recipes from chefs and restaurants across Canada. The book features an accessible guide to sustainable seafood and freshwater fish, and provides a host of delicious recipes for everything from abalone to yellow perch. Along the way you'll find out how to prepare more exotic ocean bounty like jellyfish, geoduck, and sea urchin.

With contributions from renowned chefs like *Chef at Home's* Michael Smith, Canada's first Iron Chef Rob Feenie, and Jamie Kennedy of Jamie Kennedy Kitchens, *The Ocean Wise Cookbook* is the perfect addition to your sustainable lifestyle.

Keep it Ocean Wise with recipes like:

- Tuna Tataki with Green Papaya Slaw
- Beaver Cove Spot Prawns with Citrus Basil Butter
- Grilled Scallops with Charred Heirloom Tomato Salad

**Ocean Wise** is a nationwide conservation program created by the Vancouver Aquarium to educate restaurants and consumers about the issues surrounding sustainable seafood. With over 200 members that range from fine dining restaurants to university cafeterias (and everything in between!), Ocean Wise strives to ensure everyone works together to make ocean-friendly buying choices.

Jane Mundy is a freelance writer and editor. Her articles have appeared in the *Globe & Mail*, the *National Post*, the *Vancouver Sun*, and *Western Living*. She also has 20 years of experience as a professional cook. She lives in Vancouver with Lizzie, her border collie.