WELCOME TO THE 2020 'WHAT'S THE CATCH' CALENDAR AND COOKBOOK!
WE HOPE YOU ENJOY THIS CALENDAR CREATED BY THE EARTHECHO INTERNATIONAL’S YOUTH LEADERSHIP COUNCIL (YLC).

THE YLC IS COMPRISED OF YOUTH AGED 16-22 WHO HAVE SOUGHT TO SPREAD AWARENESS ABOUT THE IMPORTANCE OF SUSTAINABILITY IN OUR DAILY LIVES; SPECIFICALLY WHAT WE CHOOSE TO EAT. THANK YOU FOR WELCOMING THIS ECO-CONSCIOUS CALENDAR TO YOUR WORKSPACE, OFFICE, OR HOME FOR THE NEXT YEAR!


WE HOPE YOU CAN UTILIZE THIS CALENDAR AS A WAY TO BOTH KEEP TRACK OF YOUR YEAR AND ALSO GIVE YOU NEW SEAFOOD-BASED RECIPES TO TRY EACH MONTH. THESE RECIPES REVOLVE AROUND ‘SUSTAINABLE’ SEAFOOD IN THE UK, INCLUDING FISH, SHELLFISH, SEAWEED, AND ALGAE. THE PRODUCTION OF SEAFOOD, ESPECIALLY SMALLER, UNDER-UTILISED PELAGIC FISH, IS SHOWN TO HAVE A RELATIVELY LOWER CARBON FOOTPRINT THAN THE PRODUCTION OF RED MEAT, AND CAN BE A MORE SUSTAINABLE PROTEIN OPTION. ALGAE AND SEAWEEDS ARE ALSO A GOOD SOURCE OF FLAVOUR AND NUTRIENTS, AND ARE GREAT FOR VEGAN OR VEGETARIAN-FRIENDLY DISHES!

WE ARE EXCITED TO HAVE YOU JOIN US ON THIS JOURNEY IN SUSTAINABILITY AND TOGETHER WE CAN CREATE A POSITIVE DIFFERENCE ACROSS THE WORLD!
Pan Fried Sea Bass with Lemon, Garlic and Herb Sauce

SERVES 4, 20 MIN

INGREDIENTS:
3 TBSP BUTTER
1 TBSP OLIVE OIL
700G SEA BASS
1/4 CUP FLOUR
1 TSP SALT, 1/2 TSP PEPPER
2 CLOVES MINCED GARLIC
1/4 CUP DRY WHITE WINE
1/2 CUP CHICKEN BROTH
JUICE OF 1 LEMON
1 TBSP OREGANO, 1 TBSP THYME, 1 TBSP PARSLEY
# Recipe: Fish with Lemon Sauce

## Method:
1. **Pat the Fish Dry with Paper Towel.**
2. **Mix Salt, Flour, and Pepper.**
3. **Coat the Fish with the Flour Mixture.**
4. **Over medium-high heat, melt 1 TBSP of butter, then add olive oil.**
5. **Cook the fish for 3–4 minutes on each side, until golden brown.**
6. **Remove the fish from the pan. Turn the heat to low, and add white wine. Continue heating until most of the wine has evaporated. Add 1 tsp of butter.**
7. **Once the butter has melted, add the minced garlic, oregano, thyme, and parsley.**
8. **Add the chicken broth and bring to a simmer.**
9. **Turn off heat and stir in remaining butter and lemon juice.**
10. **Serve sauce on fish.**

**Recipe from Bowl of Delicious. By E. LindeMann**
Vegan Sushi

Serves 4, 40 min

Ingredients:

For the Sushi Rice:
2 cups Japanese sushi rice
1/4 cup rice vinegar
2 tbsp sugar or maple syrup
1 tsp salt

For the filling:
Nori sheets
200g firm tofu, cut into strips
1 avocado, 1 cucumber, 2 carrots, cut into strips

Method:

1. Rinse sushi rice under cold water. Cook the rice using the stove or a rice cooker.
2. Combine rice vinegar, sugar and salt, then add the cooked rice. Mix well, and cool.
3. Heat oil in a flat pan and cook tofu strips on high heat for about four minutes or until crispy.

4. Place nori sheet on a bamboo rolling mat with the shiny side down. Wet your hands with cool water.

5. Take a handful of rice and place it in the center of the nori sheet. Leave a strip of the nori sheet uncovered at the top.

6. Place the cucumber, carrot, tofu and avocado on a line near the edge of the nori sheet.

7. Roll the bamboo mat towards the top of the uncovered nori sheet. Continue to roll the sushi without the bamboo mat.

8. Seal the roll by wetting the edge of the uncovered nori with a small amount of water.

9. Cut into smaller rolls, and serve with soy sauce, pickled ginger or wasabi.

Recipe from Vegan Haven, by Sina
Puttanesca Salad

SERVES 3, 10 MIN

INGREDIENTS:
FOR THE SALAD:
40G WILD ROCKET
250G HALVED CHERRY TOMATOES
1 RED ONION, THINLY SLICED
1 RED PEPPER, CUT INTO STRIPS
2 TSP CAPERS, CHOPPED
12 PITTED KALAMATA OLIVES
4 ANCHOVIES, ROUGHLY CHOPPED
3 MARINATED ARTICHOKE HEARTS, ROUGHLY CHOPPED
LARGE HANDFUL BASIL

FOR THE DRESSING:
4 ANCHOVIES, FINELY DICED
80ML OLIVE OIL
1 TBSP RED WINE VINEGAR
JUICE AND GRATED RIND OF 1/2 LEMON
### Method:

1. **In a serving bowl, arrange salad ingredients in layers, finishing with fresh basil.**
2. **Add the dressing ingredients into a jar, screw on the lid, and shake well to combine.**
3. **Drizzle over the salad just before serving.**

Recipe from the Food Network UK, by S. Mtongana
Buttery Garlic Crab Bruschetta

SERVES 4, 25 MIN

INGREDIENTS:
125G SALTED BUTTER
2 TSP FINELY CHOPPED BUTTER
225G CRAB MEAT
1/4 TSP WHITE PEPPER
2 TBSP CHOPPED PARSLEY
8 THICK SLICES OF GOOD QUALITY ITALIAN BREAD
1/2 CUP GRATED OR FINELY SHREDDED PARMESAN CHEESE
METHOD:
1. Melt the butter in a skillet over medium-low heat. Add the finely chopped garlic and sauté for 1-2 minutes. Do not allow the garlic to burn.
2. Remove the pan from the heat. Gently fold in the crab meat, white pepper, and parsley. Set aside.
3. Lightly toast the bread on both sides. Spread the crab mixture on the bread slices.
4. Sprinkle each with about 1 tbsp of Parmesan cheese. Briefly toast the bread so the cheese melts.
5. If wanted, serve with fresh sliced tomato.

Recipe from the Spruce Eats, by D. Ducap
Baked Sea Bream with Olives and Tomatoes

SERVES 4, 30 MIN

INGREDIENTS:
3 WHOLE SEA BREAM FISH, ABOUT 500G EACH, GUTTED
1 LEMON
7–8 CHERRY TOMATOES, HALVED
2 TBSP PITTED AND CHOPPED BLACK OLIVES
EXTRA VIRGIN OLIVE OIL TO DRIZZLE
SALT AND FRESHLY GROUND BLACK PEPPER, TO TASTE
2–3 SPRIGS FRESH PARSLEY, CHOPPED
100ML WHITE WINE
PREHEAT THE OVEN TO 180°C.
LINE A BAKING DISH WITH PARCHMENT PAPER.
SCATTER THE OLIVES, CHERRY TOMATOES, AND REMAINING LEMON SLICES ON TOP OF THE FISH. SEASON WITH SALT, PEPPER, AND CHOPPED PARSLEY. POUR OVER A GENEROUS DRIZZLE OF OLIVE OIL.
BAKE IN THE OVEN FOR 10 MINUTES. REMOVE FROM OVEN, ADD THE WHITE WINE, AND BAKE FOR AN EXTRA 10 MINUTES.

METHOD:
1. PREHEAT THE OVEN TO 180°C.
2. LINE A BAKING DISH WITH PARCHMENT PAPER.
3. SCATTER THE OLIVES, CHERRY TOMATOES, AND REMAINING LEMON SLICES ON TOP OF THE FISH. SEASON WITH SALT, PEPPER, AND CHOPPED PARSLEY. POUR OVER A GENEROUS DRIZZLE OF OLIVE OIL.
4. BAKE IN THE OVEN FOR 10 MINUTES. REMOVE FROM OVEN, ADD THE WHITE WINE, AND BAKE FOR AN EXTRA 10 MINUTES.

RECIPE FROM ALL RECIPES UK, BY BEATRICE
Seaweed and Garlic Gnocchi

SERVES 4, 55 MIN

INGREDIENTS
600G POTATOES
3 CLOVES MASHED POTATOES
2 EGGS
150G WHEAT FLOUR
3 TBSP SEAWEED, SUCH AS NORI, DULSE, SHONY OR SEA LETTUCE
SEVERAL PINCHES OF SMOKED SALT

METHOD:
1. PREHEAT OVEN TO 180C.
2. BOIL THE POTATOES, UNPEELED.
3. PEEL THE POTATOES WHILE THEY ARE STILL HOT. LAY THEM OUT ON A BAKING TRAY AND COVER THEM WITH A SHEET OF PARCHMENT PAPER. COOK FOR 10-15 MINUTES.
4. Once the potatoes cooked, allow to cool slightly and then mash them.
5. Sift flour into the potato and add eggs, garlic, seaweed, and several pinches of salt. Let sit for 15 minutes.
6. To prepare the gnocchi, scatter a clean work surface with flour. Divide the batter into several parts, roll those parts into 1cm wide rolls, then slice the rolls into 2cm long pieces.
7. Make a dumpling of each small piece, and slide a fork around it to create small ridges.
8. Boil water and add salt. Cook gnocchi in this for about 2 minutes.
9. When cooked, strain and add to the sauce of your choice.

Recipe from Yummly, by Linda
Beer-battered Hake and Chips

SERVES 4, 20 MIN

INGREDIENTS:
FOR THE FISH:
4-6 DEBONED SKINLESS HAKE FILLETS
2 CUPS FLOUR
2 CUPS GUINNESS BEER
OIL FOR DEEP FRYING

FOR THE CHIPS:
6 LARGE POTATOES, PEELED AND CUT LENGTHWAYS ABOUT 1CM THICK
OIL FOR DEEP FRYING

METHOD:
FOR THE FISH:
1. PAT THE HAKE DRY WITH PAPER TOWEL, THEN LIGHTLY DUST FILLETS WITH FLOUR.
2. MIX THE REMAINING FLOUR AND BEER TOGETHER WELL.
FILL A DEEP POT HALFWAY WITH OIL. HEAT THE OIL SO THAT IT IS NOT BOILING, BUT IS 'SWIRLING'.

4. COAT EACH FILLET WELL IN THE BATTER. GENTLY PLACE THE FISH INTO THE OIL, AND COOK UNTIL THE BATTER GOES GOLDEN BROWN.

FOR THE CHIPS:
1. RINSE POTATOES WITH COLD WATER THEN PAT DRY WITH PAPER TOWEL.
2. FILL A DEEP POT HALFWAY WITH OIL. HEAT THE OIL TO ROUGHLY 130C.
3. LOWER THE CHIPS INTO THE POT SLOWLY, AND COOK FOR ABOUT 10 MINUTES.
4. REMOVE CHIPS FROM THE POT AND DRAIN ON A PAPER TOWEL.
5. WHEN READY TO SERVE THE CHIPS, REHEAT THE SAME OIL TO AROUND 190C AND COOK THE CHIPS FOR ABOUT 5 MINUTES. DRAIN AGAIN ON A PAPER TOWEL.

RECIPE FROM JUST EASY RECIPES, BY LOUISE
Haddock with Parsley Sauce

SERVES 4, 1 HOUR

INGREDIENTS
4 140G HADDOCK FILLETS
20G PARSLEY
1 SMALL ONION, THINLY SLICED
1 CARROT, THINLY SLICED
6 BLACK PEPPERCORNS
300ML SEMI-SKIMMED MILK
750G POTATOES, PEELED AND CUT INTO CHUNKS
1 LARGE LEEK, THINLY SLICED
2 COURGETTES, CUT INTO THIN STICKS
25G BUTTER
25G PLAIN FLOUR
FINELY GRATED ZEST AND JUICE OF 1/2 LEMON

METHOD:
1. PUT THE FISH IN A LARGE FRYING PAN. TEAR THE LEAVES FROM THE PARSLEY STALKS AND ADD THE STALKS TO THE PAN WITH THE ONION, CARROT, PEPPERCORNS, AND MILK.
2. Bring just to the boil, then cover and simmer gently for 5 minutes. Remove the pan from the heat at leave for 5 minutes.

3. Boil the potatoes for about 15 minutes until tender. At the 10 minute mark, add the white part of the leek to the potatoes. Steam the courgettes with the green part of the leek.

4. Transfer the fish to a plate and remove the skin. Strain and keep the cooking liquid.

5. Melt the butter in a medium saucepan, stir in the flour and cook for 1 minute. Gradually stir in the cooking liquid and bring to the boil, until the sauce is thick and smooth. Finely chop the parsley leaves and stir into the sauce with the lemon zest.

6. Drain the potatoes and white leeks, and mash with the lemon juice and seasoning. Stir in the green leek tops and courgettes.

7. Serve the fish fillets with the mash and spoon over the sauce.

Recipe from All Recipes UK, by A. Govindji
Oreo, mint and spirulina cheesecake slice

MAKES 12, 2.5 HOURS

INGREDIENTS
2 PACKETS VEGAN MINT OREO-STYLE COOKIES
6 TBSP COCONUT OIL MELTED
3 CUPS CASHEWS SOAKED OVERNIGHT
1 CUP ALMOND MILK
2 TSP VANILLA ESSENCE
6 TSP MINT ESSENCE
4 TSP SPIRULINA
100G DARK CHOCOLATE

METHOD:
1. CRUSH THE VEGAN OREO-STYLE COOKIES IN A BAG UNTIL YOU GET FINE CRUMBS. ADD 2 TBSP COCONUT OIL AND COMBINE.
2. Press into a baking tray and leave in the fridge to cool.

3. Place all remaining ingredients except for the mint essence and spirulina into a food processor or blender, and blend until creamy.

4. Divide the cream mixture in two. Spread one half on the biscuit base and freeze for 15 minutes. Add mint essence and spirulina into other half and stir until even.

5. Spread the spirulina and mint mixture over the top of the first layer. Freeze for 2 hours.

6. Melt the dark chocolate and drizzle over the bars.

Recipe from Best of Vegan, by @Maryles_plantry
**Herring Salad**

**SERVES 6, 50 MIN**

**INGREDIENTS:**
- 250G SOUSED HERRING FILLETS
- 4 LARGE POTATOES, UNPEELED, WASHED, AND QUARTERED
- 2 HARD BOILED EGGS, DICED
- 1 LARGE ONION, DICED
- 1 LARGE APPLE, DICED
- 100G PICKED CUCUMBERS, SLICED

**FOR THE DRESSING:**
- 200G MAYONNAISE
- 100G LOW FAT YOGHURT
- 1 PINCH WHITE PEPPER
- JUICE OF 1/2 LEMON
- 1 TSP FRESH PARSLEY, CHOPPED
- 1 TBSP MUSTARD
SOAK THE HERRING FILLETS IN COLD WATER FOR 1 HOUR, SLICE INTO CUBES.

2. COOK THE POTATOES IN SALTED WATER FOR 20–25 MINUTES. DRAIN, PEEL AND SLICE THE POTATOES.

3. IN A LARGE BOWL, COMBINE THE ONION, EGGS, APPLE, HERRING, AND PICKLED CUCUMBER. ADD POTATOES AND MIX GENTLY.

4. FOR THE DRESSING, MIX MAYONNAISE WITH YOGHURT. STIR IN LEMON JUICE, PEPPER, PARSLEY, AND MUSTARD.

5. POUR OVER THE SALAD AND GENTLY TOSS TO COAT.
Vegan Miso Soup
SERVES 2, 45 MIN

INGREDIENTS:
2 TBSP DRIED WAKAME SEAWEED
1/2 CUP COLD WATER
1 1 INCH PIECE OF GINGER, PEELED
4 SCALLIONS
2/3 CUP FRESH TOFU
2 TBSP UNTOSTED SESAME OIL
4 GARLIC CLOVES, CRUSHED
2 CUPS HOT WATER
1-2 TBSP MISO
2 TBSP PARSLEY, CHOPPED (OPTIONAL)
JUICE FROM 1/2 LEMON

METHOD:
1. IN A SKILLET OVER MEDIUM HEAT, SAUTE THE WHITE PART OF THE SCALLIONS FOR 1 MINUTE IN SESAME OIL, THEN ADD THE GARLIC AND MINCED GINGER. SAUTE FOR ANOTHER 2 MINUTES UNTIL SOFTENED. ADD THE HOT WATER, TOFU, AND WAKAME. BRING TO A BOIL, THEN LOWER THE HEAT AND SIMMER FOR 4 MINUTES. REMOVE FROM HEAT.

2. POUR ROUGHLY 1/4 OF HOT WATER INTO A SMALL BOWL. ADD THE MISO, AND STIR UNTIL THE MISO IS DISSOLVED. POUR THE MISO MIXTURE INTO THE WAKAME MIXTURE, AND LET SIT FOR 2-3 MINUTES.

3. SQUEEZE THE JUICE FROM THE GRATED GINGER DIRECTLY INTO THE HOT SOUP. ADD THE CHOPPED SCALLIONS, PARSLEY, AND LEMON JUICE.

RECIPE FROM LEITE’S CULINARIA, BY D. GULIN
Moules Marinière with Cream, Garlic and Parsley

SERVES 4–6, 40 MIN

INGREDIENTS:
1.75KG MUSSELS
1 GARLIC CLOVE, FINELY CHOPPED
2 SHALLOTS, FINELY CHOPPED
15G BUTTER
A BOUQUET GARNI OF PARSLEY, THYME, AND BAY LEAVES
100ML OF DRY WHITE WINE
120ML OF DOUBLE CREAM
HANDFUL OF PARSELY LEAVES, COURSELY CHOPPED
CRUSTY BREAD, TO SERVE
WASH THE MUSSELS UNDER COLD, RUNNING WATER. DISCARD ANY OPEN ONES THAT WON'T CLOSE WHEN LIGHTLY SQUEEZED.

PULL OUT THE TOUGH, FIBROUS BEARDS PROTRUDING FROM BETWEEN THE TIGHTLY CLOSED SHELLS AND THEN KNOCK OFF ANY BARNACLES WITH A LARGE KNIFE. GIVE THE MUSSELS ANOTHER QUICK RINSE.

SOFTEN THE GARLIC AND SHALLOTS IN THE BUTTER WITH THE BOUQUET GARNI IN A LARGE PAN BIG ENOUGH TO FIT ALL THE MUSSELS.

ADD THE MUSSELS AND WINE, TURN UP THE HEAD, THEN COVER AND STEAM THEM OPEN FOR 3-4 MINUTES. SHAKE THE PAN EVERY FEW MINUTES.

REMOVE THE BOUQUET GARNI, ADD THE CREAM AND CHOPPED PARSLEY. REMOVE FROM THE HEAT.

SPOON INTO LARGE BOWLS AND SERVE WITH CRUSTY BREAD.

RECIPE FROM BBC FOOD UK, BY R. STEIN