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The Ocean Wise Cookbook: Seafood Recipes That Are Good For The Planet

Jane Mundy

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Ocean Wise is a nation-wide conservation program designed to educate restaurants and consumers about the issues surrounding sustainable seafood. Created by the renowned Vancouver Aquarium, Ocean Wise has an affiliation with restaurants, markets, suppliers and food services, striving to ensure that everyone works together to make ocean-friendly buying choices in an environmentally conscious world.In The Ocean Wise Cookbook, freelance writer Jane Mundy compiles together some of the most popular recipes from chefs and restaurants from all across Canada. Throughout her book, Jane illustrates which types of seafood are considered Ocean Wise, and great alternatives to eating species that have been over fished- all the while providing a host of delicious recipes for fish, scallops, prawns, crab and more! With recipes from chefs like Michael Smith from Food Network Canada's Chef at Home, Rob Feenie from the Cactus Club, and Jamie Kennedy from Jamie Kennedy Kitchens, The Ocean Wise Cookbook is a perfect addition to your sustainable lifestyle!

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