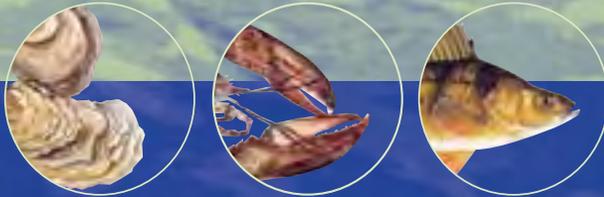


Mollusk Crustacean Fish



The St. Lawrence Food Guide

A Guide on Aquatic Resources
of the St. Lawrence

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The goal of the St. Lawrence Food Guide

The goal of the St. Lawrence Food Guide is to communicate information on aquatic resources of the St. Lawrence. This guide concerns commercial species of fish, mollusk and crustacean from the St. Lawrence river, estuary and gulf which are sold in Quebec's supermarkets and fisheries. The food guide gives information on nutritional and organoleptic qualities of these species. Also, a delicious recipe, easy to prepare, is presented for each species.

Description of analysed nutrients

Fish, mollusks and crustaceans of the St. Lawrence River are good sources of protein, vitamin D, selenium and other nutrients. Moreover, they contain lower amounts of lipids, saturated fatty acids and cholesterol. In contrast, they are excellent sources of omega-3 fatty acids which have beneficial health effects.

Protein: Proteins are a source of energy and are essential for the growth and repair of body tissues and for the production of antibodies to fight infection.

Vitamin D: Vitamin D regulates the levels of calcium and phosphorus which ensure proper growth of bones and teeth.

Iron: Iron is essential for energy production and to transport oxygen and carbondioxide (CO₂) in blood.

Zinc: Zinc helps in the development of new tissues and promotes the immune system. It is essential for the taste and smell senses.

Selenium: Selenium has antioxidation properties. It could prevent cardiovascular diseases and some cancers.

Iodine: Iodine helps thyroid gland to function properly.

Sodium and Potassium: Sodium and Potassium help to maintain body osmotic balance (water). These elements or electrolytes are rarely deficient in human beings except in case of excessive loss (vomiting, diarrhea, excessive perspiration).

Omega-3 fatty acids: Fish and seafoods are main sources of eicosapentanoic acid (EPA) and docosahexanoic acid (DHA). These omega-3 fatty acids protect against cardiovascular and inflammatory diseases and are essential for brain development. Scientific studies showed that the consumption of 1 or 2 fish servings per week has protective effects on cardiovascular health.

Lipids (total fatty acids) : Lipids (or fat) are essential for transportation and absorption of fat soluble vitamins A, D, E, K. Lipids supply energy and essential fatty acids that the body can't produce.

Cholesterol: Cholesterol is essential to the structure membrane cells and participates to the formation of biliary acids and hormones. Since the human body can produce cholesterol, dietary cholesterol deficiency is rare. However, when consumed in excessive amounts, cholesterol can contribute to atherosclerosis and coronary diseases.

Information on daily value (DV)

Daily Value (DV) is used to see if a food has a lot or little of a nutrient. The Daily Values developed for nutrition labelling are generally based on recommendations for a healthy diet. The percentage of Daily Value (% DV) highlights sources of key nutrients. For sodium, total and saturated fatty acids and cholesterol, it is recommended to have a daily diet which does not provide more than 100 % of the DV. In the present food guide, the % DV was calculated using a serving size of 180 grams (6 oz) uncooked fish or mollusk, and 120 g (or 4 oz) crustacean after cooking. In Canada, there is no Daily Value for omega-3 fatty acids (EPA and DHA). However, an intake of at least 650 mg per day has been recommended in 1999 by a group of American nutritionists for the general population.

Description of health symbols

The symbol (fish) or (oyster) or (shrimp) indicates if the species is a poor, moderate or excellent source for a nutrient.

Poor source =   
Pale blue (if the serving supplies lower than 20 % of DV)
Moderate source =   
Medium blue (if the serving supplies between 20 % and 60 % of DV)
Elevated source =   
Dark blue (if the serving supplies more than 60 % of DV)

Note: "n/a" abbreviation means that no nutrient has been detected in the analysed sample.

Safety of fish, molluscs and crustaceans

The Canadian Food Inspection Agency (CFIA) regularly conducts tests in commercially sold fish, mollusks and crustaceans to be sure that their mercury content does not exceed the determined limit by Canada (0.5 parts per million (or 0.5 ppm)). Some imported commercial «fine» fish species such as swordfish, shark or tuna, fresh or frozen, are liable to consumption limits recommended by Health Canada. CFIA and the Quebec Department of Agriculture, Fisheries and Food regularly analyse species which are presented in this guide and marine species are supposed to contain levels of mercury that are lower than average. The consumption of

some freshwater fishes is restricted and it is recommended to refer to the *Guide de consommation de poisson de pêche sportive en eau douce* (in French only) (Web site: <http://www.menv.gouv.qc.ca/eau/guide/>).

Mollusks' toxicity

The consumption of molluscan shellfish that come from a polluted zone or a zone contaminated by toxins can cause significant health problems for shellfish gatherers all over Quebec shores. CFIA does analysis regularly to check the presence of toxins inside shellfish. It is then strongly advised to check if the shellfish harvesting area is safe (near shores or by communicating with the Department of Fisheries and Oceans). Furthermore, Quebec Department of Agriculture, Fisheries and Food also does analysis in shellfish sold by wholesale and retail dealers to be sure of their safety.

Note: The nutrient content data of fish, mollusk and crustaceans found in the food guide is based on the analysis of a pool of 10 different samples for each species. Samples have been collected in fisheries and supermarkets from Quebec region and have been analysed in laboratories of Quebec Department of Agriculture, Fisheries and Food. The Human Toxicology Branch of the National Public Health Institute of Quebec, and University of Guelph, Ontario.



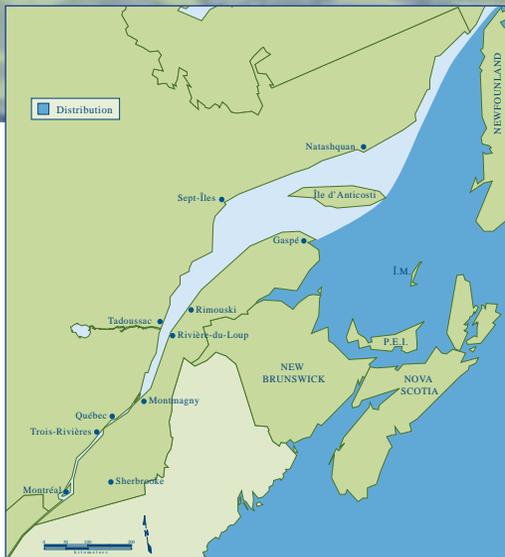
Haddock

Aiglefin

Melanogrammus aeglefinus

Nutritive value of haddock for edible serving of 180 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		32	57
Vitamin D (IU)		nd	
Iron (mg)		0,22	2
Zinc (mg)		0,31	3
Selenium (mg)		0,05	100
Iodine (mg)		0,52	>100
Sodium (mg)		288	12
Potassium (mg)		594	17
Omega-3 fatty acids (EPA+DHA) (mg)		440	68
Total fatty acids (g)		0,8	1
Saturated fatty acids (g)		0,2	1
Cholesterol (mg)		94	31



Features and organoleptic qualities:

Haddock is similar to cod although smaller. Its flesh is lean, white, delicately flavoured; it will fall apart if overcooked because of its delicate texture. It is available as fresh or frozen fillets and amenable to a number of cooking presentations. The easiest is usually the best.

Haddock Fillets with Tomato Caper Sauce*

Ingredients:

4 fillets (150 -180 g/serving)	Fresh haddock
1	Lemon, freshly squeezed
To taste	Salt, pepper, dill
30 ml (2 tbsp.)	Olive oil
30 ml (2 tbsp.)	Tomato sauce
30 ml (2 tbsp.)	Capers, drained
15 ml (1 tbsp.)	Pitted black olives, sliced
1	Garlic clove, minced
2	Tomatoes, seeded and cubed

Preparation:

Drizzle fillets with lemon juice and sprinkle with salt, pepper and dill. In a skillet, heat half of the oil and cook fillets about 2-3 minutes per side. Meanwhile, in a small pan, heat remaining ingredients over low heat until hot. Serve haddock fillets with tomato caper sauce. Snow peas and herbed lemon rice make good accompaniments.

4 servings



* Source: METRO INC ; **METRO** web site: www.metro.ca (special authorization)



American shad

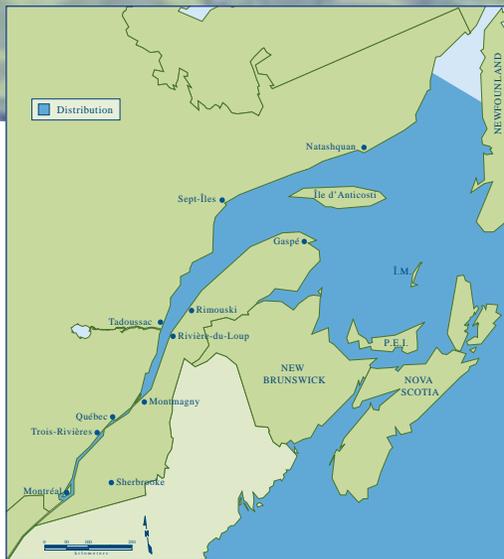
Alose savoureuse

Alosa sapidissima



Nutritive value of American shad for edible serving of 180 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		38	68
Vitamin D (IU)		85	43
Iron (mg)		1,42	10
Zinc (mg)		0,50	6
Selenium (mg)		0,07	>100
Iodine (mg)		0,04	25
Sodium (mg)		90	4
Potassium (mg)		936	27
Omega-3 fatty acids (EPA+DHA) (mg)		1 080	>100
Total fatty acids (g)		5,2	8
Saturated fatty acids (g)		1,1	6
Cholesterol (mg)		99	33



Features and organoleptic qualities:

The American shad, like salmon, is an anadromous fish meaning that it comes from the sea to spawn in freshwater during spring. The American shad is about 50 cm in length. It is a bony but tasty fish; it has a delicate and flaky flesh. The connoisseurs greatly enjoy its caviar. In fact, its scientific name *salpidissima* means "most delicious".

American shad with lobster sauce*

Ingredients:

4 fillets (150 -180 g/serving)	American shad
250 ml (1 cup)	White wine
250 ml (1 cup)	Water

Lobster sauce:

45 ml (3 tbsp.)	Flour
30 ml (2 tbsp.)	Butter
250 ml (1 cup)	Cooking liquid
250 ml (1 cup)	15% cream
2	Egg yolks
125 ml (1/2 cup) or more	Lobster meat
To taste	Salt and pepper

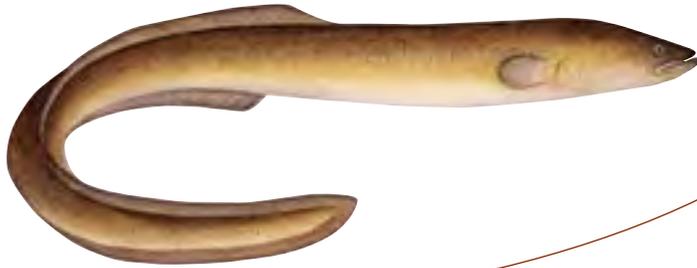
Preparation:

Place the fillets in a baking dish in single layer. Pour wine and water mixture over the fillets until covered. Poach fillets for about 10-12 minutes. In a saucepan, mix all ingredients for lobster sauce, heat until thickened. Pour sauce over the fillets. Serve with rice and asparagus.

4 servings



* Source: *Cuisinons avec les Fermières des Îles-de-la-Madeleine*, 2002 Edition. (special authorization)



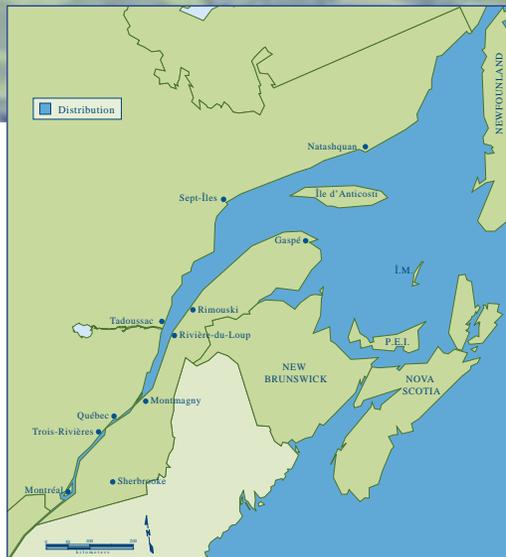
American eel

Anguille d'Amérique

Anguilla rostrata

Nutritive value of American eel for edible serving of 180 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		29	52
Vitamin D (IU)		5188	>100
Iron (mg)		0,83	6
Zinc (mg)		5,58	62
Selenium (mg)		0,07	>100
Iodine (mg)		0,01	6
Sodium (mg)		52	2
Potassium (mg)		486	14
Omega-3 fatty acids (EPA+DHA) (mg)		2422	>100
Total fatty acids (g)		43,3	67
Saturated fatty acids (g)		11,9	60
Cholesterol (mg)		241	80



Features and organoleptic qualities:

The American eel, which fishery mainly occurs between Trois-Rivières and Rivière-du-Loup, is considered a delicacy in many countries. The St. Lawrence River American eel, known internationally because of its tender and white flesh, can be prepared in multiple ways such as grilled, marinated, jellied or in a stew. Served as an entrée with crudités or in smoked-fish tasting events, the smoked American eel is appreciated by almost everybody, even the non-initiated!

Smoked eel – Vinaigrette de l'île (entrée)*

Ingredients:

360 g (60 g/serving)	Smoked eel
20 ml (1 1/2 tbsp.)	Wine vinegar
45 ml (3 tbsp.)	Olive oil
75 ml (1/3 cup)	Vegetable oil (canola or soya)
25 ml (1 1/2 tbsp.)	Dijon mustard
15 ml (1 tbsp.)	Chives
15 ml (1 tbsp.)	Parsley
15 ml (1 tbsp.)	Onion, chopped
1	Shallot, chopped
Pinch	Salt and pepper

Preparation:

Combine all ingredients. Garnish individual plates with lettuce leaves or mixed salad and top with smoked eel. Pour small portions of vinaigrette (15-30 ml) [1-2 tbsp.]] over smoked eel.

6 servings



* Source: Mr. Joseph Paquet and Ms. Esther Fortin; Saint-Pierre, île d'Orléans.



Brown bullhead

Barbotte brune

Ameiurus nebulosus

Nutritive value of brown bullhead for edible serving of 180 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		32	57
Vitamin D (IU)		nd	
Iron (mg)		1,17	8
Zinc (mg)		0,43	5
Selenium (mg)		0,02	40
Iodine (mg)		0,01	6
Sodium (mg)		90	4
Potassium (mg)		594	17
Omega-3 fatty acids (EPA+DHA) (mg)		762	>100
Total fatty acids (g)		6,7	10
Saturated fatty acids (g)		1,7	9
Cholesterol (mg)		137	46



Features and organoleptic qualities:

The brown bullhead is a member of the catfish family because of its barbels or whiskers. Contrary to its appearance, the taste of its flesh is quite delicious. Those who have tasted its firm flesh have enjoyed it.

Creole brown bullhead*

Ingredients:

8 fillets (150 -180 g/serving)	Brown bullhead
125 ml (1/2 cup)	Flour
30 ml (2 tbsp.)	Vegetable oil (canola or olive)
1	Onion, chopped
2	Garlic cloves, chopped
175 ml (3/4 cup)	White wine
350 ml (1 1/2 cup)	Tomatoes, diced
125 ml (1/2 cup)	Tomato sauce
500 ml (2 cups)	Green peppers, diced
2 ml (1/2 tsp.)	Tabasco
5 ml (1 tsp.)	Worcestershire sauce
5 ml (1 tsp.)	Sugar
2 ml (1/2 tsp.)	Salt and pepper
5 ml (1 tsp.)	Basil

Preparation:

Dredge the brown bullhead fillets with flour. In a frying pan, brown the onion and garlic in oil. Place this mixture in a baking dish and top with fillets. Mix tomatoes, tomato sauce, white wine, green peppers and all seasoning. Spread this mixture evenly on the fillets.

Bake at 400 °F for 15-20 minutes.

Serve with pilaf rice and sliced sautéed portobello mushrooms.

4 servings



*Source: Carole Blanchet, Québec



Walleye

Doré jaune

Stizostedion vitreum



Nutritive value of walleye for edible serving of 180 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		34	61
Vitamin D (IU)		1609	>100
Iron (mg)		0,68	5
Zinc (mg)		1,73	19
Selenium (mg)		0,05	100
Iodine (mg)		0,01	6
Sodium (mg)		176	7
Potassium (mg)		648	19
Omega-3 fatty acids (EPA+DHA) (mg)		391	60
Total fatty acids (g)		1,6	2
Saturated fatty acids (g)		0,4	2
Cholesterol (mg)		173	58



Features and organoleptic qualities:

The walleye, member of the perch family, is one of the most common fish in Quebec lakes and rivers. It is the most important commercial and sport freshwater fishing in Canada. Its skin is speckled with golden spots and its flesh varies from white to pinkish. The walleye is sold as fillets and its firm flesh is easy to prepare.

Breaded walleye with peanuts*

Ingredients:

8 fillets (150-180 g/serving) Walleye
To taste Pepper

Breadcrumbs:

100 g (3/4 tbsp.) Unsalted peanuts
(or walnuts)
45 ml (3 tbsp.) Corn meal or whole-wheat
breadcrumbs
1 Egg, beaten
30-45 ml (2-3 tbsp.) Oil (olive or canola)
To taste Salt

Preparation:

Season fillets with pepper. Finely grind the nuts; mix them with corn meal (or breadcrumbs). Dip the walleye fillets into the beaten egg, then into the nuts and breadcrumbs mixture. Cook fillets in the oil over medium heat; season with salt to taste.

Serve with scalloped potatoes and a green salad.

4 servings



* Source: Carole Blanchet, Québec



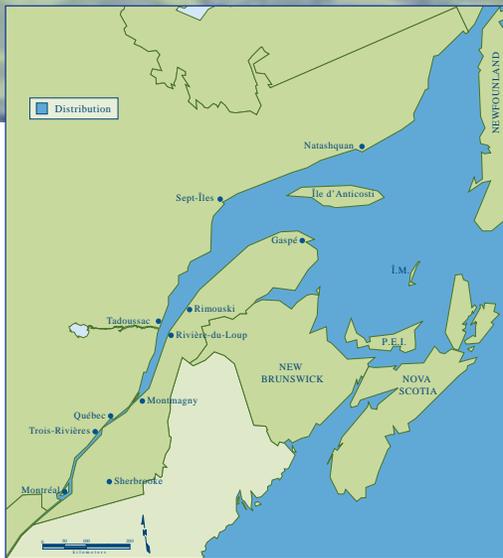
Rainbow smelt

Éperlan arc-en-ciel

Osmerus mordax

Nutritive value of rainbow smelt for edible serving of 180 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		25	45
Vitamin D (IU)		124	62
Iron (mg)		0,32	2
Zinc (mg)		1,69	19
Selenium (mg)		0,04	80
Iodine (mg)		0,08	50
Sodium (mg)		36	2
Potassium (mg)		135	4
Omega-3 fatty acids (EPA+DHA) (mg)		1 445	>100
Total fatty acids (g)		4,4	7
Saturated fatty acids (g)		1,0	5
Cholesterol (mg)		158	53



Features and organoleptic qualities:

The rainbow smelt is a small silver fish, and is 15 to 18 cm long. The fresh rainbow smelt smells of cucumber. Because of its small size, children enjoy it very much. We can find it as whole fish, smoked, salted or dried in almost all Quebec supermarkets and fisheries and at an affordable price.

Rainbow smelt in a sauce *

Ingredients:

700 g (1½ lb)
1
15 ml (1 tbsp.)

250 ml (1 cup)
1 L (4 cups)
2 ml (½ tsp.)
45 ml (3 tbsp.)

125 ml (½ cup)

Rainbow smelt
Onion, chopped
Butter (or half-butter, half-oil mixture)
White wine
Water
Salt, pepper, thyme
Butter (or half-butter, half-oil mixture)
Flour

Preparation:

Remove fins, heads and tails. Cut the back lengthwise and remove the backbone. Brown the onions in butter then, add rainbow smelts. Moisten with wine and water. Add all seasonings and bring to boil. Cover and poach in the oven at 200 °F for 10 minutes. Remove rainbow smelts from the baking dish and reserve the cooking liquid. Heat butter (or the butter/oil mixture) and add flour. Heat on low heat for 5 minutes then keep warm. Add gradually the cooking liquid and stir well, put rainbow smelts and cook on low heat for 30 minutes. Serve with sautéed potatoes and zucchinis.

4 servings



* Source: *Cuisinons avec les Fermières des Îles-de-la-Madeleine*, Édition 2002 (special authorization)



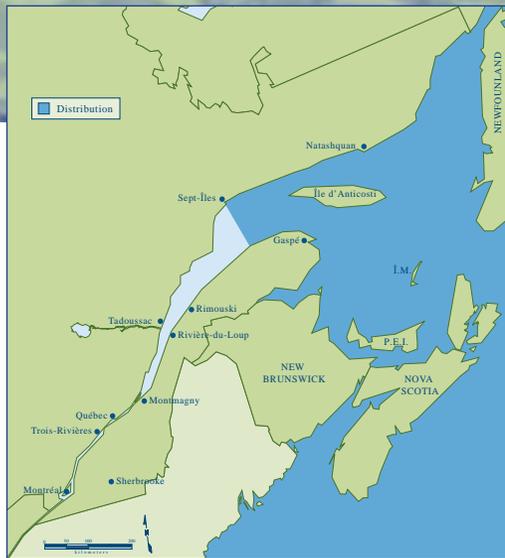
Atlantic halibut

Flétan atlantique

Hippoglossus hippoglossus

Nutritive value of Atlantic halibut for edible serving of 180 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		24	43
Vitamin D (IU)		121	61
Iron (mg)		0,11	1
Zinc (mg)		0,49	5
Selenium (mg)		0,07	>100
Iodine (mg)		0,01	6
Sodium (mg)		135	6
Potassium (mg)		504	14
Omega-3 fatty acids (EPA+DHA) (mg)		743	>100
Total fatty acids (g)		3,1	5
Saturated fatty acids (g)		0,7	4
Cholesterol (mg)		101	34



Features and organoleptic qualities:

The Atlantic halibut is the largest of the flat fish, growing to a weight of 300 kg. Its white and flaky meat is considered by many as a fine dish. It is sold, most of the time, fresh or frozen, as steaks or fillets. Atlantic halibut marinated steaks lend themselves admirably to grill cooking.

Atlantic halibut brochette with sesame seeds*

Ingredients:

3 steaks (2-3 cm thick)	Atlantic halibut, cubed
125 ml (1/2 cup)	Olive or canola oil
60 ml (4 tbsp.)	Freshly squeezed lime juice
45 ml (3 tbsp.)	Sesame seeds
2	Garlic cloves
20	Cherry tomatoes

Preparation:

Place the fish in a large sauce pan. Combine garlic, lime juice, sesame seeds and oil and pour this mixture over the fish. Marinate for about 30 minutes. Secure fish cubes onto skewers, alternating with cherry tomatoes. (You can use oiled metallic skewers, or wooden skewers soaked in water before using). Grill brochettes on barbecue at medium heat until tender.

Serve with rice and stuffed zucchinis.

4 servings



* Source: *Collection Cuisine 7 jours*, 1984



Greenland halibut

Flétan du Groënland

Reinhardtius hippoglossoides

Nutritive value of Greenland halibut for edible serving of 180 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		34	61
Vitamin D (IU)		916	>100
Iron (mg)		0,16	1
Zinc (mg)		0,58	6
Selenium (mg)		0,09	>100
Iodine (mg)		0,01	6
Sodium (mg)		115	5
Potassium (mg)		774	22
Omega-3 fatty acids (EPA+DHA) (mg)		2 032	>100
Total fatty acids (g)		21,6	33
Saturated fatty acids (g)		4,6	23
Cholesterol (mg)		128	43



Features and organoleptic qualities:

The Greenland halibut is also known as Greenland turbot or black halibut. It is a big flat fish; its white and tender flesh is a delicacy. Greenland halibut is sold usually as fresh or frozen fillets.

Poached Greenland halibut with small vegetables*

Ingredients:

4 fillets (150-180 g/serving)	Greenland halibut
30 ml (2 tbsp.)	Olive or canola oil
1	Medium onion, finely chopped
2 ml (1/2 tsp.)	Basil
350 ml (1 1/2 cup)	Tomato juice
500 ml (2 cups)	Zucchini
250 ml (1 cup)	Carrots, thinly sliced
To taste	Salt and pepper

Preparation:

Heat oil in a large skillet over medium heat. Add the onion and basil until onion is softened. Pour in tomato juice, stir in vegetables and season with pepper. Cover and simmer over medium heat for 5 minutes.

Make a nest down through center of the skillet and lay the fish. Cover and cook for 5 minutes or until the flesh is flaking. Serve on a bed of rice or with linguini. Garnish with parsley.

4 servings



* Source: *Trucmaison.com* web site: <http://recettes.qc.ca/recettes> (special authorization)

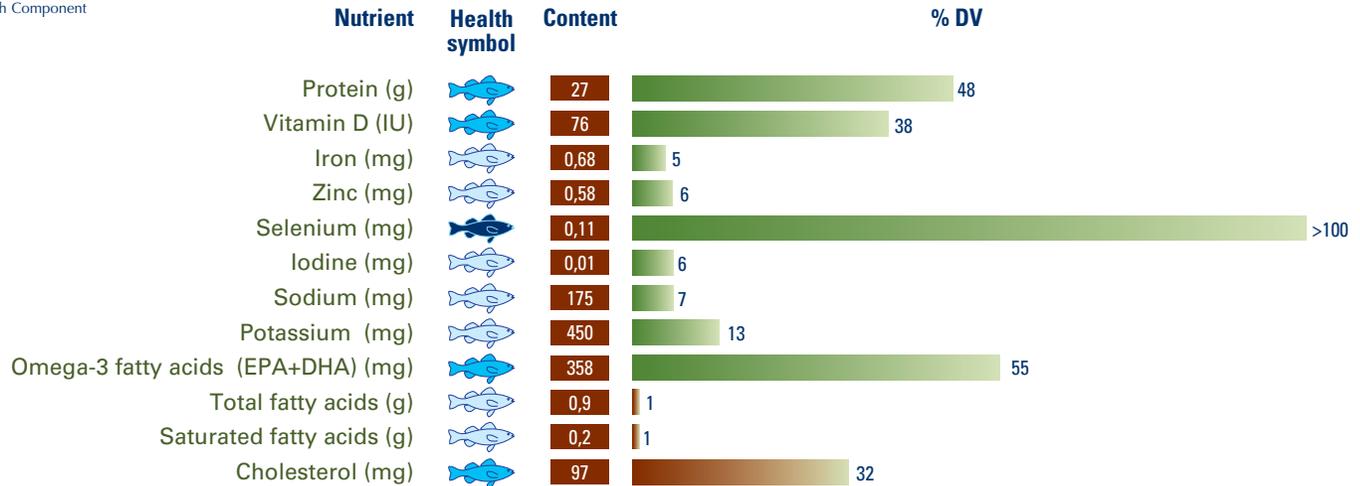


Burbot

Lotte

Lota lota

Nutritive value of burbot for edible serving of 180 grams





Features and organoleptic qualities:

Sometimes called freshwater cod, the burbot prefers deep and cold waters. Although it is not a very attractive fish, it has a delicate and lightly perfumed taste. Moreover, burbot livers are an exquisite dish in many European countries, particularly in Scandinavian countries. Burbot is available as fillets that lend themselves well to grill cooking as brochettes.

Burbot with avocado*

Ingredients:

45 ml (3 tbsp.)	Canola oil
4 fillets (150-180 g/serving)	Fresh burbot
1	Garlic clove, finely chopped
1	Italian tomato, seeded and diced
2	Avocados, peeled and diced
15 ml (1 tbsp.)	Fresh lemon juice
15 ml (1 tbsp.)	Balsamic vinegar
30 ml (2 tbsp.)	Fresh coriander, chopped
To taste	Salt and pepper

Preparation:

In a frying pan, heat 30 ml (2 Tbsp.) of oil and cook the fillets 4 minutes on each side. Remove from pan and keep warm. In the same frying pan, heat the remaining oil and brown the garlic. Add tomato, avocado, lemon juice and balsamic vinegar. Cook 1-2 minutes. Add the coriander. Salt and pepper to taste. Mix.

Divide the avocado mixture in four and place on burbot fillets. Serve with wild rice.

4 servings



* Source: METRO INC ; METRO web site: www.metro.ca (special authorization)



Atlantic mackerel

Maquereau bleu

Scomber scombrus

Nutritive value of Atlantic mackerel for edible serving of 180 grams



Nutrient	Health symbol	Content	% DV
Protein (g)		31	55
Vitamin D (IU)		796	>100
Iron (mg)		1,44	10
Zinc (mg)		1,10	12
Selenium (mg)		0,09	>100
Iodine (mg)		0,03	19
Sodium (mg)		83	3
Potassium (mg)		594	17
Omega-3 fatty acids (EPA+DHA) (mg)		9 537	>100
Total fatty acids (g)		43,7	67
Saturated fatty acids (g)		9,9	50
Cholesterol (mg)		130	43



Features and organoleptic qualities:

The Atlantic mackerel is a member of the herring family, travelling in schools in Gaspesian salted waters. The Atlantic mackerel has a beautiful steel-blue and slender body. It has a high fat content and is especially rich in omega-3 fatty acids. It is usually available as whole fish and frozen in supermarkets but it is also possible to find it salted, smoked or canned.

Atlantic Mackerel stuffed with Brown Rice*

Ingredients:

3

250 ml (1 cup)

30 ml (2 tbsp.)

2

500 ml (2 cups)

2 ml (1/2 tsp.)

5 ml (1 tsp.)

To taste

Whole Atlantic mackerels,
heads removed and all
the entrails discarded
Brown rice, cooked
Olive or canola oil
Shallots, chopped
(or 1/2 chopped onion)
Mushrooms, diced
Fish seasonings
Parsley
Salt and pepper

Preparation:

Rinse the Atlantic mackerels and pat dry. Heat oil and sauté shallots and mushrooms. Add the cooked rice, parsley, fish seasonings and mix. Season with salt and pepper to taste. Stuff Atlantic mackerels with this mixture; tie and wrap them in foil. Bake at 325 °F for 30-40 minutes.

Serve with parsley broiled potatoes and broccoli or fiddleheads with white sauce.

6 servings



* Source: Carole Blanchet, Québec



Silver hake

Merlu argenté

Merluccius bilinearis

Nutritive value of silver hake for edible serving of 180 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		30	54
Vitamin D (IU)		58	29
Iron (mg)		0,76	5
Zinc (mg)		0,25	3
Selenium (mg)		0,05	100
Iodine (mg)		0,03	19
Sodium (mg)		121	5
Potassium (mg)		450	13
Omega-3 fatty acids (EPA+DHA) (mg)		568	87
Total fatty acids (g)		1,3	2
Saturated fatty acids (g)		0,3	2
Cholesterol (mg)		83	28



Features and organoleptic qualities:

The silver hake has an elongated body and lives in the deep waters of the sea. The silver hake is a member of the cod family (*gadidæ*) but it prefers warmer waters (6-8 °C). Its flesh is white and tender and can be prepared in many ways but particularly in court bouillon. It is better not to overcook it because its flesh tends to fall apart.

Silver hake meunière*

Ingredients:

60 ml (1/4 cup)
To taste
600 g (1¹/₃ lb)
15 ml (1 tbsp.)
15 ml (1 tbsp.)

All-purpose flour
Salt and pepper
Fresh silver hake fillets
Butter
Olive or canola oil

Preparation:

Combine flour, salt and pepper in a bowl. Pat fillets dry and dredge with flour. Heat an oil and butter blend in a frying pan until nicely brown. Brown fillets on both sides in hot fat, 2 minutes per side is usually enough.

Serve with sautéed vegetables in coconut milk and jasmine rice.

4 servings



* Source: METRO INC ; METRO web site: www.metro.ca (special authorization)



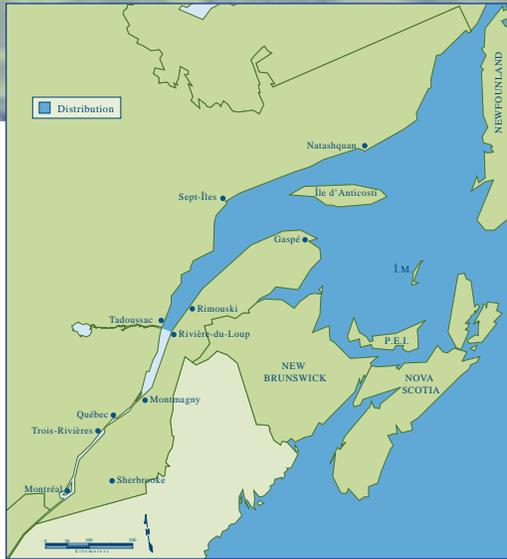
Atlantic cod

Morue franche

Gadus morhua

Nutritive value of Atlantic cod for edible serving of 180 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		30	54
Vitamin D (IU)		nd	
Iron (mg)		0,20	1
Zinc (mg)		0,50	6
Selenium (mg)		0,05	100
Iodine (mg)		0,52	>100
Sodium (mg)		180	8
Potassium (mg)		558	16
Omega-3 fatty acids (EPA+DHA) (mg)		490	75
Total fatty acids (g)		0,9	1
Saturated fatty acids (g)		0,2	1
Cholesterol (mg)		90	30



Features and organoleptic qualities:

Although cod population has declined precipitously, the cod is always popular today. This lean, tender and delicious fish can be prepared in multiple ways. Usually available as fresh or frozen fillets, it can be cooked in the oven, in court bouillon, grilled or in papillote. As an hors d'oeuvre, it is also sold salted or smoked.

Atlantic cod balls*

Ingredients:

500 ml (2 cups)

1

500 ml (2 cups)

2

125 ml (1/2 cup)

250 ml (1 cup)

5 ml (1 tsp.)

3 ml (1/2 tsp.)

To taste

Mashed potatoes

Onion (large)

Atlantic cod, boiled and flaked

Eggs

Flour

Breadcrumbs

(whole wheat if possible)

Parsley, chopped

Paprika

Salt and pepper

Vegetable oil

(olive or canola or half and half)

Preparation:

In a frying pan, brown onion in oil; stir in potatoes and Atlantic cod. Blend well. Season and add beaten egg yolks. Shape into balls or croquettes. Dip them in flour, then egg whites and finally breadcrumbs. Fry in oil until balls are lightly brown. Serve with a salad and colourful vegetables.

4 servings



* Source: Cercle des Fermières, Havre-Saint-Pierre.



Yellow perch

Perchaude

Perca flavescens

Nutritive value of yellow perch for edible serving of 180 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		33	59
Vitamin D (IU)		1123	>100
Iron (mg)		0,45	3
Zinc (mg)		2,30	26
Selenium (mg)		0,05	100
Iodine (mg)		0,01	6
Sodium (mg)		133	6
Potassium (mg)		630	18
Omega-3 fatty acids (EPA+DHA) (mg)		352	54
Total fatty acids (g)		1,4	2
Saturated fatty acids (g)		0,4	2
Cholesterol (mg)		162	54



Features and organoleptic qualities:

The yellow perch is a very appreciated small fresh water fish. Its white and firm flesh, enjoyable particularly during the cold season, has a delicate taste and does not have to be seasoned. The yellow perch is available more and more in supermarkets, as whole or fillets.

Yellow perch and vegetables on a bed of rice*

Ingredients:

Rice:

250 ml (1 cup)
500 ml (2 cups)
45 ml (3 tbsp.)
30 ml (2 tbsp.)
1 stalk
To taste

Basmati rice
Orange juice
Olive oil, extra virgin
Honey
Celery, chopped
Salt and pepper

450 g (1 lb)
60 ml (1/4 cup)
To taste
30 ml (2 tbsp.)
30 ml (2 tbsp.)
1
250 ml (1 cup)
250 ml (1 cup)

Yellow perch fillets
All purpose flour
Salt and Cayenne pepper
Butter
Vegetable oil
Lemon, freshly squeezed
White onion, fresh or canned
Mushrooms, minced

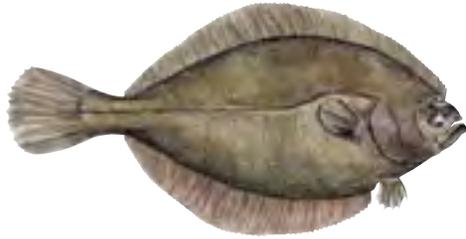
Preparation:

Cook the rice with orange juice, olive oil, celery, honey, salt and pepper. Cover and cook for 10 minutes over medium heat. Set aside. Coat the fish in the flour seasoned with salt and Cayenne pepper. Heat the butter and oil in a frying pan; cook the fish 2 to 3 minutes on each side. Sprinkle with lemon juice. Keep warm. In the same pan, brown the onions and mushrooms. Place the yellow perch fillet over the rice with onions and mushrooms.

3-4 servings



* Source: METRO INC ; METRO web site: www.metro.ca (special authorization)



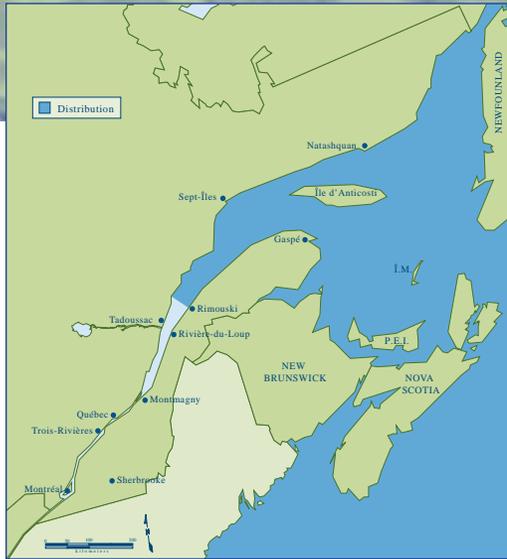
American plaice

Plie Canadienne

Hippoglossoides platessoides

Nutritive value of American plaice for edible serving of 180 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		30	54
Vitamin D (IU)		124	62
Iron (mg)		0,11	1
Zinc (mg)		0,32	4
Selenium (mg)		0,14	>100
Iodine (mg)		0,01	6
Sodium (mg)		207	9
Potassium (mg)		504	14
Omega-3 fatty acids (EPA+DHA) (mg)		571	88
Total fatty acids (g)		1,4	2
Saturated fatty acids (g)		0,3	2
Cholesterol (mg)		131	44



Features and organoleptic qualities:

American plaice, often named "sole" in supermarkets, is a flatfish and, like its fellows, has both eyes on the upper right side. Its meat is white and tasty and very delicate, it is therefore better to cook it over medium heat and not too long. The American plaice is sold as fresh or frozen fillets.

American plaice fillets a la florentine*

Ingredients:

4 fillets (150-180 g/serving)	American plaice
5 ml (1 tsp.)	Butter or olive or canola oil
125 ml (1/2 cup)	Mozzarella cheese, grated (or your favourite)
1 L (4 cups)	Fresh spinach
1	Onion, chopped
1 or 2	Carrots, grated
To taste	Salt, pepper and parsley

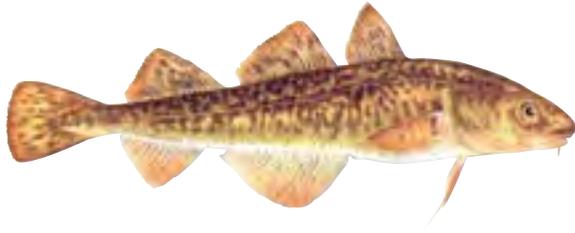
Preparation:

Cook spinach for about 1 minute in micro-wave or steamed; drain well and place in a baking dish. Top with American plaice fillets and season to taste. Brown onions and carrots in butter or oil and top each fillet with the mixture. Sprinkle with cheese and bake at 400 °F (200 °C), for 20-25 minutes. Serve with Fettucini Alfredo.

4 servings



* Source: Trucsmaison.com web site <http://www.recettes.qc.ca/recettes> (special authorization)



Atlantic tomcod

Poulamon atlantique

Microgadus tomcod

Nutritive value of Atlantic tomcod for edible serving of 180 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		22	39
Vitamin D (IU)		Nd	
Iron (mg)		1,12	8
Zinc (mg)		2,00	22
Selenium (mg)		0,11	>100
Iodine (mg)		0,01	6
Sodium (mg)		196	8
Potassium (mg)		473	14
Omega-3 fatty acids (EPA+DHA) (mg)		435	67
Total fatty acids (g)		1,1	2
Saturated fatty acids (g)		0,2	1
Cholesterol (mg)		256	85



Features and organoleptic qualities:

The Atlantic tomcod known as "poisson des chenaux" or small cod, is an angling fish on ice in Trois-Rivières region, particularly in Sainte-Anne-de-la-Pérade. The tomcod is a nocturnal fish, the anglers enjoy to go fishing with friends at moonlight. The tomcod is available as a whole fish in some fisheries during winter, especially in Trois-Rivières region.

Atlantic tomcods au gratin*

Ingredients:

75 ml (1/3 cup)
125 ml (1/2 cup)
1 kg (2.2 lbs)
50 ml (3 1/2 tbsp.)
45 ml (3 tbsp.)
45 ml (3 tbsp.)
200 ml (3/4 cup)

White wine, dry
Water
Atlantic tomcods
Green onions, chopped
Butter
Flour
Hot milk

Preparation:

In a saucepan, combine water, wine, salt and pepper and bring to boil. Add Atlantic tomcods and poach for 2-3 minutes. Remove the fish and detach the flesh delicately. Sprinkle with lemon juice. Brown green onions in butter until softened. Sprinkle with flour, season and cool it. Add the boiling milk and stir well; add fish cooking liquid and cook for about 20 minutes. Remove from heat and add fish. Place fish in small individual gratin dish or in shell-shaped dish. Sprinkle with grated cheese and brown at 450°F (230°C) until golden.

Note: *Mashed potatoes can be added around the shell-shaped dish or on top of Atlantic tomcods.*

4 servings



* Source: Centre de pêche Marchand et Fils, Sainte-Anne-de-la-Pérade.
Web site: <http://www.poissons-des-chenaux.com>



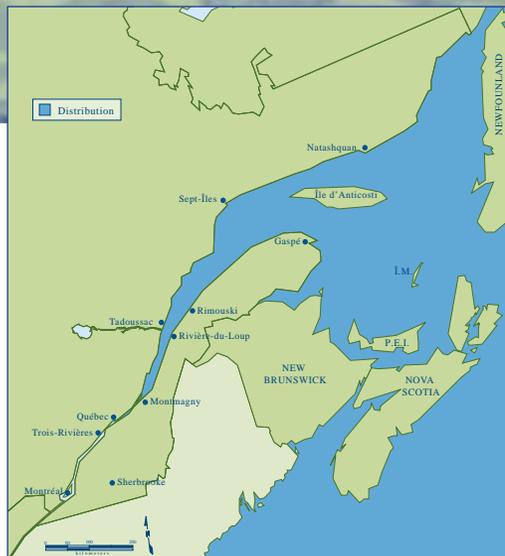
Atlantic salmon

Saumon atlantique

Salmo salar

Nutritive value of Atlantic salmon for edible serving of 180 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		37	66
Vitamin D (IU)		895	>100
Iron (mg)		0,65	5
Zinc (mg)		0,20	2
Selenium (mg)		0,04	80
Iodine (mg)		0,01	6
Sodium (mg)		86	4
Potassium (mg)		630	18
Omega-3 fatty acids (EPA+DHA) (mg)		4 233	>100
Total fatty acids (g)		20,2	31
Saturated fatty acids (g)		5,2	26
Cholesterol (mg)		97	32



Features and organoleptic qualities:

The Atlantic salmon is a fish with a tender, perfumed and orange-coloured flesh, very enjoyed by Quebecers. Grilled, smoked, poached, in papillote, in sushi or in pâté, this king of waters can be prepared in multiple ways. The Atlantic salmon sold in fisheries or supermarkets is a farmed salmon that is, produced by aquaculture. All year long, we find the Atlantic salmon in supermarkets and fisheries and its price is getting more affordable everyday.

Salmon Steaks with Curry Mushroom sauce*

Ingredients:

4 steaks (150-200 g each)

Curry mushroom sauce:

2
250 ml (1 cup)
30 ml (2 tbsp.)
30 ml (2 tbsp.)
250 ml (1 cup)
30 ml (2 tbsp.)
125 ml (1/2 cup)
500 ml (2 cups)
To taste

Fresh salmon

Cloves of garlic, minced
Shallots, chopped
Vegetable oil
Butter
Plain 2 % yogurt
Curry powder
Chicken broth
Fresh mushrooms, sliced
Salt and pepper

Preparation:

Preheat the oven to 375 °F (190 °C). Place steaks on a baking sheet and bake 10 to 15 minutes. In a frying pan, brown garlic, onions and mushrooms in oil and butter. Set aside. Heat yogurt and curry powder in a saucepan over low heat. Add chicken broth and mushroom mixture. Season, mix well and simmer a few minutes. Divide sauce between 4 plates and top with salmon steaks.

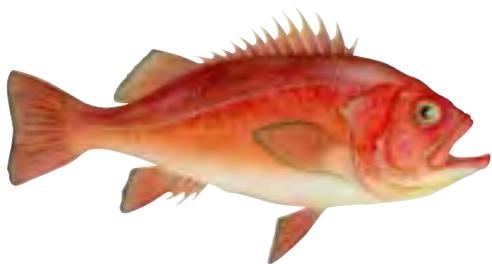
Serve with spinach pasta and julienned carrots.

Note: For a fruity curry sauce, add 60 ml (1/4 cup) orange juice.

4 servings



* Source: METRO INC ; METRO web site: www.metro.ca (special authorization)



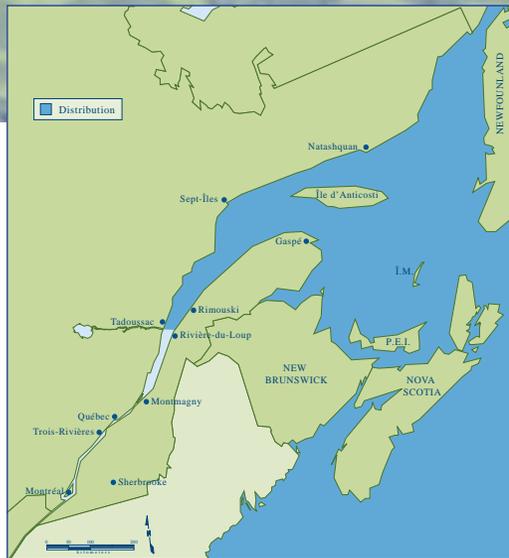
Deepwater redfish

Sébaste atlantique

Sebastes mentella

Nutritive value of deepwater redfish for edible serving of 180 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		30	54
Vitamin D (IU)		Nd	
Iron (mg)		0,29	2
Zinc (mg)		0,22	2
Selenium (mg)		0,05	100
Iodine (mg)		0,01	6
Sodium (mg)		137	6
Potassium (mg)		486	14
Omega-3 fatty acids (EPA+DHA) (mg)		603	93
Total fatty acids (g)		4,3	7
Saturated fatty acids (g)		0,6	3
Cholesterol (mg)		88	29



Features and organoleptic qualities:

Different from the other deepwater fish because of its brighter red colour, the deepwater redfish or ocean perch is quite a small fish of 20-35 cm in length generally. The deepwater redfish has a firm and flaky flesh that can be prepared in multiple ways. It is not recommended to season it too much because of its very delicate taste.

Deepwater redfish with nuts and cranberries*

Ingredients:

30 ml (2 tbsp.)
 30 ml (2 tbsp.)
 30 ml (2 tbsp.)
 1/2
 2
 2
 60 ml (1/4 cup)
 60 ml (1/4 cup)
 60 ml (1/4 cup)
 125 ml (1/2 cup)
 4 fillets
 To taste
 15 ml (1 tbsp.)

Raisins
 Dried cranberries
 Olive oil
 White onion, chopped
 Shallots, minced
 Garlic cloves, minced
 Walnuts, chopped
 Pistachios, coarsely chopped
 Slivered almonds
 White wine
 Deepwater redfish
 Salt and pepper
 Lemon zest

Preparation:

Soak raisins and cranberries in a bowl of warm water for a few minutes. In a skillet, brown onion, shallots and garlic in half of the oil amount. Add drained raisins and cranberries, nuts and wine. Cook until liquid is absorbed. In another skillet, brown fillets in remaining oil about 2 minutes per side or until they lose their sheen. Season to taste. Top fillets with nut mixture and sprinkle with lemon zest.

4 servings



* Source: METRO INC ; METRO web site: www.metro.ca (special authorization)

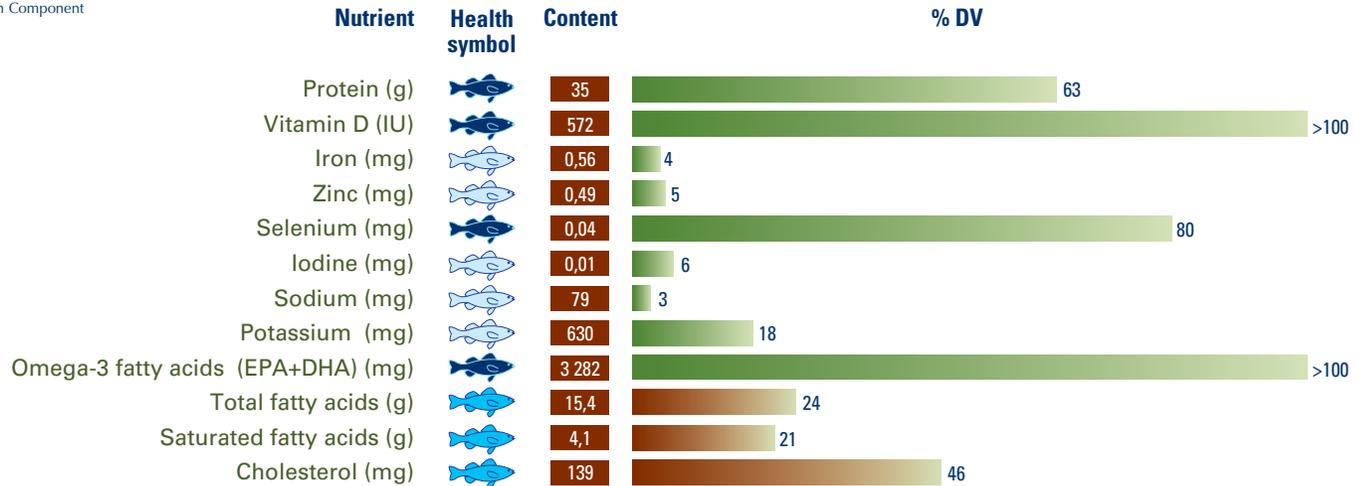


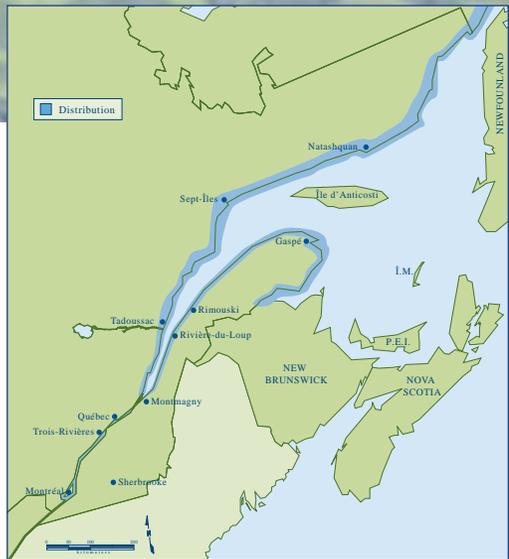
Rainbow trout

Truite arc-en-ciel

Oncorhynchus mykiss

Nutritive value of rainbow trout for edible serving of 180 grams





Features and organoleptic qualities:

Originally a native of British Columbia, the rainbow trout was introduced in Quebec as a result of stocking and more particularly in St. Lawrence River at the beginning of the 20th century. Now it belongs to the permanent fish species in our lakes and the St. Lawrence River. However, the rainbow trout that we find in supermarkets or fisheries, is, like salmon, farmed produced by aquaculture. Its flesh varies in colour from orange to red and is very appreciated. The best way to cook it to really appreciate its fine flavour is in papillote or on grill.

Trout fillets in leek sauce*

Ingredients:

4 fillets 115 g (1/4 lb) each	Trout
30 ml (2Tbsp.)	Butter (or olive, canola oil)
250 ml (1 cup)	Leeks, finely minced
5 ml (1 tsp.)	Fish stock concentrate
60 ml (1/4 cup)	Plain yogurt
1 ml (1/4 tsp.)	Salt
1 ml (1/4 tsp.)	Ground black pepper
1 ml (1/4 tsp.)	Tarragon
1	Lemon, in wedges

Preparation:

Trim trout fillets. Melt butter or heat oil in a thick pan. Fry fillets in hot fat over medium heat. Remove from heat and keep warm.

Sauce:

Dilute fish concentrate in boiling water. Cook leeks in boiling stock for about 5 minutes. Blend leek mixture in electric blender. Add rest of ingredients and pour sauce in plates. Top with fillets. Garnish with lemon wedges. Serve with rice and asparagus.

4 servings



* Source: IGA. Web site: <http://www.iga.net/cyberconseiller/fr/recettes> (special authorization)



Atlantic oyster

Huître américaine

Crassostrea virginica

Nutritive value of Atlantic oyster for edible serving of 180 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		16	29
Vitamin D (IU)		nd	
Iron (mg)		6,48	46
Zinc (mg)		265	>100
Selenium (mg)		0,07	>100
Iodine (mg)		0,25	>100
Sodium (mg)		684	29
Potassium (mg)		342	10
Omega-3 fatty acids (EPA+DHA) (mg)		432	66
Total fatty acids (g)		1,2	2
Saturated fatty acids (g)		0,3	2
Cholesterol (mg)		61	20



Features and organoleptic qualities:

From time immemorial, oysters have been a prized food over the world. Moreover, the oyster, gathered especially in fall, is the star of banquets and oysters tasting parties during this season. Oysters bought in fisheries are farming oysters (ostriculture) coming from the Gulf of St. Lawrence. In Quebec, we eat principally the Malpeque or Caraquet oyster, the Malpeque one being more salted than the Caraquet one. They are generally sold fresh in their shells. We can prepare them in soup, sauce or in pâté, serve them fried or smoked but the connoisseurs will prefer them raw in their shells.

Lightly breaded oyster with tartar sauce*

Ingredients:

24-32

250 ml (1 cup)
15 ml (1 tbsp.)

To taste
45 ml (3 tbsp.)

Tartar sauce:

125 ml (1/2 cup)
60 ml (4 tbsp.)
15 ml (1 tbsp.)
15 ml (1 tbsp.)
45 ml (3 tbsp.)
15 ml (1 tbsp.)
Pinch

Fresh oysters
(about 6-8 oysters per person)
Breadcrumbs
Parsley or chives,
finely chopped
Salt and pepper
Olive or canola oil

Mayonnaise
Plain yogurt
Parsley or chives
Lemon juice
Pickles, chopped
Capers (optional)
Paprika

Preparation:

Pat oysters dry. Mix breadcrumbs, parsley, salt and pepper. Roll oysters in breadcrumb mixture. In a large frying pan, heat oil; add the oysters and heat over medium heat. Turn oysters over with a fork. Cook for 2 minutes. Serve with a tartar sauce.

4 servings



* Source: Carole Blanchet, Québec



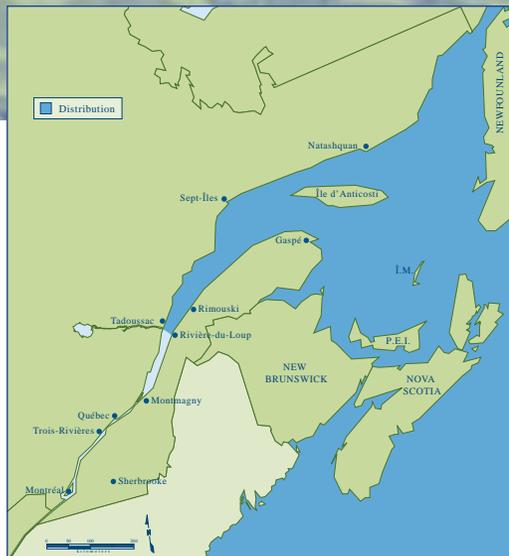
Blue mussel

Moule bleue

Mytilus edulis

Nutritive value of blue mussel for edible serving of 180 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		18	32
Vitamin D (IU)		95	48
Iron (mg)		2,88	21
Zinc (mg)		2,72	30
Selenium (mg)		0,07	>100
Iodine (mg)		0,25	>100
Sodium (mg)		936	39
Potassium (mg)		360	10
Omega-3 fatty acids (EPA+DHA) (mg)		782	>100
Total fatty acids (g)		2,2	3
Saturated fatty acids (g)		0,5	3
Cholesterol (mg)		76	25



Features and organoleptic qualities:

Blue mussels that are sold in supermarkets or fisheries are farmed (mytiliculture). The adult mussel flesh is orange-coloured whereas the young one is whitish. Blue mussels are sold fresh, smoked, canned or marinated. The fresh ones can be preserved about 24 hours. We can prepare them steamed, in a sauce or court bouillon (like poulette or marinière), put in a soup, or serve with pastas, etc. They are available all year long.

Mussels with garlic and tomatoes*

Ingredients:

24-32
30 ml (2 tbsp.)
3
3
15 ml (1 tbsp.)
30 ml (2 tbsp.)
125 ml (1/2 cup)

Mussels (large ones)
Butter or olive, canola oil
Large ripe tomatoes (diced)
Garlic cloves,
chopped finely
Worcestershire sauce
Tomato concentrate
Apple juice

Preparation:

Discard any mussels with cracked or broken shells. Rinse and scrub them to remove the sand and beards. Open them with a small knife. Keep just the half shell where the muscle is attached. In a large skillet, brown garlic in butter for 1 minute; add mussels, tomatoes, Worcestershire sauce, tomato concentrate and apple juice. Heat over medium heat for 2 minutes and simmer for about 5 minutes or until mussels are cooked. Serve with pieces of parmesan bread.

4 servings



* Source: Trucsmaison.com Web site: <http://recettes.qc.ca/recettes> (special authorization)



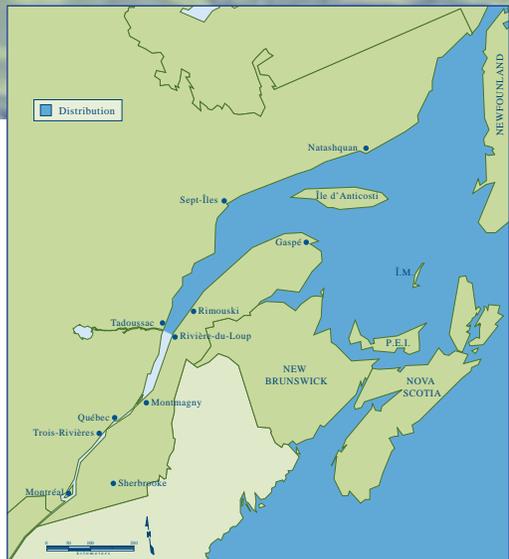
Soft-shell clam

Mye

Mya arenaria

Nutritive value of soft-shell clam for edible serving of 180 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		24	43
Vitamin D (IU)		nd	
Iron (mg)		32	>100
Zinc (mg)		1,66	18
Selenium (mg)		0,14	>100
Iodine (mg)		0,49	>100
Sodium (mg)		324	14
Potassium (mg)		450	13
N-3 fatty acids (EPA+DHA) (mg)		675	>100
Total fatty acids (g)		1,9	3
Saturated fatty acids (g)		0,5	3
Cholesterol (mg)		86	29



Features and organoleptic qualities:

The soft-shell clam hides in the sand and is easily accessible on beaches of Gaspesia, low and central North Coast. Its shell is whitish and its flesh, beige. It is mostly sold fresh in its shell although we can find it canned. Fresh, it can be steamed or poached in court bouillon. It releases a delicate sea odour that confirms it is a real fruit of the sea. It can also be grilled but be sure not to over-cook it because it will lose its organoleptic qualities.

Tasty Clam Chowder*

Ingredients:

500-750 ml (2-3 cups)	Soft-shell clams and their juice
4 slices	Turnip, diced
4	Medium potatoes, diced
1	Onion (large, chopped finely)
5 ml (1 tsp.)	Salt
15 ml (1 tbsp.)	Margarine or vegetable oil
125 ml (1/2 cup)	Condensed milk OR
250 ml (1 cup)	Milk, 2 % fat
6	Soda crackers (optional)

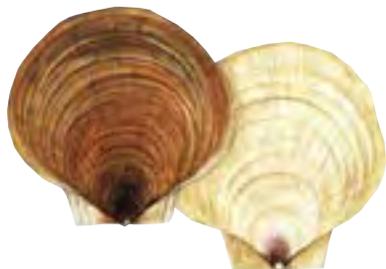
Preparation:

Cook vegetables until tender. Drain well. Brown them in margarine or vegetable oil; salt to taste. Put aside and cool for 5 minutes. Add milk, crumbled crackers and soft-shell clams. Heat without boiling for about 10 minutes.

4 servings



* Source: Ms Margaret McLean Rankin, Îles-de-la-Madeleine



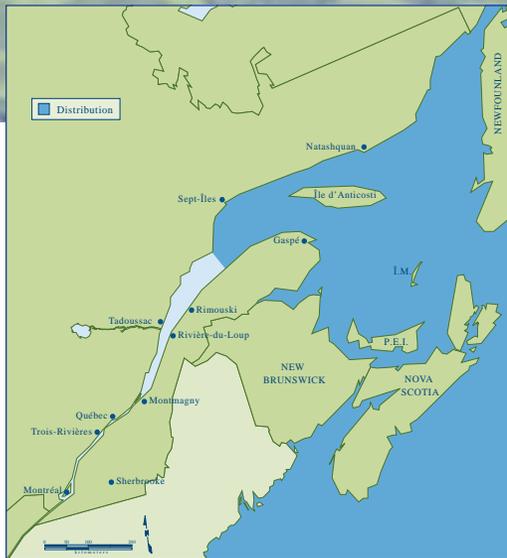
Giant scallop

Pétoncle géant

Placopecten magellanicus

Nutritive value of giant scallop for edible serving of 120 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		18	32
Vitamin D (IU)		nd	
Iron (mg)		0,29	2
Zinc (mg)		0,47	5
Selenium (mg)		0,01	20
Iodine (mg)		0,01	6
Sodium (mg)		936	39
Potassium (mg)		234	7
Omega-3 fatty acids (EPA+DHA) (mg)		296	46
Total fatty acids (g)		0,6	1
Saturated fatty acids (g)		0,2	1
Cholesterol (mg)		38	13



Features and organoleptic qualities:

This delicious bivalve of which only the white central muscle is commercialized in North America, can be eaten whole. It can be sold fresh or frozen. The scallop requires little cooking because, if overcooked, it loses its flavour and becomes hard. It is better to cook it over low heat or to add it to the preparation only at the end. Served poached, grilled, in a sauce or brochettes or in Mediterranean, Japanese, Szechwan, Madelinoise or Quebec-style, the scallop is a real treat of the sea.

Giant scallops with tarragon*

Ingredients:

454 g (1 lb)

60-90 ml (4-6 tbsp.)

45 ml (3 tbsp.)

500 ml (2 cups)

60 ml (4 tbsp.)

5 ml (1 tsp.)

5 ml (1 tsp.)

To taste

Giant scallops, fresh or frozen
(6-8 large ones per person)
Butter (or vegetable oil as olive
or canola or mixture of both)
Onion, chopped
Fresh mushrooms, sliced
White wine
Tarragon
Fresh parsley, chopped
Salt and pepper

Preparation:

Heat butter or oil over medium heat. Add tarragon, onion, and mushrooms. Stir and cook over low heat for 3 minutes. Add giant scallops and cook for 4 minutes. Add the white wine. Cook for 1 minute. Season to taste.

Serve on a bed of white rice, accompanied with steamed asparagus or fried in little olive oil.

4 servings



* Source: Ms Marie-Anne Boudreau, Petit Rocher, Nouveau-Brunswick.



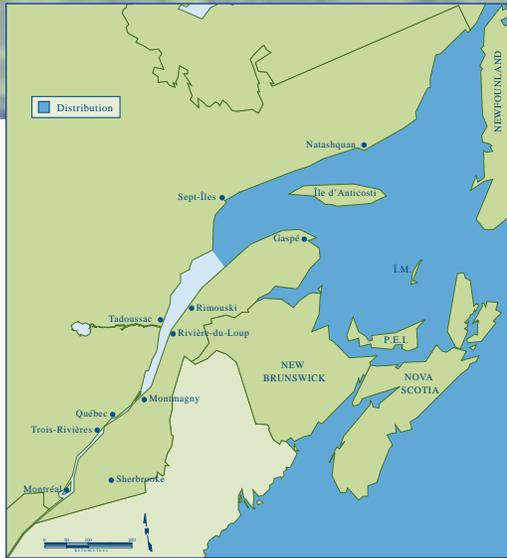
Snow crab

Crabe des neiges

Chionoecetes opilio

Nutritive value of snow crab for edible serving of 120 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		22	39
Vitamin D (IU)		Nd	
Iron (mg)		1,13	8
Zinc (mg)		5,01	56
Selenium (mg)		0,15	>100
Iodine (mg)		0,21	>100
Sodium (mg)		732	31
Potassium (mg)		348	10
Omega-3 fatty acids (EPA+DHA) (mg)		412	63
Total fatty acids (g)		0,9	1
Saturated fatty acids (g)		0,1	1
Cholesterol (mg)		79	26



Features and organoleptic qualities:

The snow crab is a member of the spider crab family and has 10 legs. Its shell is coloured light orange turning to bright orange when cooked. The snow crab is sold fresh, frozen or canned. The softness of its flesh makes it a favourite ingredient in gastronomy dishes. The most current methods of cooking it are steamed or boiled. We often use its tender and fine filament composed meat in salad, spread, dip preparations or as hors d'oeuvres.

Crab-filled Avocado (entrée)*

Ingredients:

2
250 ml (1 cup)
60 ml (1/2 cup)
30 ml (2 tbsp.)
2 ml (1/2 tsp.)
5 ml (1 tsp.)
30 ml (2 tbsp.)

15 ml (1 tbsp.)
To taste

Avocados, ripe
Snow crab meat
Mayonnaise
Plain yogurt
Dijon mustard
Lemon juice
Shallots or
fresh chives, chopped
Fresh dill
Black pepper

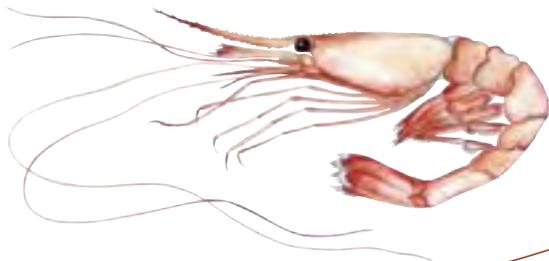
Preparation:

Cut avocados in two halves and gently remove the stone. Remove a little flesh to enlarge the opening. Set the flesh aside. Drizzle avocados with lemon juice and set aside. Stir in crab meat, the mayonnaise, plain yogurt, Dijon mustard, avocado flesh, shallots or chives, dill and pepper. Stuff avocados with this preparation. Sprinkle with paprika and garnish with a mint leaf. Garnish each plate with lettuce leaves and top with avocados. Garnish with tomato wedges and snow pea shoots.

4 servings



*Source: Adapted by Carole Blanchet, Québec



Northern shrimp

Crevette nordique

Pandalus borealis

Nutritive value of Northern shrimp for edible serving of 120 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		24	43
Vitamin D (IU)		53	27
Iron (mg)		0,17	1
Zinc (mg)		0,65	7
Selenium (mg)		0,03	60
Iodine (mg)		0,03	19
Sodium (mg)		840	35
Potassium (mg)		180	5
Omega-3 fatty acids (EPA+DHA) (mg)		141	22
Total fatty acids (g)		0,7	1
Saturated fatty acids (g)		0,3	2
Cholesterol (mg)		258	86



Features and organoleptic qualities:

The northern shrimp, also named pink shrimp, known as a good swimmer, is a crustacean with an elongated and slender body. It has a soft texture and a delicate taste; it is perfect for hors d'oeuvres and salads. It is always sold cooked with or without shell. The northern shrimp, because of its small shape, does not tolerate heat. It is better just to warm it up otherwise it will harden and lose its mild taste.

Shrimp and Rice Salad*

Ingredients:

Rice:

375 ml (11/2 cup)
30 ml (2 tbsp.)
45 ml (3 tbsp.)

750 ml (3 cups)
5 ml (1 tsp.)
2 ml (1/2 tsp.)

Brown rice
Canola oil
Leek or shallots, chopped
Chicken broth
Cumin
Saffron

Salad:

500-625 ml (2-21/2 cup)
10-12
375 ml (3/4 cup)
375 ml (3/4 cup)
375 ml (3/4 cup)

Dressing:

175 ml (3/4 cup)
90 ml (1/3 cup)
15 ml (1 tbsp.)
30 ml (2 tbsp.)
2 ml (1/2 tsp.)
30 ml (2 tbsp.)

Plain yogurt
Mayonnaise
Dijon mustard
Parsley, chopped
Pepper and paprika
Chives

Northern shrimps
Steamed blue mussels (optional)
Green peppers, diced
Yellow peppers, diced (optional)
Capers (optional)

Preparation:

In a pan, brown the leek or shallots in oil for 2 minutes. Add the broth, rice, cumin and saffron. Stir and bring to boil. Cover and simmer over low-medium heat for 20 minutes. When cooked, cool the rice. (For best results, cook it the day before). Stir in rice, shrimps, green and yellow peppers and capers. Mix all ingredients for dressing and pour over rice. Stir delicately. Place the salad in a serving dish and garnish with mussels. Keep cool until serving.

6-8 servings



*Source: Adapted by Carole Blanchet, Québec



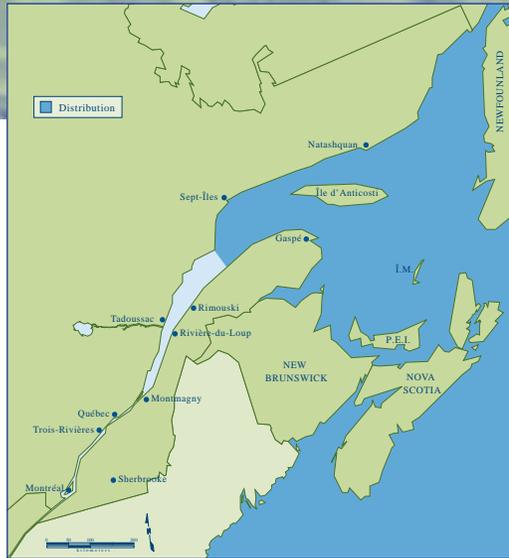
American lobster

Homard d'Amérique

Homarus americanus

Nutritive value of American lobster for edible serving of 120 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		25	45
Vitamin D (IU)		48	24
Iron (mg)		0,51	4
Zinc (mg)		3,5	39
Selenium (mg)		0,10	>100
Iodine (mg)		0,93	>100
Sodium (mg)		408	17
Potassium (mg)		348	10
Omega-3 fatty acids (EPA+DHA) (mg)		399	61
Total fatty acids (g)		1,1	2
Saturated fatty acids (g)		0,2	1
Cholesterol (mg)		171	57



Features and organoleptic qualities:

Often called the "King of seafood", the American lobster is available from May to June. It is also at this time of the year that the lobster lovers give parties to taste its delicious meat. The lobster shell ranges in colour from greenish-brown turning bright orangey-red when cooked, heat working on carotene pigments. It is sold fresh/live, freshly cooked, frozen and canned. It is more often consumed boiled in water, steamed or grilled. It can be introduced in hot cooking preparations such as bisques, sauces (pasta, patty shells), paellas, and cold dishes such as salads, hors d'oeuvres and stuffing. Lobster liver (hepatopancreas) and eggs (caviar) are greatly appreciated by connoisseurs as well.

Stuffed Lobster Tails*

Ingredients:

6	Lobster tails, cooked (keep shells)
60 ml (4 tbsp.)	Butter
125 ml (1/2 cup)	Onions, minced
500 ml (2 cups)	Mushrooms, minced
2 ml (1/2 tsp.)	Salt
2 ml (1/2 tsp.)	Pepper
15 ml (1 tbsp.)	Lemon juice
45 ml (3 tbsp.)	Butter
45 ml (3 tbsp.)	Flour
250 ml (1 cup)	Milk, hot
2	Egg yolks
2 ml (1/2 tsp.)	Ground mustard
60 ml (1/4 cup)	White wine
45 ml (3 tbsp.)	Breadcrumbs
125 ml (1/2 cup)	Gruyere cheese, grated

Preparation:

Brown onions in butter. Add mushrooms and lobster tails. Season to taste. Remove from heat and add lemon juice. Set aside. Melt butter and add flour. Add milk a little at a time. Heat for 10 minutes, whisking constantly. Beat egg yolks with the ground mustard and wine. Add to the sauce. Add the vegetable and lobster mixture. Mix well. Stuff each shell with this mixture. Sprinkle with breadcrumbs and cheese. Cover with foil and cook in the oven at 350 °F for 20 minutes. Serve with pilaf rice, asparagus or fiddleheads.

Hoping to bring you to the Islands!

3-6 servings



* Source: *Cuisinons avec les Fermières des Îles-de-la-Madeleine*, 2002 Edition. (special authorization)



Sea cucumber

Concombre de mer

Cucumaria frondosa

Nutritive value of sea cucumber for edible serving of 120 grams

Nutrient	Health symbol	Content	% DV
Protein (g)		24	43
Vitamin D (IU)		nd	
Iron (mg)		0,8	6
Zinc (mg)		1,4	16
Selenium (mg)		0,07	>100
Iodine (mg)		2,3	>100
Sodium (mg)		36	2
Potassium (mg)		257	7
Omega-3 fatty acids (EPA+DHA) (mg)		228	35
Total fatty acids (g)		0,8	1
Saturated fatty acids (g)		0,1	0,5
Cholesterol (mg)		0,4	0,1



Features and organoleptic qualities:

Sea cucumber is a member of the echinozoarius family or starfish. Its cucumber-shaped body is flabby and very fleshy. Its envelope or external part is dark brown while its internal muscles are orangey. Its weight varies from 350 to 600 g and it can reach a length of 35 cm. In Gaspesia, the sea cucumber is dried to preserve it. It just has to be rehydrated before consuming it.

Sea Cucumber with Vegetables*

Ingredients:

180 g (6 oz)	Sea cucumber muscle
500 ml (2 cups)	Chinese cabbage
250 ml (1 cup)	Broccoli florets
250 ml (1 cup)	Green pepper, minced
125 ml (1/2 cup)	Leek, minced
2 slices	Ginger root
60 ml (4 tbsp.)	Almonds, minced
To taste	Salt and pepper
60 ml (4 tbsp.)	Olive oil
45 ml (3 tbsp.)	Soya sauce

Preparation:

In a wok, brown the ginger in oil. Add vegetables one by one (depending on cooking time) and sauté. Remove from wok. Stir-fry the sea cucumber muscle for 2-3 minutes. Add stir-fried vegetables. Season with salt and pepper and serve with basmati or jasmine rice.

4 servings



* Source: Ms Monette Dion, Sainte-Anne-des-Monts (special authorization)

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Simopoulos, A., Leaf A., Salem N. Essentiality of recommended dietary intakes for omega-6 and omega-3 fatty acids. Ann Nutr Metab 1999; 43: 127-130

Web sites

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- <http://www.hc-sc.gc.ca/english/protection/warnings/2001/2001-60E.htm>

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La Plongée Magazine: <http://diablesdemers.qc.ca/faune-et-flore>

Source of illustrations

1. Société de la Faune et des Parcs du Québec, gouvernement du Québec

- Illustrations of American shad, brown bullhead, walleye, rainbow smelt, burbot, yellow perch, Atlantic tomcod, Atlantic salmon, rainbow trout;

These illustrations were made by: Eugène Klinoff, Germaine A. Bernier-Boulanger and Michel Poirier, La Grande Encyclopédie de la Pêche.

2. Fisheries and Oceans Canada, Government of Canada

- Illustrations of Atlantic mackerel, deepwater redfish and American eel;
These illustrations were made by Brenda Guild Gillepsie.
- Illustration of Atlantic cod;
This illustration was made by ACART Communications Inc.

3. La Faune sous-marine du Saint-Laurent by Pierre-Henri Fontaine, Éditions MultiMondes, 1999.

- Illustrations of Atlantic oyster, blue mussel, soft-shell clam, giant scallop, snow crab, northern shrimp, American lobster and sea cucumber;

These photographs were taken by Mr Pierre-Henri Fontaine.

4. Scott WB, Scott MG. 1988. Atlantic fishes of Canada. Canadian Bulletin of Fisheries and Aquatic Sciences, 219: 731 p.

- Illustrations of haddock, Atlantic halibut, Greenland halibut, silver hake, and American plaice.

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The St. Lawrence Food Guide will be available on the St. Lawrence Vision 2000 web site sometime in 2003: <http://www.slv2000.qc.ca>