a mosaic of flavours
We would like to welcome you to Canada. We recognize that moving to a new country means adapting to a new lifestyle, which includes unfamiliar foods. Since food is often a comfort for most of us, we want to help you learn about some of British Columbia’s best locally grown seafood and fish that can help you lead a healthy life.

To make things a bit easier for you, we have partnered with the BC Salmon Farmers Association to create a healthy eating resource guide, which also provides some easy recipes by some of Vancouver’s local chefs.

This project is supported by the BC Government’s Buy Local Program; delivered by the Investment Agriculture Foundation of BC with funding from the BC Ministry of Agriculture.
Healthy Eating Basics

Based on Health Canada’s Food Guide, the Heart and Stroke Foundation advocates eating a balanced diet of quality, fibre-rich carbohydrates combined with protein and good fats.

- About 20-35% of total daily calories should come from quality unsaturated fat sources high in Omega-3s, such as oily fish, avocados, flaxseed, certain vegetable oils, nuts and seeds.
- Eat a minimum of 2 x 75g servings of oily fish (such as salmon) each week.
- In addition to oily fish and other seafood, eat a variety of protein sources such as beans, lentils and lean meat.
- Eat an assortment of vegetables and fruit every day, including a dark green vegetable (such as broccoli, asparagus, romaine lettuce or spinach) and one orange vegetable (such as carrots, sweet potatoes or winter squash).
- Incorporate whole grains (such as brown rice, barley, quinoa or oatmeal) into your daily meals.
- Consume various dairy products every day, including lower fat milk or milk alternatives.

Following the guidelines set out by Health Canada (http://bit.ly/CFG_pdf), which includes regular exercise, you will be well on your way to staying healthy for many years to come!

More information can also be found on www.hc-sc.gc.ca.

Locally Grown Seafood and Fish in B.C.

There has been a shift in North America towards healthier eating patterns, which includes increased consumption of seafood and fish. In British Columbia we’re very fortunate to have a vibrant aquaculture industry to provide a variety of locally grown seafood (mussels, clams, oysters, scallops) and fish (salmon, sablefish, trout, tilapia) – all of which are considered to be large part of the West Coast diet in the province.

Aquaculture helps to bridge the gap between the limited wild resources and the demand of the growing population. As the appetite for fresh, local, healthy protein continues to grow, so does the province’s aquaculture industry.

Using leading technology and stringent practices, B.C.’s aquaculture industry continues to thrive, producing fresh seafood and fish all year round.
Buying local seafood and fish

When buying fresh (not frozen) seafood and fish, look for a shop that keeps their products cold, well iced, and frequently restocks. The products should have a fresh mild smell, like seawater, rather than a strong "fishy" smell.

Since shellfish are alive, the shells should be closed, free from cracks and appear moist. If the shellfish is shucked, the meat should be plump and covered in a clear or slightly milky liquid without any shell or grit.

For salmon steaks and fillets, look for firm, elastic flesh and a mild aroma. For whole salmon, and other fish, look for clean, glistening skin, clear eyes, pink/red gills, firm flesh that springs back when pressed, and a mild aroma.

Fresh B.C. seafood can be purchased at most local grocery stores. B.C.'s farm-raised salmon can be purchased at many retailers, including T&T Market, Costco, Real Canadian Superstore, Extra Foods, and Safeway.

Once purchased, place all seafood and fish in the coldest part of your fridge, as soon as possible, and keep away from other foods to prevent contamination from bacteria. Cook it within two days to ensure freshness.

B.C.'s Superfood – Good for the Body!
Salmon is one of nature's superfoods. This tasty food packs in protein, Omega-3 essential fatty acids, antioxidants, vitamins A, a range of B vitamins, D, E, and B-carotene, zinc, iron, copper, manganese and selenium, as well as calcium, phosphorus, potassium and sodium – all of which are vital to a healthy balanced diet. What does all this mean? Although you get numerous benefits from just one serving of salmon, for maximum health benefits Health Canada's Food Guide recommends eating at least 2 x 75g servings of salmon each week.

Dr. Manjeet Mann, Department Head Cardiology / Executive Medical Director of Heart Health for Island Health, encourages everyone – especially those in the South Asian communities – to eat more oily fish in order to mitigate cardiac disease and remain healthy.

“There is a high prevalence of heart-related disease in the South Asian population in British Columbia, which is caused by several factors including genetics, lifestyle choices, and diet,” said Dr. Mann. “Along with regular exercise, eating a balanced diet that includes oily fish – such as farm-raised or wild salmon, sardines or mackerel – twice per week can help reduce and/or delay the onset of heart disease.”

B.C.'s locally grown fish and seafood is healthy, fresh and affordable. Best of all, it's easy to cook at home. To get you started we're providing some delicious recipes from local chefs for you to experiment with.
Pan Roasted Salmon with Quinoa Salad

Ingredients:
- 3 salmon fillets (6 ounces each)
- Quinoa Salad – divided into three portions (recipe included)
- ¼ cup arugula – divided into three portions (optional)
- Salt and black pepper to taste

Method:
1. Heat the oven to 400 degrees F with a rack placed in the middle.
2. Pat the salmon dry with a paper towel, drizzle some olive oil over the top of the salmon – just enough to coat the salmon – sprinkle the salmon with salt and pepper. Pre-heat the frying pan and place the salmon for 1 minute on each side and then transfer it to the oven.
3. Roasting time depends on the thickness of your salmon, for every half-inch of salmon, roast 4 – 6 minutes. Note: 4 minutes will give you salmon that is still a touch rare; 6 minutes will thoroughly cook it.
4. Place arugula on the plate and then add the Quinoa Salad and salmon on top. Optional: garnish with sliced radish, micro greens and edible flowers.

Quinoa Salad:
- ½ cup quinoa
- ¼ cup red Vidalia onion
- 1 orange
- ¼ cup dried cranberries
- 1 avocado
- 1 cup black beans
- 1 cup pomegranate seeds
- 1 cup corn kernels
- 2 tablespoons olive oil
- 2 tablespoons crushed almonds
- ¼ cup cilantro
- 1 teaspoon seasoning salt

Vinaigrette
- ¼ cup lime juice
- 2 limes (zest only)
- 2 cloves garlic
- ¼ cup olive oil
- 1 teaspoon seasoning salt

Method
1. Wash the quinoa under cold running water in a fine strainer and drain well.
2. Combine the water, olive oil and lemon juice. Stir in the quinoa and bring the mixture to a boil over medium heat. Then cover and reduce the heat to low. Cook the quinoa for about 15 minutes until the grains are translucent, tender, and the germ has spiraled out from the grain.
3. Remove from heat and drain any remaining liquid.
4. Stir quinoa with other ingredients and set aside.
5. Mix ingredients for vinaigrette and stir into the quinoa salad.

Healthy habits
As an excellent source of selenium and vitamins B6 and B12, salmon boosts your immune system and improves your energy.
Chef Seungmin Han has worked his way up the ranks in the Canadian restaurant industry where he was fortunate to study under some of the best chefs. The more he learned about world cuisines, the more he wanted to reinvent his Korean dishes in a whole new way.

When he creates he always starts with his favourite childhood foods in mind. He then incorporates his intense French and Japanese training, and finishes with his own creative flair. Chef Han’s style of cooking can be time consuming and complex, or it could be as simple as 1, 2, 3.

Local meat, seafood, fish, and produce can be used to recreate dishes every Korean family eats in their own homes.

“Atlantic salmon is easy to work with, and the flavour works well in Asian dishes, which requires the freshest fish possible.”

In addition to salmon, Chef Han uses a variety of local seafood, such as mussels. Try cooking a batch of his heart-healthy soup recipe.

Mussel Soup

Ingredients:
• 30 to 40 fresh mussels
• 1 tablespoon sake or white wine
• ⅓ cup green onions
• 1 tablespoon minced garlic
• 1 finely diced jalapeño
• Salt to taste
• Enough water to cover the mussels

Method:
1. Place everything in a large pot and bring to a gentle simmer, remove from the heat immediately.
2. Discard any unopened mussels and serve in deep soup bowls.

A healthy serving
Mussels, and other shellfish, are a great source of dietary minerals and Vitamin B12, which is essential for maintaining nerve fibers and making red blood cells.
Sesame Seared Salmon with Coconut Sauce

Ingredients:
• 2 salmon fillets (6 ounces each)
• ½ cup mustard oil
• Salt to taste
• ½ tablespoon cumin powder
• 1 teaspoon lemon juice
• Coconut Sauce (recipe included)
• 1 ½ cups Basmati rice
• 1 teaspoons black and white sesame seeds

Coconut Sauce:
• ¼ cup Mustard Oil or Coconut oil
• 1 tablespoon cumin seeds
• 5 cardamom pods
• 1 Spanish onion, chopped
• ¼ cup ginger garlic paste
• 2 teaspoons chili powder
• Pinch of turmeric
• Salt to taste
• 2 medium-sized ripe Roma tomatoes
• 2 tablespoons coconut milk
• 2 tablespoons plain yogurt
• 5 stems fresh cilantro, chopped

Method:
1. Marinate Salmon Fillet in Mustard oil with salt, cumin powder, lemon juice. Set aside for 1 hour.
2. When the salmon is fully marinated, heat a saucepan with small amount of mustard oil and gently place the salmon fillet on the pan and sear it for 1 minute. Flip salmon onto other side and cook it on slow heat for 1 minute. Cover pan so moisture stays in.
3. For the sauce, take a heavy bottom pan and add mustard oil or coconut oil, cumin seeds and cardamom pods, then heat until they start cracking. Add chopped onion, and sauté until golden brown. Add ginger garlic paste, chili powder, turmeric, salt and chopped tomatoes. Cook and blend well, then add coconut milk and yogurt – continuing to cook to a boil, while blending to a smooth gravy consistency. To finish making the sauce, stir in fresh chopped cilantro and remove from heat.
4. Boil water and add a tablespoon of salt, a pinch of turmeric, and Basmati rice. Cook for 10 minutes until rice is tender, then strain any additional water.
5. To assemble, place rice on each plate, with the salmon next to it, sprinkling the sesame on top of the salmon. For the sauce, spoon into a dish and serve on the side.

Chef Siddharth Choudhary began his culinary career in New Delhi, India after ruling out a couple of other career options. He was looking for something that would be challenging and offer him the opportunity to showcase his creative side.

After completing his apprenticeship he found himself looking for a new challenge so he headed to Dublin, Ireland. As a young chef he had the opportunity to work in a variety of countries, including Switzerland, London, Singapore, and Malaysia before moving to Canada at the end on 2008.

Chef Siddharth has a healthy style of cooking that enhances natural flavours. He makes his food from fresh natural ingredients using natural oils, such as mustard oil or coconut oil.

“My method is a traditional home style of cooking with a modern presentation. Nature gives us a lot of different options for ingredients. We can bring them together and come up with a fine product that not only tastes delicious, but is also healthy and looks great. One of the secrets to great taste is the amalgamation of the different spices – they must be blended together in way that fuses the flavours.”

A healthy table
Salmon contains Vitamins A and D, which function as a great natural anti-depressant.
Layered Salmon Cocktail

Ingredients:
- Seasoned Rice Salad with dressing mix (recipe included)
- 1 piece Nori leaf – cut into 2” strips & Julienne
- Cucumber Salad (recipe included)
- 1½ lbs cooked or candied salmon, cut into cubes

Method:
1. To create the layers, spoon the seasoned rice salad generously into cups, then add some of the Nori leaf strips, followed by the cucumber salad. Top with diced cooked or candied salmon and drizzle some reserved dressing over the fish.

Seasoned Rice Salad:
- 4 cups cooked rice of your choice
- Seasoning Mix:
  - 3 tbsp rice vinegar
  - 3 tbsp water
  - 2½ tbsp soya sauce
  - 4½ tbsp sugar

Method
1. Whisk together seasoning ingredients in bowl and let ingredients stand for 20 minutes, mixing occasionally.
2. Cook rice to taste and sprinkle half of the dressing into rice. Mix quickly.
3. Reserve other half of the dressing for the assembly stage.

Cucumber Topping:
- ½ English cucumber

Method
1. Leaving the skin on the cucumber, cut sheets from outside the cucumber, careful not to use the seed. Dice. Season to taste.

Health check
Sometimes called nature’s heart medicines, Omega-3s help repair heart damage and strengthen heart muscles. They can also raise your good cholesterol while lowering the bad cholesterol, and reduce the risk of stroke, Alzheimer’s and certain autoimmune diseases.

Chef David Ryan began his cooking career in 1984, long before it was the thing to do. He currently holds multiple trophies and gold medals, and he’s also one of the few two-time world champion and holder of an Olympic Grand Gold medal (the highest recognition in a world national culinary competition).

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Tianping Prawns and Scallops

Ingredients:
- 8 large scallops
- 12 large prawns
- 1 teaspoon oil
- 2 cups light coconut milk
- 1 tablespoon Thai chili paste*
- 1 tablespoon fish sauce
- 1 lime, squeezed
- 1 cup green bell peppers, thinly sliced
- ½ cup green onions, julienned
- ½ teaspoon minced ginger
- 1 cup Vietnamese basil, finely chopped
- Salt and pepper to taste
*Note: If Thai chili paste is unavailable, use 1 tablespoon of Sriracha sauce and increase the fish sauce to 1 1/2 tablespoons.

Method:
1. Pour the coconut milk, chili paste, lime juice, and fish sauce into a large pan and simmer down to a light-cream-soup-base consistency.
2. Add the bell peppers and prawns and simmer for 5 minutes. Add the green onions, give it a quick stir and remove the pan from the heat. Set aside.
3. Rub the oil into a heavy bottomed pan, heat, and quickly sear the scallops on both sides.
4. Transfer the scallops to the sauce, spoon sauce over the scallops and sprinkle with ribbons of basil.
5. Serve with any kind of light starch, on its own, or with a green salad.

Fresh facts
Scallops are high in Omega-3s and a great source of vitamin B12, potassium and magnesium. In addition, they’re more than 80% protein, making them a great heart healthy option.
Mirin Soy Glazed Salmon on Coconut Rice

Ingredients:
- 6oz salmon fillet
- Coconut rice (recipe below)
- ¼ cup Mirin vinegar
- ¼ cup Maggi (Filipino soy sauce)
- 1 tablespoon brown sugar
- ¼ cup lemon juice
- ½ teaspoon chili flakes
- ¼ avocado
- ½ teaspoon sesame seeds (black or white)

Coconut Rice:
- 1¼ can coconut milk
- 1¼ cups water
- 1 teaspoon white sugar
- 1½ cups jasmine rice
- ½ teaspoon salt

Method:
1. Whisk together vinegar, soy sauce, brown sugar, lemon juice and chili flakes in a bowl until everything is incorporated.
2. Drizzle a small amount of cooking oil in a medium heatproof pan at a moderate heat.
3. Pan-fry the salmon fillet, one side first for about 2 minutes until golden brown and then repeat for the other side. Remove pan from the heat and pour some sauce on the pan. Salmon must be one-third submerged.
4. Finish the cooking process in the oven at 350 degrees for about 6-8 minutes. Make sure the pan is heat proof as some pan handles are plastic coated or rubber coated.
5. When Salmon is ready, pull out from the oven and assemble the dish. Slice up the avocado and fan it on top of the rice. Lay the Salmon on top and pour a couple tablespoons of sauce around the salmon and rice; take the sauce from the pan and pour over the fish. Garnish with a thin slice of lemon or orange wedges, cilantro leaf and sprinkle of sesame seeds.
6. Serve with any green vegetables, traditionally bokchoy or river spinach.

Keeping it healthy
The bioactive peptide calcitonin, which is found in salmon, has been shown to be beneficial in the treatment of osteoarthritis and other inflammatory joint conditions.