



SEA

GUIDE

ti si que es UN ~
B'peixe



UNIÓN EUROPEA
FONDO EUROPEO MARÍTIMO
E DE PESCA (FEMP)



XUNTA
DE GALICIA



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The sea is an element that defines and characterizes a good part of the **wealth of our land, it is a very precious source of resources**, because around it a strategic primary sector is configured at an economic, social and also cultural level.

Hence the importance of our **being aware of this unique treasure that our land offers us**, because assuming and being clear about the privilege we have of having the resources that it provides us, is the best weapon to take care of and defend it.

It is the best way to build the future. A future that goes through continuing to fish and shellfish, knowing how to sell and **add value to our fish and shellfish**, and knowing how to spread their quality across our borders.

This is a small guide for families to encourage you to bring **fresh fish and Galician seafood to your tables more often**.

Here we explain the **many advantages of consuming the products of our sea**. Advantages for our marine ecosystems. Advantages for professionals who, directly or indirectly, depend on your resources. And advantages, above all, for those who consume them at home.



1. YOU REALLY ARE A GOOD FISH

“You really are a good fish” is a program created by the Consellería do Mar with the dual objective of facilitating the knowledge and consumption of fresh seafood from Galicia among the girls and boys of our community and of influencing and balancing their diets.

Its recipients are the schoolchildren of **Early Childhood Education, Primary Education, Secondary Education** and their teachers.

The program has two lines of action:

On the one hand, a **workshop** that goes through centers of our community with different activities that make known the healthy aspects of the consumption of seafood.

And on the other hand, **excursions** to different marine locations where they know first-hand this wonderful world of the sea and can taste some of said products.



The program “You really are a good fish” has **Uxia the Biologist, Roque the fishmonger** and of course **PeIX, the good fish**.

Our protagonists discover through experiments, food tests and relationships with the people of the world of the sea and its products, multiple advantages of the balanced consumption of these. They focus mainly on **9 different species** of the marine world that, thanks to their nutritional properties, have a great positive effect on our body.

Thanks to the history of these characters, the 9 species treated, and the activities carried out, the program “You really are a good fish” is an informative contribution tool of great importance for the educational sector and for the families that constitute it.



2. SUSTAINABLE USE OF THE SEA

The traditional fishing of Galicia is based on the conservation of the resources of the sea. When you buy fish or shellfish from artisanal fishing, you support families that, directly or indirectly, live off a centuries-old tradition.

The last decades, however, brought important changes for this sector.

On one hand, it is currently increasingly common to find frozen seafood from other parts of the world in our markets.

On the other hand, multiple technologies make it possible to make the most of the fishing grounds, to the point of exhausting them.

Third, and as a consequence of this, society as a whole, including consumers, the sector and the Administration, know that the only possible use of these resources is based on sustainability. That is, on the principle that future generations have the same resources as us.

Galician fishing is firmly committed to sustainability. That is why consuming fresh fish from artisanal fishing is betting on the present and the future.



3. PROFESSIONALS OF THE SEA

Undoubtedly, the greatest value of the Galician sea resides in the people who have their livelihood there. Whoever goes down to the beach every day to harvest shellfish, who sees the floating rafts or who goes out between the tips of the pier to seek the best of our sea are the protagonists of a story of sacrifice and work that makes Galicia a leading region in this matter worldwide.

Almost 40,000 Galicians today work directly in fishing and shellfish activities, and approximately 117,000 (around 10% of the population) do so in activities that depend directly on it: transport, canning industry, etc.

We must not forget that in these people the most important thing of our future as a fishing community is kept: the know-how. That knowledge is what keeps the soul of permanence of our fishing, our shellfish or our aquaculture.

Because of this importance of the sector, a notable proportion of the research effort in Galicia is dedicated to the study of fishery resources, with more than ten marine research centers spread along the coast.

Every time you consume fresh fish from artisanal fishing, you become a fundamental part of this process, which could not exist without you.



4. WHAT CAN YOU DO

The resources of the sea, like those of the planet in general, belong to everyone. And this “everyone” includes the citizens of the future.

Sustainability is the only possible formula to consume them without finishing the resources little by little.

In this formula, your role as a consumer is very important. Because even if you are not a fisherman or shellfish gatherer, transporter or seller, or work in a cannery, in the end it is you who decides whether or not to consume fish or shellfish, depending on their size, origin or form of exploitation.

It is you who chooses if you go sightseeing to coasts where urbanism takes the place of nature. Or if you support the campaigns of the marine protection organizations ... Or, above all, it is you who chooses if you study and train yourself to understand more and better these and many other problems of our planet, and this way be able, in the future, to imagine new solutions.



Of course, you also bet on your immediate future. On your physical and psychological well-being and that of your family. On the development of the little ones.

And it is that the fresh products of the sea are some of the best foods that exist. Take a look, to put just 9 examples, at the multiple nutritional virtues of the fish and shellfish that Uxía, Roque and PeiX investigate...



5. RECIPE BOOK OF THE SEA

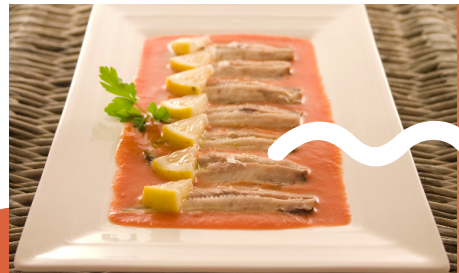
1. FRESH SARDINES

INGREDIENTS (for 4 people)

- 1 kg of clean sardines without spines
- Salt and lemon
- ½ fresh onion
- Extra virgin olive oil
- 2 large red tomatoes
- ¼ of red pepper
- Flaked sea salt
- A dash of sherry vinegar

PREPARATION:

1. Boil the tomatoes in water for a few seconds and pass them in cold water so that they can be easily removed from the skin. Remove excess water.
2. Let's make a kind of "salmorejo", but it has to be thick, so it's best if the tomato is well dried. In a whisk, toss the onion and pepper and beat on high speed. When well crushed, add the extra virgin olive oil, vinegar and salt to taste, stir gently and set aside in the fridge.
3. Clean the sardines by removing the intestines, head and central spine, leaving only the loins, if we do not have them already cleaned from the fishmonger.
4. Preheat the oven to 220°C.
5. On the baking tray, place a sheet of kitchen paper. Place the sardines and top with a few drops of lemon in each and a little flaked salt. Add a little olive oil on top of each loin. Cover with another parchment paper so they don't dry out.
6. Put them in the oven and in about 8 minutes they are ready: they are done and on time. This way they also don't leave us smelling when cooking them.
7. Place the cold tomato sauce on a plate as a base, and top the sardine loins as soon as they come out of the oven.
8. Garnish with a little parsley and lemon.



2. FISHING BURGERS

INGREDIENTS (for 4 people)

- 350 gr of clean hake, without thorns
- Extra virgin olive oil
- ¼ tablespoon sweet pepper powder
- 5 mL of lemon juice
- 1 large egg yolk
- ¼ tablespoon granulated garlic
- 1 tablespoon fresh parsley
- Black pepper to taste
- Chickpea flour, which needs
- 1 medium onion



PREPARATION:

1. We start by chopping the onion and passing it in the pan with a little oil and simmer until tender. We reserve it until it cools.
2. We clean the fish of pimples and skin, if we don't already have it cleaned from the fishmonger's, for which it would be better to cook it for 10 minutes and undo it afterwards.
3. In a bowl, place the shredded hake and add the powdered pepper with the lemon juice, ground pepper and mix well with the egg yolk, parsley and finely chopped onion.
4. We give it a ball shape to see the consistency and if necessary we can throw the amount we need of chickpea flour until it has the right shape.
5. To form a burger, we crush the ball by hand and put it on the grill or in a frying pan over medium heat to fry with a little oil.
6. Depending on how big we want them to be, more or less portions will come out, and depending on how thick we make them, we will need more or less time for them to be well cooked. As soon as one side is done, we will turn it over with a spatula.

Accompanied by lettuce, tomato, cheese or avocado, grilled onion and a loaf of whole-meal bread would be a good healthy recipe.



3. COATED MONKFISH SNACKS

INGREDIENTS (for 4 people)

- 500 gr of frogfish without spine
- 2 eggs
- 1 cup extra virgin olive oil
- 2 cloves garlic
- 200 gr of grated wholemeal bread
- 1 pinch of salt
- A few chopped parsley leaves



PREPARATION:

1. We cut the fish into strips or dice, as we prefer, and add salt. We can also season with peppers or other spices to taste. We chop the garlic, better if we remove the germ, with the parsley and mix it with the breadcrumbs.
2. Beat the eggs in a separate bowl and heat the oven to 200°C.
3. We pass the fish through the breadcrumbs, then through the egg and again through the breadcrumbs, taking care that it is always well wet and breaded everywhere.
4. In an ovenproof dish, we put a paper towel and place the pieces of fish. This way we avoid frying and the fish is oily. We can give each piece with a brush soaked in oil to enhance the golden finish.
5. Depending on how big the pieces of fish are, it will have to be more or less long, but from 10 minutes onwards it should be checked that it does not overcook, as it should not stay dry inside.

As an accompaniment, we can put chickpea hummus with pepper as a sauce and wet the fish as if they were “fingers”, better than putting mayonnaise or cheese sauce or yogurt.



4. SEA BASS WITH BEANS AND MINT

INGREDIENTS (for 4 people)

- 4 sea bass or 2 clean sea bass
- 1 onion
- 400 gr of fresh tender beans
- ½ lemon
- 2 tablespoons chopped mint
- Extra virgin olive oil
- Salt



PREPARATION:

1. We chop the onion and put it in a pan with salt and beans over low heat for about 20 minutes with a little oil. We check in one that is large that they are already tender, if we do not continue to let them be done.
2. Quecemos o forno a 180°C e colocamos na bandexa as robalizas salgándolas e ou ben lle engadimos unhas gotiñas de limón ou lle poñemos unhas rodiñas enriba e engadimos, ou pintamos cun pincel mollado, aceite polo corpo do peixe. Deixámo-las 15 minutos, dependendo do tamaño.
3. We add the mint to the beans when they are already done. We removed them from the heat and covered them.
4. We place on the plate or source the pieces of sea bass meat, removing the spines and lemon zest. We add the hot beans on top, covering each piece of fish.



5. PASTA WITH SOLE

INGREDIENTS (for 4 people)

300 gr of wholemeal pasta
1 clam
4 small sole
3 squid
1 bay leaf
1 clove garlic
½ onion and salt
Thyme, black pepper and rosemary
Extra virgin olive oil
Grated Arzúa cheese



PREPARACIÓN:

1. We boil the sole with water for 15 minutes in the sole with the bay leaf, thyme and rosemary to taste. We drain and clean by removing the skin and pimples. We reserved the broth.
2. We unwrap the sole meat in a bowl and set aside.
3. We finely chop the garlic and onion and put them in a saucepan with a little oil to sauté over medium heat. When they are tender, add the broth to cook the sole and pour the wholemeal macaroni. We check its cooking for 12 minutes. We keep it aside.
4. We take the leftover water from cooking the pasta and add the clams and squid to cook them, as soon as they are, we add the fish and we pass the whisk so that it is a thick sauce, being able to add black pepper to taste.
5. In a deep dish or saucepan, we will place the macaroni, pour the sauce and add the grated cheese and au gratin in the oven for 10 minutes at 180 °C.



6. BROTHY RICE WITH BARNACLES

INGREDIENTS (for 4 people)

- 3 tablespoons extra virgin olive oil
- 2 cloves garlic
- 100 gr of chopped onion
- 100 gr of chopped red pepper
- 1 pinch of saffron
- 400 gr of rice
- 200 gr of fresh barnacles
- 80 gr of crushed tomatoes
- 500 gr of fresh prawns or prawns



PREPARACIÓN:

1. Heat the olive oil in a large skillet and fry the garlic, onion, and pepper with the saffron.
2. Then add the crushed tomatoes to make a sauce.
3. Cook the barnacles with the prawns, remove the shell and nail and add them to the previous sauce, reserving the broth.
4. Add the rice and stir with the sauce until it boils. Keep adding broth as needed, as the rice should be brothy and mellow, not dry.
5. Serve hot.



7. NÉCORA CROQUETTES

INGREDIENTS (for 4 people)

400 gr of nécora meat, both from the legs and from the cart

50 gr of flour

2 boiled potatoes

½ L of milk

60 gr of butter

2 egg yolks and 1 sprig of parsley

Extra virgin olive oil and salt

1 onion and 2 cloves garlic

Grated bread

Extra flour for the coating



PREPARATION:

1. Let's make the béchamel with the milk, half an onion cut into thin chunks and salt, add the butter and flour and stir gently.
2. We brown in a pan with hot oil the meat of the nécora with a little onion and garlic, finely chopped and add the bechamel. Stir for a few minutes over low heat, so that it takes on substance and we move it to a source to cool.
3. When it is cold, if we need it we can put it in the fridge to cool, we will make the croquettes, with the elongated shape, and the size we prefer.
4. We can help ourselves to a little flour to make the shape good, and then we go through flour, beaten egg and breadcrumbs.
5. In order not to have to fry them, in a healthier way we are going to bake them, this way we do the previous process again, but only with the breadcrumbs and the egg, so that they are more crispy.
6. We heat the oven to 200°C and in a platter for the oven, we will place a sheet of parchment paper and on it the croquettes, which we will cook for 15 minutes.

We can accompany them with a vegetable soup, as this way we will get a healthy dish with all the nutrients present at meal time.



8. GRATINATED SCALLOP WITH SHRIMPS AND HAM

INGREDIENTS (for 4 people)

- 100 gr of cured ham
- 400 gr of fresh prawns
- 4 scallops
- 50 gr breadcrumbs
- 1 leek
- Salt



PREPARATION:

1. We wash the scallops with water to remove the sand, clean the deep shell and set aside.
2. We boil the prawns in water and let them cool to clean them and remove the shell. We reserved the broth.
3. We chop the leek and add it to a pan with hot oil to fry it.
4. We add to the previous one the ham cut into pieces, stir and 3 minutes later we add the peeled prawns. We sweat it again 2 minutes more. We can add water to cook the prawns if we need it.
5. We place the scallop shells in an ovenproof dish, add the scallop meat and toss the sauce made with the ham and prawns on top.
6. We cook the scallops in the oven for 12 minutes at 200°C, take them out and serve them hot.

Accompanied by a pumpkin cream would be a healthy meal.



9. CHEESE PIZZA WITH GOLDEN KELP AND MARINE FENNEL AND BLACK

INGREDIENTS (for 4 people)

350 gr of strength flour with yeast
200 cL of water
Extra virgin olive oil
Salt
200 gr of crushed tomato
San Simón da Costa Cheese
1 strip of Golden Kelp
Boneless black olives
Sea fennel to taste

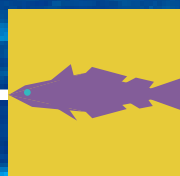
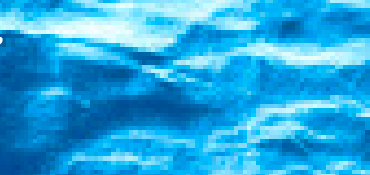
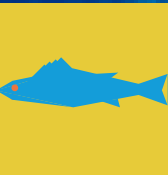
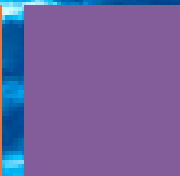
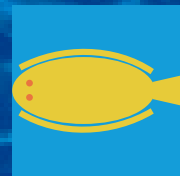
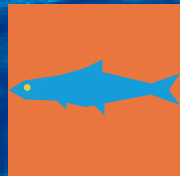
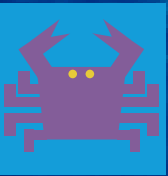


PREPARATION:

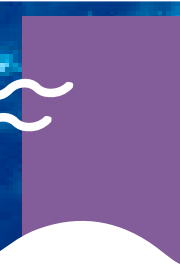
1. If we have not already bought the dough, to make it we will use flour, a pinch of salt, half a glass of warm water and 3 tablespoons of oil. Stir and knead. Let stand in a warm place until 30 minutes later.
2. We boil the Golden Kelp in water for 10 minutes and cut it into smaller strips.
3. In a skillet, pass the crushed tomatoes with a tablespoon of oil and a pinch of salt.
4. We heat the oven to 200°C.
5. We roll out the pizza dough with a rolling pin and place it on a sheet of parchment paper, which we place in an ovenproof dish.
6. We assemble the pizza distributing the tomato first, on which we will add the fennel cut into very small pieces, we will add slices of cheese on top and on them the strips of golden kelp. We can also add black olives, or leave them uncooked and add them later.
7. We cooked the pizza for about 25 minutes in the oven.

Accompanied by a vegetable soup in the winter or a gazpacho in the summer it would be a much healthier meal.





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