

Bristol

A MAINE-BASED COMPANY

Est. 1992

RECIPES FOR MAKING THE

Seafood Switch

• A COLLABORATION WITH FAIR TRADE USA •



PORTLAND SEAFOOD COMPANY JOINS FAIR TRADE USA'S "SEAFOOD SWITCH" CAMPAIGN BY CALLING ON SHOPPERS TO CHOOSE RESPONSIBLE SEAFOOD ON WORLD OCEANS DAY

AND PROUDLY OFFERS SIX HEALTHY, EASY TO PREPARE, FAIR TRADE RECIPES FOR ALL TO ENJOY

Portland, Maine – June 6, 2017 – With World Oceans Day arriving on June 8, Fair Trade USA has launched their Seafood Switch campaign, a grassroots effort encouraging shoppers to select responsibly sourced seafood. To help drive participation, Bristol Seafood is pleased to release a collection of easy to prepare recipes using Fair Trade Certified™ ingredients available across the country.

Fair Trade Certified™ seafood is a relatively new program that aims to address the environmental and humanitarian issues inherent within the fishing industry. This is accomplished through the implementation of rigorous standards designed to help safeguard the human rights of fisherman, promote safe working environments, and protect marine life. Fisherman also receive financial support via the Community Development Fund. This money is raised through a percentage of each dockside sale of Fair Trade product, allowing for investment in things like education, infrastructure, and healthcare.

"Fishermen's wellbeing is critical to addressing environmental concerns in the seafood industry," said Julie Kuchepatov, Director of Seafood at Fair Trade USA. "Thanks to Fair Trade, shoppers can support both the oceans and the people who fish them every time they buy seafood."

Portland, Maine-based Bristol Seafood is committed to enhancing sustainability within the fishing industry, and in 2017, became the first company to provide a domestically harvested Fair Trade seafood product with the launch of their certified North Atlantic Sea Scallop.

"For us, finding the highest-quality product comes hand-in-hand with social responsibility," said Peter Handy, President and CEO of Bristol Seafood, ***"it is equally as important to ensure that all of our products are uncompromised and based on sustainable practices."***

"For us, finding the highest-quality product comes hand-in-hand with social responsibility," said Peter Handy, President and CEO of Bristol Seafood, "it is equally as important to ensure that all of our products

are uncompromised and based on sustainable practices. The Fair Trade certification is a powerful, third-party validation of our beliefs, and we hope these recipes encourage everyone to make the seafood switch on World Oceans Day and beyond."

The six recipes in this release are diverse in taste and style, and incorporate Fair Trade Certified™ seafood available at retailers across the United States, including Bristol's North Atlantic Sea Scallop. Written by Portland-based chef Brett Cary, they capture the essence of summer with a heart-healthy design and vary in degree of difficulty. For more information on the recipes, please visit Bristol Seafood's website.



Poached Scallop Succotash

LIGHTLY POACHED SCALLOPS
SUMMER VEGETABLE SUCCOTASH
& CARAMELIZED TOMATO PUREE



Poached Scallop Succotash

THIS FRESH SUMMER VEGETABLE AND FAIR TRADE CERTIFIED SEA SCALLOP DISH IS SIMPLE AND ELEGANT, BRINGING TOGETHER SUMMER FLAVORS AND SCALLOP DELICACY. INSPIRED BY THE EASE OF ONE-POT COOKING, ITS SIMPLICITY IS HIGHLIGHTED THROUGH THE USE OF EXCEPTIONAL INGREDIENTS.

PREP TIME: 45 MIN.
COOK TIME: 1 HOUR 30 MIN.
DIFFICULTY: NOT AFRAID TO DABBLE (MODERATE)

CARAMELIZED TOMATO PUREE – Prep 5 min., cook 1 hour 30 min. This sauce can be made raw without roasting tomatoes, just sauté garlic before pureeing.

INGREDIENTS:

3 cups Fair Trade grape or cherry tomatoes
4 large cloves garlic
3 tablespoons Fair Trade olive oil
1 tablespoon sherry vinegar
Salt

DIRECTIONS:

Heat oven to 250F.

Line baking sheet with parchment paper, then oil surface.

Coat tomatoes and garlic with oil, put on parchment paper and sprinkle with salt. Roast 90 mins or until caramelized and soft. Remove from oven and allow to cool slightly.

With food processor or blender, blend on high and slowly drizzle in vinegar. Sauce should emulsify and be thick. Hold at room temperature until serving meal.



SUMMER VEGETABLE SUCCOTASH WITH LIGHTLY POACHED BRISTOL SCALLOPS – 35 min.

INGREDIENTS:

12 Fair Trade Bristol Seafood North Atlantic Sea Scallops
1 Fair Trade zucchini, cored, ½ inch dice
1 cup fresh (or frozen) lima beans
1 cup corn, fresh or frozen (2 cobs)
1 large shallot, ¼ inch dice
½ cup white onion, ¼ inch dice
2 large garlic cloves, minced
½ cup Fair Trade diced tomato
½ cup Fair Trade white wine
½ cup stock of your choice
¼ cup picked parsley leaves (garnish)
¼ cup picked dill, or leafy herb of your choice (garnish)
2 tablespoons Fair Trade olive oil
2 tablespoons butter
Salt

DIRECTIONS:

In large sauté pan, melt butter and add olive oil.

Cook garlic, onions, and shallot on medium heat for 2 minutes. Add remaining vegetables and cook for 3-5 minutes, or until it begins to bubble. Add white wine, and allow to reduce slightly, about 3 minutes. Place scallops on top of succotash, and cover pan with tight fitting lid. Allow to cook another 3-5 minutes, depending on desired cooking doneness of scallops (the longer they cook they tougher they get). Serve in bowls with puree, garnish with picked fresh herbs and chive flowers if in season.

A close-up photograph of several yakitori-style scallop skewers. The scallops are grilled to a golden-brown color with some charred edges. They are served on a white plate, garnished with sliced green onions and white sesame seeds. In the background, a bowl of white rice is visible but out of focus.

YAKITORI STYLE SCALLOPS
WITH MISO, SOY AND SESAME

Yakitori Scallop Skewers

Yakitori Scallop Skewers

HERE'S A QUICK AND EASY TAKE ON A TRADITIONAL JAPANESE STYLE OF GRILLING. YAKITORI IS HOT AND FAST. IN THIS CASE, IT QUICKLY SEARS THE SCALLOP, CARAMELIZING THE NATURAL SUGARS, AND TURNS THE MARINADE INTO A VELVETY GLAZE.

PREP TIME: UP TO 1 HOUR
COOK TIME: ABOUT 15 MIN.
DIFFICULTY: NEW GOURMAND (EASY)

SCALLOP SKEWERS – Up to 1 hour

INGREDIENTS:

14 Fair Trade Bristol Seafood North Atlantic Sea Scallops
14 bamboo skewers, soaked in water for 30 minutes
1 tablespoon Fair Trade lemon juice, plus extra to squeeze over top
1 tablespoon red miso paste
2 tablespoon Fair Trade honey
2 tablespoon soy sauce 1 teaspoon sesame oil
2 tablespoon white sesame seeds, toasted
1/4 cup sliced scallion

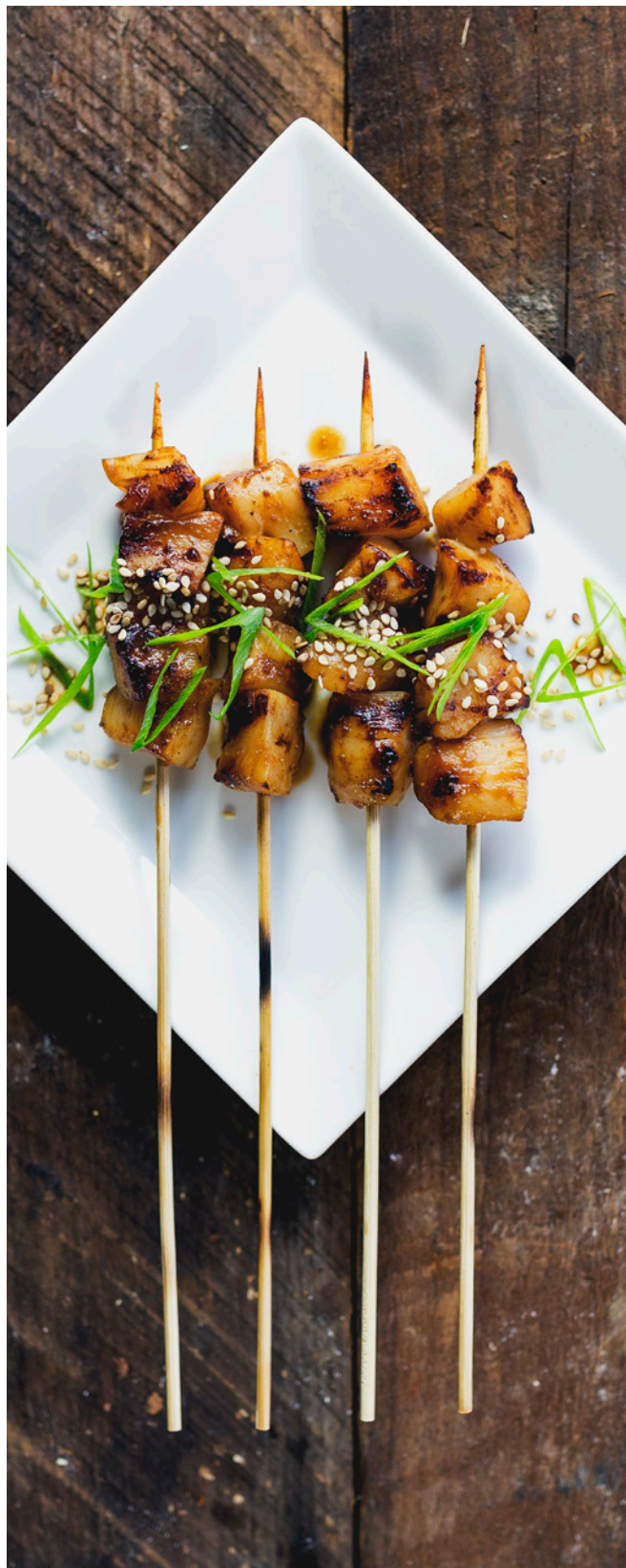
DIRECTIONS:

Mix lemon juice, soy, sesame oil, honey and miso in sauce pan. Bring to low simmer and mix until uniform. Allow to cook for 5 minutes. Cool and transfer to bowl.

Put in scallops and cover with marinade, saving some for dipping sauce. Allow to sit for 30 minutes to an hour. Remove from bowl, cut each scallop in quarters and skewer into tight bunches. (1 scallop per skewer)

Prepare charcoal grill (gas will work as substitute).

Heat grill to medium high. Clean and oil cooking surface. Grill skewers about 1 minute per side. Squeeze fresh lemon juice over top, garnish with sliced scallion and sesame seeds and serve immediately.





Scallop and Shrimp Smørrebrød

SCALLOP AND SHRIMP SMØRREBRØD
HORSERADISH CREME FRAICHE
& CRUNCHY VEGETABLES

Scallop and Shrimp Smorrebrod

THIS TASTY DANISH STAPLE (SMORREBROD) IS A FLEXIBLE AND DELICIOUS WAY TO USE THE FRESH VEGETABLES ENJOY THE MOST. IT'S A NEW LOOK AT AN OPEN-FACED SANDWICH INSPIRED FROM OVERSEAS. GET CREATIVE, AND YOU WILL BE SURPRISED AT HOW BEAUTIFUL THIS DISH CAN BE!

PREP TIME: 30 MIN.
COOK TIME: ABOUT 25 MIN. (TO TOAST BREAD)
DIFFICULTY: NEW GOURMAND (EASY)

DRESSING – 15 min.

INGREDIENTS:

3/4 cup crème fraiche
1/2 cup mayonnaise
2 tablespoon Dijon mustard
1 tablespoon prepared horseradish
1 tablespoon lemon juice
3 tablespoon chopped dill
3 tablespoon chopped parsley
Salt, sugar and black pepper to taste

DIRECTIONS:

For dressing, mix all ingredients ahead of time and let sit one hour. Mix again before use. Preferably use at room temp.

In flat pan, melt butter and toast one side of each slice of bread until desired coloration. Do not burn bread or butter. Allow bread to cool before assembling.

Spread layer of dressing on toasted side of bread, arrange shrimp and scallops in uniform layer covering slice. Garnish with parsley, green onion and sliced radishes. lightly salt and pepper top.



THE MAIN PLATE – 30-40 min.

INGREDIENTS:

12 Fair Trade Del Pacifico Wild Caught Sustainable Shrimp
12 Fair Trade Bristol Seafood North Atlantic Sea Scallops
12 slices ¼ inch thick Danish rye bread, or whole grain
1 stick butter (to toast bread)
Sliced green onion for garnishing
Parsley leaves for garnishing
5 thinly sliced radishes for garnishing
1 thinly sliced, seeded cucumber
Hint – Thinly slice your favorite vegetables to use as additional toppings. This is open ended and is meant to be a flexible dish that uses what is on hand or in your fridge!

DIRECTIONS:

Remove scallops and shrimp from refrigeration 20 min. before cooking to take chill off.

Bring 2 quarts of slightly salty water to boil in medium sized sauce pan.

Remove from heat, and allow to cool for 1 minute.

Place scallops in hot salty water for 8-10 minutes, strain, and chill immediately. Repeat the same steps for shrimp. If you have 2 pans and enough space, you can cook the shrimp and scallops at the same time. Don't cook scallops and shrimp in same pot at the same time, however.

This method of cooking ensures that the delicate nature of the meat isn't destroyed from boiling water. If you desire a more well done version, repeat the process above.

A top-down view of a white ceramic plate resting on a dark, textured wooden surface. The plate contains a portion of food: several slices of grilled tuna with visible char marks, a mound of white rice, and a colorful salsa made of diced yellow pineapple, green bell peppers, red tomatoes, and fresh green cilantro. The lighting is bright, highlighting the textures of the food and the wood.

Grilled Tuna w/ Rice and Salsa

GRILLED LINE CAUGHT TUNA
RICE & GRILLED PINEAPPLE SALSA
& SUMMER VEGETABLES

Grilled Tuna w/ Rice and Salsa

THIS PREPARATION OF SUSTAINABLY HARVESTED TUNA AND TROPICALLY INSPIRED SALSA WILL HAVE YOU FEELING LIKE YOU'RE ON VACATION. ALLOW THESE RESTAURANT-STYLE TECHNIQUES, MODIFIED SPECIFICALLY FOR HOME COOKING, BRING YOU A FRESH, HEALTHY AND FUN COOKING AND DINING EXPERIENCE.

PREP TIME: 45 MIN. TO 1 HOUR
COOK TIME: 25 MIN.
DIFFICULTY: NEW GOURMAND (EASY)

GRILLED PINEAPPLE SALSA – 35 min.

INGREDIENTS:

1 Fair Trade pineapple
2 Fair Trade jalapeño, seeded, diced
2 Large Cloves Garlic, Minced
1oz Fresh Ginger, Minced
1oz Red Onion, Minced
1/2 Cup Picked Cilantro
1/2 Cup Diced Tomato
2 Fair Trade limes, squeezed
3 Tablespoon Fair Trade coconut oil
Salt

DIRECTIONS:

Heat grill to medium. Clean and oil cooking surface.

Trim Pineapple, and slice into 1/4 inch thick rounds. Mix coconut oil, minced garlic and ginger, and brush over pineapple slices. Arrange slices on grill, sprinkle with salt, and flip when well caramelized. Hint: you may have to move slices around frequently as not to burn them, However, perfectly caramelized pineapple on the grill is worth the extra diligence.

Mix remaining ingredients in large mixing bowl. Remove grilled pineapple, and layer on top of mixture. Cover bowl until cool. When cool, remove pineapple, dice and discard core if too hard. Mix, adjust seasoning with fresh lime juice and salt if needed, and allow to sit one hour.

JASMINE RICE – 15min. (Cook while making salsa)

INGREDIENTS:

1 Package Fair Trade Lundberg Farms Organic Jasmine Rice

DIRECTIONS:

Follow Cooking Instructions on Package.

GRILLED VEGGIES – 15 min. (Grill at same time as tuna)

INGREDIENTS:

1 bunch Fair Trade asparagus
1 onion, sliced 1/4 inch thick rounds
1 Fair Trade zucchini, sliced 1/4 inch thick slices
1 Fair Trade lime
Fair Trade olive oil
Salt
Fair Trade black pepper

DIRECTIONS:

Heat grill to medium high. Clean and oil cooking surface. In mixing bowl, coat veggies with olive oil and sprinkle with salt and black pepper.

Follow same grilling diligence as done with pineapple. In last minute of grilling, squeeze lime juice over top. Serve warm.

GRILLED TUNA STEAKS – 7-10 min.

INGREDIENTS:

2, 12oz Fair Trade Natural Blue Ahi Tuna Steaks, thawed
2 tablespoon salt
2 teaspoon chipotle chili powder
2 teaspoon ground coriander
2 teaspoon fresh ground black pepper
Fair Trade olive oil
1 Fair Trade lime

DIRECTIONS:

Heat grill to high. Clean and oil (generously) cooking surface.

Mix salt and spices, rub on tuna.

Place tuna diagonally across grill grates, and rotate 90degrees after about a minute. Flip and repeat. Don't overcook. Serve rare for best texture and flavor. (Cooking through is ok too)

Serve immediately, and top with pineapple salsa.



Tuna Tartare w/ Jalapeno Sambal

LINE CAUGHT TUNA TARTARE
JALAPEÑO SAMBAL
& BAKED BANANA CHIPS

Tuna Tartare w/ Jalapeno Sambal

THIS RESTAURANT INSPIRED DISH OPENS THE DOOR FOR YOU TO AMAZE YOUR FRIENDS BY CREATING SOMETHING BEAUTIFUL, DELICIOUS AND SOCIALLY RESPONSIBLE. PULL OUT ALL THE STOPS AND WHO KNOWS, YOU MAY EVEN IMPRESS YOURSELF. SERVE ON INDIVIDUAL SMALL PLATES AND OWN THE PRESENTATION.

PREP TIME: 1 HOUR
COOK TIME: 4 HOURS
DIFFICULTY: IMPRESS YOUR GUESTS (HARDER)

BANANA CHIPS – 5 min. prep, cook 4 hours. Make first and/or ahead of time. This has the longest cook time needed to dehydrate the banana.

INGREDIENTS:

3 large, slightly green Fair Trade bananas
1/4 cup Fair Trade coconut oil
Salt

DIRECTIONS:

Preheat oven to 250F.

Thinly slice banana diagonally into uniformly thick ovals. Line baking sheet with parchment paper. Brush with coconut oil, and arrange banana slices so they aren't touching. Brush oil on top of slices. Bake 4 hours, or until crispy. Allow to cool before serving.

CHARRED JALAPEÑO SAMBAL – 45 min.

INGREDIENTS:

5 large Fair Trade jalapeños
2 large garlic cloves, about 1 oz. peeled
1 large shallot, about 2oz
1 oz. fresh ginger, peeled
1 stalk lemongrass, peeled and trimmed
2 Fair Trade limes, halved
2 tablespoon palm sugar (brown sugar sub)
2 teaspoon soy sauce
1 teaspoon fish sauce (optional)
1/4 cup Fair Trade coconut oil
Salt



DIRECTIONS:

Toss vegetables in coconut oil and salt, char on grill or under broiler. Halve the limes, brush flesh side with oil and salt and char as done for veggies. They become sweeter as they cook. Remove seeds and pith from jalapeños if mild sauce desired.

Put all veggies, sugar, soy and fish sauce in food processor and pulse until relish like consistency.

Transfer to small sauce pan. Squeeze charred limes, including pulp into mix and slowly bring to low simmer for 3 minutes or until slightly thick. Add salt or fresh lime juice to adjust seasoning. Chill until ready to use.

TUNA TARTARE – 10 min. Dice or mince ahead of time, but wait to dress with sauce right before serving.

INGREDIENTS:

12oz Fair Trade Certified™ Natural Blue Ahi Tuna, raw, very small dice (or minced)
Charred jalapeño sambal
Fair Trade banana chips
Chives, thinly sliced
Picked cilantro leaves/micro cilantro
Sea salt

DIRECTIONS:

Mix diced tuna with enough sambal to lightly dress fish. Garnish with sliced chives, cilantro, and sea salt. Serve with banana chips as a small plate appetizer/hors d'oeuvre.

Grilled Shrimp Skewers

GRILLED SHRIMP SKEWERS
GARLIC-CHIPOTLE BUTTER
& HONEY LIME GLAZE



Grilled Shrimp Skewers

SKEWER GRILLING IS A SURE SIGN THAT ITS SUMMER. CHANGE UP THE ROTATION WITH THIS SOUTH-OF-THE-BORDER THEMED, WILD CAUGHT MEXICAN SHRIMP. THE ONLY PROBLEM IS YOU WON'T WANT TO EAT SHRIMP ANY OTHER WAY.

PREP TIME: 30 MIN.
COOK TIME: ABOUT 25 MIN.
DIFFICULTY: NEW GOURMAND (EASY)



SHRIMP SKEWERS – 5 min.

INGREDIENTS:

24 Fair Trade Del Pacifico Wild Caught Sustainable Shrimp
6 bamboo grilling skewers, soaked in water for 30 minutes

DIRECTIONS:

Place 4 shrimp close together near one end of the skewer.

HONEY LIME GLAZE – 5 min.

INGREDIENTS:

1/2 Cup Fair Trade honey
1 tablespoon chili flakes
2 teaspoon Tabasco sauce
1 Fair Trade lime, juiced
Salt to taste

DIRECTIONS:

Mix ingredients well just before brushing onto shrimp. This will be done once the shrimp are removed from the heat source.

GARLIC-CHIPOTLE BUTTER – 25 min.

INGREDIENTS:

1 stick of butter, room temp
2 dried chipotle peppers, (or canned), roasted with garlic
3 large garlic cloves, brushed with olive oil, roasted at 350f until soft, about 20min.
1 tablespoon Fair Trade lemon juice
2 teaspoons sliced chives
Salt

DIRECTIONS:

Heat grill to medium high. Clean and oil cooking surface.

In food processor, blend lemon juice, roasted garlic and peppers until smooth paste.

In separate mixing bowl, combine soft butter and chives, and mix with spoon until uniform.

Brush butter mixture on both sides of skewered shrimp. Grill 2-3 minutes per side. Spoon/brush glaze over shrimp immediately once removed from grill and serve.

Bristol

ABOUT THE CHEF

CHEF BRETT CARY IS A CAPE ELIZABETH, MAINE NATIVE AND SMCC CULINARY ARTS GRADUATE WHO HAS DEVELOPED HIS CULINARY CAREER IN PORTLAND, EUROPE, AND AS A TRAVELING CHEF THROUGHOUT THE SOUTH PACIFIC.

ABOUT BRISTOL SEAFOOD

Bristol provides quality seafood to people who care about what they eat. Founded in 1992, the company enjoys a nationwide following due to steadfast adherence to its uncompromising Maine standards. Bristol pairs efficiency-building technologies with finishing done the old-fashioned way – by hand. Through its commitment to embracing sustainable practices, Bristol became the first company to introduce a Fair Trade seafood product harvested in US waters with the Fair Trade Certified™ Sea Scallop. In 2016, Bristol reported record sales for the second consecutive year, and shipped more than six million pounds of seafood from its facility on the Portland Fish Pier. The company is the first and only processor of mussels, scallops, or fillets in the state of Maine to earn a Safe Quality Food Institute certification.

Visit www.BristolSeafood.com for more information

ABOUT FAIR TRADE USA

Fair Trade USA is a nonprofit organization that promotes sustainable livelihoods for farmers and workers; protects fragile ecosystems; and builds strong, transparent supply chains through independent, third-party certification. Its trusted Fair Trade Certified™ label signifies that rigorous standards have been met in the production, trade and promotion of Fair Trade products from over 80 countries across the globe. Recognized as a leading social venture by the Clinton Global Initiative, the Skoll Foundation and Ashoka, Fair Trade USA also provides critical capacity-building programs at origin, and educates consumers about the power of their purchase.

Visit www.FairTradeUSA.org for more information.