

sablefish



WILD CANADIAN SABLEFISH

Favourite Recipes

CANADIAN  
  
SABLEFISH



# Discover The Luxurious Taste Of *Wild Canadian Sablefish*

## MAGNIFICENT TASTE AND NATURALLY HEALTHY

Wild Canadian sablefish has a rich sweet flavour with large sleek white flakes. Its unique taste and texture have made it a favorite among the world's top chefs who value its high oil content and creative versatility. Smoked fish connoisseurs should also not miss the opportunity to try smoked sablefish's deep nutty flavour, which has become widely sought after in major culinary centres around the globe. And wild Canadian sablefish is not only delicious, it is a naturally healthy choice that is high in protein and Omega-3 fatty acids, and low in carbohydrates.

## OUR COMMITMENT TO QUALITY AND SUSTAINABLE HARVESTING

Canadian sablefish fishermen have a long established and well earned reputation of providing top quality product that is sustainably harvested from the cool deep waters of the north Pacific. In Canada, sablefish is harvested offshore, where the catch is cleaned and frozen on board within minutes of being caught thereby maintaining its premium quality. Wild Canadian sablefish are harvested live in traps and by long line vessels, methods proven to be the best in preserving quality and maintaining a sustainable resource for current and future generations.

## AVAILABLE PRODUCT FORMS

Wild Canadian sablefish is conveniently available year round as frozen-at-sea (FAS) product. While fillets are available un-smoked and smoked, steaks are only available un-smoked. Smoked sablefish (normally cold-smoked requiring additional cooking) is provided as sides and portions. Smoked and un-smoked collars are also available.

### **Nutritional Analysis**

Per 100 grams (3.5 oz)	Calories (cal)	195.0	Protein (g)	13.4	Carbohydrate (g)	0.0
raw edible portion	Total Fat (g)	15.3	Cholesterol (mg)	49.0	Omega-3 Fatty Acids (g)	1.8
	Saturated Fats (g)	3.2	Iron (mg)	1.3		

Source: Canadian Nutrient File,  
Health Canada, 2005

Internationally renowned chefs and those who call British Columbia home have long treasured wild Canadian sablefish for its rich velvety flakes and sweet flavour. Now we are pleased to present these exceptional recipes from a few of the world's top chefs for you to explore and enjoy this wonderful delicacy in your home!

### THAWING TIPS

For best results thaw frozen wild Canadian sablefish portions slowly in your refrigerator.

### PREPARATION TIPS

Sablefish receives its unique taste and texture from the high oil content which makes un-smoked product ideal for grilling, roasting, broiling and pan searing. When cooked, the flesh forms large, pure white flakes perfect for virtually any creation from west coast contemporary to Asian inspired.

### BRINE FOR WILD BC SABLEFISH

This simple solution, compliments of Kosta "The Fishmonger" Zogaris, makes a nice difference in the flavour and texture of sablefish. To firm up the flesh and enhance the flavour, try this solution to prepare your sablefish for your special recipe. This quantity works for about a pound of steaks or fillets. Simply increase proportions as necessary for the amount of fish you plan to cook.

3 cups	cold water	750 mL
1/2 cup	salt	125 mL
2 Tbsp	white vinegar	10 mL



In a medium bowl, stir together water, salt and vinegar. Add sablefish steaks or fillets and place a plate on top to submerge fish; let stand for 20 minutes. Drain and rinse fish under cold running water. Pat dry with paper towels then prepare sablefish as per recipe.

### TEST FOR DONENESS

When you first start to cook wild sablefish, it will start to swell and firm up. To check if the fish is done, simply press the flesh gently with your finger. The flesh should be just soft and the flakes will want to separate. For best results, remove the fish from heat at this point.



## Baked *Wild Sablefish* with Braised Shiitake Mushrooms

Courtesy of Hidekazu Tojo, Executive Chef/Owner, Chef of Tojo's Restaurant, Vancouver, BC Canada

4 Tbsp	each of mirin and dark soy sauce	60 mL
2 Tbsp	sake	30 mL
1/2 Tbsp	sugar	7.5 mL
1 tsp	finely grated ginger	5 mL
4 - 5 oz	wild sablefish fillets	4 - 150 g
	mitsuba (Japanese parsley), finely chopped	
	preserved yuzu skin, finely chopped	

### Braised Shiitake Mushrooms

4	large fresh shiitake mushrooms (at least 4-inches/10 cm in diameter), stems removed	4
12 Tbsp	dashi	180 mL
3 Tbsp	each of mirin and dark soy sauce	45 mL
2 tsp	sugar	10 mL
1 tsp	cornstarch mixed with 2 Tbsp/30 mL cold water	5 mL

1. In small saucepan mix together mirin, soy sauce, sake, sugar and ginger. Bring to a simmer over low heat until sugar dissolves. Remove and set aside to cool. Place fillets in a container just large enough to hold the fish and pour the marinade over. Cover with plastic wrap and refrigerate for 48 hours, turning halfway through marinating.
2. Make shallow, narrow criss-cross incisions on the top of each mushroom being careful not to cut through.
3. Combine dashi, mirin, soy sauce and sugar in a saucepan and heat over high heat until boiling. Add mushrooms, reduce heat to medium and cook turning often, for 10 minutes or until softened. Remove mushrooms from liquid and keep warm. Increase heat to braising liquid and reduce by half. Slowly whisk in enough cornstarch mixture to thicken slightly. Set aside warm.
4. Place marinated fillets onto a non-stick baking sheet and place into preheated 500°F/260°C oven for 10 to 12 minutes or until lightly golden.
5. Place mushrooms upside down in centre of warm serving plate. Place baked fillet on top, garnish with chopped mitsuba and yuzu skin.

**SERVES 4**



**Braised *Wild Sablefish*  
Casserole with Asparagus,  
Wild Mushrooms and  
Truffle Butter**

**Courtesy of: Rob Feenie, Food Architect, Cactus Club Cafe, Vancouver, BC Canada**

1 Tbsp	extra-virgin olive oil	15 mL
1 cup	wild mushrooms, such as button, shiitake, chanterelles or morels, cleaned	250 mL
1	clove garlic, minced	1
	sea salt and freshly ground white pepper	
1 cup	chicken or veal stock	250 mL
1/3 cup	pearl onions, blanched and skinned	75 mL
16 to 20	asparagus spears trimmed, cut into 2-inch (5 cm) lengths and blanched	16 to 20
4 - 4 oz	wild sablefish fillets, skinless (optional)	4 - 120 g
2 Tbsp	extra-virgin olive oil	30 mL
1 Tbsp	unsalted butter	15 mL
1 tsp	truffle oil	5 mL
	juice of 1/2 lemon	
	flat leaf Italian parsley to garnish	

1. In a casserole dish that can be heated on top of the stove heat the 1 Tbsp (15 mL) olive oil over medium heat. Add the mushrooms and garlic and sauté for about a minute. Season with salt and freshly ground white pepper. Add the stock, bring to a simmer and cook for 3 minutes. Remove from the heat.
2. Preheat the oven to 350°F/180°C. Season the sablefish. Heat the olive oil in a frying pan over high heat. Add the sablefish fillets and sear until golden on both sides (if skinless), turning once. Bring the mushroom mixture to a simmer and add the pearl onions and asparagus. Gently place the sablefish on top. Cover and transfer to the oven. Bake for 5 to 6 minutes or until the fish is cooked through.
3. Remove casserole from oven and add the butter, truffle oil and lemon juice. When the butter has melted check the seasoning.
4. To serve, divide onto plates or place the casserole on the table for self service. Garnish with parsley and serve immediately.

**SERVES 4**



Smoked *Wild Sablefish* with Garden Peas and Crushed New Potatoes

Courtesy of: Robert Belcham, Executive Chef /Owner, Fuel Restaurant, Vancouver, BC Canada

2 Tbsp	unsalted butter	30 mL
3	shallots, peeled and sliced	3
1	clove garlic, crushed	1
	sea salt and freshly ground black pepper	
4 cups	homogenized milk	1 L
4	sprigs fresh thyme	4
2	sprigs fresh tarragon	2
1	bay leaf	1
4 - 6 oz	smoked wild sablefish fillets	4 - 175 g
2 Tbsp	butter	30 mL
2 cups	fresh peas	500 mL
2 cups	new potatoes, boiled until tender and kept warm	500 mL
2 Tbsp	minced chives	30 mL
2	lemons, zested and juiced	2
1/2 cup	extra-virgin olive oil	125 mL
3 Tbsp	sablefish poaching liquid	45 mL

1. Heat a large frying pan over medium-high heat. Add the butter. When the foam subsides add the shallots and garlic, and season to taste. Cook for 1 minute without browning. Add the milk and herbs and bring to a simmer. Make sure the milk does not come to a boil. Add in the sablefish and cook for about 6 to 7 minutes then turn off the heat, leaving the fish in the liquid. As the fish is cooking start the peas and potatoes.
2. Heat a large frying pan over medium-high heat. Add the butter, peas and 1/4 cup (50 mL) water. Season to taste and cook until tender, about 4 minutes. Add the warm potatoes and crush the mixture lightly with a fork. Add the chives, lemon zest and check the seasoning. Keep warm.
3. In a small bowl, whisk the olive oil and poaching liquid into the lemon juice. Season to taste.
4. To serve, divide the potato mixture among 4 warm plates. Top with a piece of sablefish and drizzle the vinaigrette over the fish.

SERVES 4



## Pan Seared *Wild Sablefish* with Butternut Squash and Wild Mushrooms

Courtesy of: David Haworth, Executive Chef /Owner, Haworth, Vancouver, BC Canada

2 Tbsp	unsalted butter	30 mL
2	shallots, minced	2
1/4	of a small butternut squash, peeled and cut into 3/4-inch (2 cm) cubes	1/4
1	garlic clove	1
4	sprigs fresh thyme	4
1 1/3 cups	chicken stock	300 mL
	sea salt	
4 oz	wild mushrooms, cleaned and sliced	120 g
4 tsp	extra-virgin olive oil	20 mL
4 - 5 oz	wild sablefish fillets, skin-on	4 - 150 g
1 Tbsp	lemon juice	15 mL
12	cherry tomatoes, cut into quarters	12
4	sage leaves, finely chopped	4

1. Melt 1 Tbsp (15 mL) butter in a large pot over low heat. Add the shallots and cook until they are soft but not brown, about 4 to 5 minutes.
2. Add the squash, garlic and thyme. Cook for 5 minutes, stirring frequently, without browning. Add the chicken stock and bring to a gentle simmer. Season to taste. Cook covered until the squash is tender but not falling apart. Remove the garlic and thyme.
3. In a medium frying pan, melt the remaining 1 Tbsp (15 mL) butter over medium-high heat. Add the mushrooms and sauté until soft. Season to taste and add to the squash mixture.
4. Preheat the oven to 400°F/200°C. Heat the oil in a large, preferably nonstick frying pan that can go into the oven. Season the sablefish and place in the pan skin side up. Cook without turning for 3 to 4 minutes until the fish is lightly browned around the edges. Place the frying pan in the oven and cook the fish for 7 to 10 minutes or until cooked through.
5. Rewarm the sauce mixture and add the lemon juice, cherry tomatoes and sage. Spoon into warmed bowls and top with the sablefish. Serve immediately.

SERVES 4



Canada

Quality  
is in our nature

The Wild Canadian Sablefish Association is a legally constituted association formed in 1987 to represent Canadian sablefish licence holders. Its role is to work with the industry and Canadian governments to manage the fishery, to improve quality and to raise awareness through global marketing.

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