

epicurious

FRESH

• SPECIAL EDITION •

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PESTO

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BERRY
ICE POPS

AND
MORE!

Heirloom
Tomato Toasts,
p. 14



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A CONDÉ NAST SPECIAL EDITION

PLUS the best greenmarkets,
peach picking, truffle hunts, fishing trips,
and farm stays with style

SEA

Fresh Ideas

Tips for selecting (or reeling in) your next fish, a cool three-in-one kitchen tool, smart seafood ingredient swaps, and more.



ASK THE EXPERT

Ben Sargent, chef, host of *Hook, Line & Dinner* on *Cooking Channel*, and author of *The Catch: Sea-to-Table Recipes, Stories & Secrets* (Clarkson Potter)

Q When did you first start catching your own food?

A I started fishing with my grandfather—head of fisheries in Massachusetts and a total badass—at a young age. We'd be out all day and come back to make his special soup from our catch. It would be classic and simple, like a chowder with one big quahog. He wanted to catch or grow as much in that meal as possible.

You've hawked lobster rolls out of your Brooklyn apartment. Have you always shared your passion for seafood?

A Anyone who knows me, I've taken out fishing at some point.

It's very communal, and that attitude extends to the table. When I started doing the lobster rolls, it was really cool to see how far people would come to have something—often because it tapped into their past. I'd get a text from a 508 area code and think, "That's Cape Cod. Better make this one special."

How can we make sure we're buying the freshest fish?

A All the stuff you do to test produce you should be doing to your fish. If it's behind glass, ask to see and touch it. The eye should be clear and shiny. The skin should bounce. Open the gills and be sure that they're bright red. If you can, have them fillet it right in front of you. Don't buy it if the meat starts to fall apart or if it smells fishy. If there's any scent, it should smell like cucumber. And if you're buying frozen fillets, pure white fish holds up best.

Which types of seafood are the best for us and for the environment?

A Stay away from the big fish, like tuna. The higher a species is on the food chain, the higher its mercury levels will be. Some people see sardines or smelt as bait, but it's safer (and more affordable) to eat these smaller guys. Also choose clams, scallops, and mussels. They're natural filters, so they can be raised in large numbers without causing environmental damage.

—INTERVIEW BY AMANDA SIMS

find the best FISHING TRIPS

Angling for a new kind of culinary adventure? Try catching your own dinner—whether it's Maine lobster, Caribbean mahimahi, or Alaskan salmon—on one of these expert-led excursions.

Casting in the coastal marsh near Georgia's Sea Island.

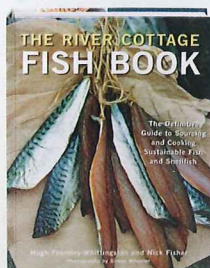


CAJUN FISHING ADVENTURES / BURAS, LA / Explore the lower Mississippi Delta saltwater, which is teeming with redfish, spotted sea trout, sheepshead, and black drum. Your guide will clean your fish and either cook it or pack it in ice. / From \$450 a person (includes one night's lodging and three meals), cajunfishingadventures.com

CHEBEAGUE ISLAND INN / CHEBEAGUE ISLAND, ME / At this technology-free retreat 10 miles off the coast of Portland, you can join a professional lobsterman

on a two-hour trip around Casco Bay. The Inn's executive chef will transform your catch into a classic lobster dinner with all the fixings. / From \$405 a person (includes one night's lodging and dinner), chebeagueislandinn.com

GUANA ISLAND / BRITISH VIRGIN ISLANDS / Borrow free fishing gear and head out to one of the private island resort's seven beaches or spend a full or half day on the Caribbean. Chef Xavier Arnau (formerly of El Bulli and Nobu London) will supplement your yellowtail or red



BUY THE BOOK Half cookbook and half encyclopedia, *The River Cottage Fish Book* by Hugh Fearnley-Whittingstall and Nick Fisher (Ten Speed Press) covers everything from sourcing to filleting to smoking.

snapper with herbs and produce from the organic garden and orchard. / From \$400 for a half-day charter and \$695 for one night's lodging, guana.com

HOTEL GUANAHANI & SPA / ST. BARTS / Hook mahimahi from a deep-sea boat with local fishermen, and then hand your bounty over to the lead chef of the on-site restaurant, Bartolomeo, who will whip up a dinner for you to enjoy there or in your own Creole-style villa. / From about \$830 a person for a half-day trip and about \$535 for one night's lodging, leguanahani.com

IRON SPRINGS RESORT / COPALIS BEACH, WA / Spot and collect razor clams with expert diggers at this 100-acre beach-front property on the Washington coast. After making good use of headlamps, clam guns, and shovels (all provided), prepare the resort's chowder recipe back at your cabin. / \$50 a person for clam dig and from \$149 for one night's lodging, ironspringsresort.com

LONG BEACH LODGE RESORT / TOFINO, VANCOUVER ISLAND, BC / Head to Clayoquot Sound (where you'll find salmon and halibut) or a nearby lake or stream (for steelhead and trout). Resort chefs can help cook the fish in your cottage. / From about \$180 for one night's lodging (fishing rates vary based on tour operator), longbeachlodge.com

MICHIGAN CATCH & COOK / All over the state, Michigan Catch & Cook pairs charters with restaurants willing to prepare and serve the walleye or perch their clients nab from the Great Lakes. Choose an adventure by restaurant or fishing company. / Rates vary, michigancatchandcook.com

PUFFIN FISHING CHARTERS / SEWARD, AK / An expert crew will help you pull in salmon, halibut, rockfish, and lingcod and also point out passing whales, sea otters, and puffins during this daylong



check this out

Fruits de mer are no match for these carbon-steel multitaskers. Peel and devein shrimp, unsheathe morsels of crabmeat, and crack lobster claws lickety-split.

Seafood scissors, \$9, crateandbarrel.com

fishing and sightseeing expedition. A deckhand will clean, fillet, and package your treasures to be shipped home. / \$350 a person, puffincharters.com

ROBBIE'S OF ISLAMORADA / ISLAMORADA, FL / This Florida Keys charter helps you reel in mahimahi, grouper, snapper, or wahoo from a private or party boat. Back on shore, the crew will clean and prep your catch. Robbie's restaurant, Hungry Tarpon, will fry it up for dinner. / From \$40 a person for a half-day trip, robbies.com

SEA ISLAND / SEA ISLAND, GA / Snag tarpon, mackerel, sailfish—even shark and barracuda—with help from pros or simply rent \$15 traps and go crabbing from the dock of this family-friendly

resort. The chef will happily turn your finds into a custom meal with optional wine pairings. / From \$375 for a two-hour trip and \$375 for one night's lodging, seaisland.com

TONY'S CRAB SHACK & SEAFOOD GRILL / BANDON, OR / Rent traps at Port O'Call Tackle and Gifts next door, and bring your fresh-off-the-dock ingredients to Tony's. The cooks will use them to create one of their locally famous recipes just for you. / From \$8 for an all-day crab trap rental, tonyscrabshack.com

VERMEJO PARK RANCH / RATON, NM / Vermejo Park Ranch has 14 lakes and 30 miles of streams filled with rainbow, brook, brown, and Rio Grande cutthroat trout. Learn to fly-fish and clean your prize, then bring it back to the ranch's chef. / From \$50 a person plus a \$475 group guide fee, vermejoparkranch.com

—SARAH ENGLER

BOOKMARK THESE

Ways to ensure you're eating the freshest, most sustainable, and best-tasting fish.

» GABE THE FISH BABE

Sign up for the fish club and get 6 or 12 pounds of frozen fillets—just caught by Rhode Island anglers—delivered to your door. gabethefishbabe.com

» SEAFOOD WATCH

Find fish you'll feel good about eating with this sustainability ratings app from the Monterey Bay Aquarium. Free, itunes.com and play.google.com

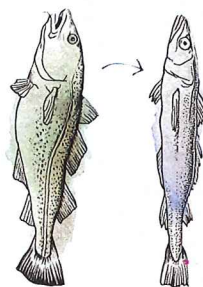
» GULF COAST SEAFOOD

Peruse a wide variety of seafood recipes, filtered by species, prep time, and cooking method. Residents of certain states can even search for the freshest local catch. eatgulfseafood.com

—MEREDITH OLSON

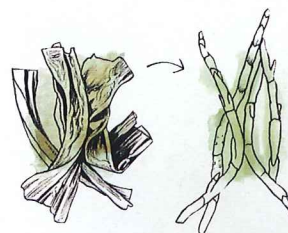
TRY NEW FLAVORS

If you're craving a different catch of the day, we've got a few suggestions.



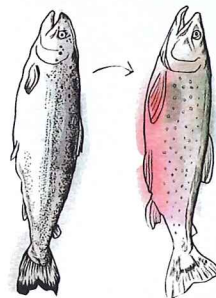
IF YOU LIKE COD,
TRY HAKE.

Hake—a sweet, flaky white fish—is related to cod but is usually less expensive.



IF YOU LIKE SEAWEED,
TRY SEA BEANS.

Whether added raw to a salad or sautéed and served as a garnish, thin sea beans add briny flavor plus a satisfying crunch.



IF YOU LIKE SALMON,
TRY ARCTIC CHAR.

* Earn eco points with sustainably farmed arctic char. It's the same pretty pink but has a milder taste.

—KEMP MINIFIE



A crab trap for rent outside Tony's Crab Shack & Seafood Grill in Bandon, Oregon.