



Captain  
Marden's  
Seafoods

# The Captain's Log

Issue 8: Winter 2009/Spring 2009  
www.captainmardens.com



The  
Captain's  
Table &  
TakeAway

## Letter from The Captain

*How's business? – Everyone wants to know and I am happy to tell them. We have seen changes over the last year for several reasons. As our local customers well know the revitalization of Linden Street has finally taken shape and the new look is certainly attractive and very welcome by the merchants. What is a little different for Wellesley is the appearance of some national chains on our street which will likely bring new shoppers to Linden Street. The recent campaign by the Chamber of Commerce to "Shop Wellesley First" has been very well publicized and we applaud their efforts. So our hope and prediction is that business will be very good on Linden Street.*

*The economy, on the other hand we can predict with less confidence. Fortunately, our restaurant is weathering that storm well with its affordable prices and consistent cuisine. In the retail market we are seeing more and more interest in sustainability and because of that we have a*

*very informative interview in this newsletter with John*

*Sackton a local seafood expert and writer. So overall business is good and we have our loyal customer base to thank for that. We appreciate your business and work hard to give you the best service possible with the freshest fish you have come to expect from us.*



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*John Sackton*

"The Captain"

## News from the TakeAway

Breakfast and brunch continue to be a growing success thanks to our very capable crew of chefs. Manny Liouzas, a native of Northern Greece is the power behind our daily breakfast feasts. His favorite dish is the Nova Scotian Benedict—a delicious presentation of poached eggs, smoked salmon topped with hollandaise sauce on a toasted English Muffin. Brian Sargent spear-headed the addition of Sunday brunch three years ago and continues to run the kitchen on Sundays. Brian's cooking style reflects his belief that fresh and seasonal ingredients are the key to the best tasting food. Helping in the kitchen is Paul Gray, former executive chef at Fox Hill Village. Paul can be found in both our retail and restaurant kitchens keeping the very hectic pace manageable.

As this newsletter goes to press we are hoping to improve our outdoor eating area. Depending on approval from the Town of Wellesley we will enclose and update the area which now consists of 4 tables along the front of the restaurant. While we won't be enlarging the space we will make it more attractive, comfortable and available a little longer each season.



Simply Fresh. Simply New England.

## Frozen Dinner Launch

By now you may have noticed our newly designed frozen dinner covers and microwavable containers. The good news is that the new packaging offers diners the convenience of cooking with the microwave and now includes nutritional information. We followed the letter of the law with regards to the ingredient statement required by the Mass. Division of Public Health. The compliance in the market is so diverse that it is difficult to compare products fairly. If you haven't spent time reading the backs and sides of frozen dinner packaging it can be quite overwhelming. For simplicity sake it is important to remember the ingredients are listed in order of their weight in a recipe. The more complicated part is understanding that even a tablespoon of an ingredient—for example, cracker crumbs—may read over 45 words! Some of our recipes were tweaked to comply with future expected bans on Trans fats and we are pleased with the results and hope you agree. Along side our classic line (Scrod Supreme, Haddock Au Gratin, Baked Scallop and Mushrooms, Scrod Pomodoro, and Scrod Parmesan) we will be introducing some new dinners that will emphasize organic ingredients. Look for a salmon dinner to be on the shelves soon.

### Retail Shop:

781-235-0860

Mon - Thursday 8:00 am - 6:00 pm

Friday 7:00 am - 6:00 pm

Saturday 8:00 am - 5:30 pm

Sunday 10:00 am - 5:00 pm

### Table & TakeAway:

781-235-3737

Breakfast, lunch, dinner and Sunday brunch.

Monday - Friday 6:30 am - 9:00 pm

Saturday 7:00 am - 9:00 pm

Sunday 8:00 am - 2:00 pm

Take-out available.



## INTERVIEW WITH JOHN SACKTON

**E**ditor and Publisher of *Seafood.com* online daily news for buyers, sellers and consumers, John is considered a seafood industry expert and we were fortunate to speak with John recently about some of the issues in the seafood industry.

**The Captain:** Seafood seems to attract the attention of the press and it is not always positive. Why are consumers so confused about seafood consumption risks?

**John:** In this environment, it is easy for food writers and newspapers to publish negative facts about seafood—and people respond with concern because they don't have enough direct knowledge on their own. The variety of seafood and the differences among species mean many consumers don't have confidence in their seafood knowledge. Further—there is a tremendous magnification of risk in the media—so that local TV reporters will spend a breathless hour talking about how dangerous it might be to eat farmed salmon for example, without ever putting in the context. The context would include facts like the level of contaminants in salmon is no different than the level of contaminants in dairy products or butter that is consumed every day. But to give this perspective would kill the story.

**The Captain:** Is farm raised seafood safe to eat?

**John:** Farmed fish is very safe to eat. The biggest improvements being made in aquaculture are increased inspections and certification of farms, so that they are meeting the highest standards for hygiene and cleanliness and biosafety. The second big improvement in aquaculture is in the feed that is used. Many feed companies are trying to reduce the amount of fishmeal and fish proteins that are normally part of aquaculture feed. This kind of reduction is necessary because there is only a limited quantity of fishmeal that can be sustainably produced from fish not suitable for human consumption. As aquaculture production expands, they must address the problem that wild fish production for fishmeal is limited, and reformulate feeds to take this into account.

**The Captain:** What about sustainability?

**John:** The major efforts to achieve sustainability have come about when the NGO's (non governmental organizations) that are concerned about fish stocks have joined forces with fish producers and managers, so that all agree on managing stocks in a sustainable way. The marine stewardship council, based in London, is the most prominent NGO to provide a sustainable certification for wild fisheries. As more fisheries have been certified, more buyers have been seeking out certified fisheries. For example, Wal-Mart made a commitment to source seafood from certified fisheries, both for wild fish and for aquaculture. This shows how much the common goal of sustainability has penetrated the entire seafood industry.

**The Captain:** What is the best advice we can give our customers?

**John:** On sustainability, this is a war that is being won. Even in New England, where some of the worst abuses of over fishing have taken place, government regulations will now ensure a rebuilding of the stocks over the near future. Some stocks, such as scallops, striped bass, and haddock have all had spectacular comebacks. These efforts show that fisheries can in fact be replenished.

Eat fish at least twice per week. The benefits of Omega-3 in fighting heart disease are undisputed. Children need to establish good eating habits that include fish in their diet. It is essential for pregnant women to eat fish as well. Scientists have shown that women who eat fish with plenty of Omega-3 have babies that are smarter, walk and talk more quickly, and in general meet development mile-

stones faster than the babies of women who have little seafood in their diets. This is an example where the risk factors are upside down. Mothers who do not eat fish take a bigger risk with their baby's health than mothers who eat a variety of fish.

In terms of safety, the industry takes food safety extremely seriously, setting up various supply monitoring systems to make sure that no contaminants get into the seafood supply. On a national level, seafood is far safer than many other foods, just judging by the amount and volume of recalls of beef, of tomatoes, and other everyday foods. As a result, when consumers think about food safety, they should realize that seafood is among the safest foods we can eat. There is a good biological reason for this. Cold water fish don't harbor the same types of bacteria that can infect people, while warm blooded cattle and chickens do. There are unique safety problems in mulluscan shellfish that are addressed by government monitoring that requires shellfish to be sold through licensed dealers from approved waters.

## SEASONALITY OF SEAFOOD

Customers are always interested in buying the freshest fish available. We have always specialized in fresh fish and offer only a few frozen products. That of course leads to the disappointment that not all products are available all year. We have listed below some of the more popular seasonal items we sell and when you can expect to find them in our showcases. The growing industry of farmed raised seafood has allowed all of us to enjoy more types of seafood all year long but some of our wild favorites are seasonal and are also subject to limits on fishing to help protect their long term availability.

Seasonal Species	Region	Availability
Bay Scallops	New England	November 1 – early Spring
Soft Shell Crabs	Mid Atlantic	Spring and Summer
Wild Salmon	Northwest	Spring, Summer, early Fall
Shad Roe	Mid Atlantic	Late Winter and early Spring
Striped Bass	N.E. & Mid Atlantic	Summer
Maine Fresh Pink Shrimp	Maine	December – March
Swordfish – local	New England	Summer, Fall
Lobsters – local	New England	Soft shell – Summer – mid Fall

## The Captain's Crew



Peter Anastos

Although we were sorry to see our old friend in Belmont close Greer's Seafood in 2000 we were fortunate that Peter Anastos, a longtime employee came to work for us. Peter spent most of his career as a Maitre D for Jimmy's Harborside and has many fond and interesting memories of those days. He began his seafood experience troubleshooting at Turner Fisheries in Boston. Peter is also fluent in Greek which was particularly useful when Jackie Kennedy was traveling aboard the yacht, *The Christina* in the Greek Islands. Peter was a yeoman in the U.S. Navy at the time and was assigned as an escort because of his fluency in the language. A father of three grown boys, Peter and his wife live in Brighton. His favorite pastime now that his hockey carpooling days are long behind him is reading. In fact it is not unusual for customers to trade books with Peter. His favorites are military history books and mysteries. Peter's favorite from the fish counter—any white fish.

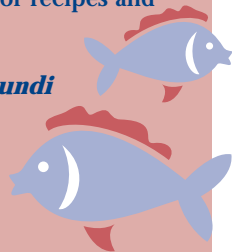
## Barramundi— a new fish in town

Thanks to Australis Aquaculture, a revolutionary fish farm in Western Massachusetts we are pleased to offer this healthy and versatile fish. They have been recognized for promoting sustainable aquaculture with an innovative water filtration system and featured in the *Boston Globe Magazine* and *Oprah Magazine*. Visit their website at [www.thebetterfish.com](http://www.thebetterfish.com) for recipes and product information.

### Lemon Butter Barramundi

- 4 fillets
- ½ tsp salt
- 1 T olive oil
- 3 T fresh lemon juice
- 2 T butter
- 4-6 leaves basil
- 1 clove garlic

Rinse and dry fillets and brush with olive oil. Sauté for 3 minutes skin side up. Flip and cook for 1 minute. Transfer to platter. Sauté garlic in butter for 2 minutes. Stir in salt, lemon juice and basil. Spoon over fillets. Serve with green beans and garnish with tomato.



## Around the country—

Recognition in national magazines? We had no idea until customers commented about the recent buying guide in *Food and Wine Magazine*. Because we service so many restaurants and have established strong relationships with talented chefs they have never been shy about mentioning our name. So that is what happened in the August 2008 issue when our retail store was listed as the premier source for seafood. In the more recent fall issue of *Yankee Magazine* we are once again mentioned for our fresh seafood and praised for shipping overnight to homes around the country.

## Shellfish and red tide—

Our customers often voice concern about red tide as it usually rears its ugly head during the summer months. Be assured the Massachusetts Department of Public Health is committed to monitoring the shellfish beds in our state. They are routinely tested and closed if necessary. Because of our presence in the market we are able to buy from many sources and will find what we need for our customers whether it takes us up north to Canada or further south.



# Galley of the Stars



Tom Cutrone is the chef and owner of Savinos in Belmont. His innovative cuisine has been featured on TV Diner and Fox Zip trips. We have known Tom for over 20 years from his work at L'Espalier and Tuscan Grill and know you will be impressed by his Italian and Mediterranean cuisine. It is an elegant restaurant with a seasonal menu and Monday night wine tastings! Visit [savinogrill.com](http://savinogrill.com) for a look at the menu.

## *Pan Seared Halibut with Roasted Vegetable Cous Cous finished with Mint Oil*

Pat dry with paper towels four 6 oz. halibut filets.  
Season with salt and pepper.  
Heat non-stick pan with 1oz. of vegetable oil.  
Sear halibut top side first.  
Turn over and finish filets in oven at

400° for 5-7 minutes until fish is just firm.  
Remove from pan and keep filets warm.

### **Cous Cous**

Boil one pound of cous cous in salted water until al dente.  
Strain and shock in cold water bath to hold for later.  
Reserve a cup of the cous cous water.

### **Roasted Vegetables**

*One medium red onion, one medium red and yellow bell peppers, small eggplant and one small/medium zucchini*

Cut vegetables into uniform 1 inch shapes to your liking.  
Drizzle with olive oil, toss and add salt and pepper and chopped garlic.  
Lay on a sheet pan and bake vegetables for 10-15 minutes in oven set at 450°.  
Vegetables should be tender, do not over-cook.

Combine with cous cous and heat on stove top adding the reserved water.  
Salt and pepper to taste.  
Add ½ cup of chopped parsley and ¼ stick of butter. Cous cous mix should be moist and fluffy.  
Plate the filets with cous cous and finish with drizzle of mint oil.

### **Mint Oil**

*One bunch of mint cleaned  
½ cup vegetable oil  
Salt and pepper to taste*

Boil mint in water for 25 seconds.  
Strain and shock in iced water for 5 minutes.  
Strain well and squeeze excess water.  
In food processor, blend mint with oil, salt and pepper until smooth.

Receive your next Captain's Log on line!  
Call, submit your e-mail address at  
[www.captainmardens.com](http://www.captainmardens.com) or e-mail us  
at: [info@captainmardens.com](mailto:info@captainmardens.com).

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