



## Fishy business

*The Good Food Guide asks whether sustainability is compatible with taste*



The one that didn't get away – hope it's from sustainable stocks

**H**ere at *The Good Food Guide*, we've noticed that diners have been increasingly questioning the origins of their meat for the past few years. Now sustainability of fish is firmly on the agenda. The tide is definitely turning. According to the United Nations, around three quarters of the world's fisheries are classed as fully exploited, over-exploited or significantly depleted. Some species have already been fished to commercial extinction, and many more, like cod and tuna, are under serious threat.

The Food Standards Agency said recently that it will review its current guidance that consumers should aim to eat at least two portions of fish a week. This reflects growing concern about the sustainability of fish stocks and the wider environmental impact of fishing and fish farming.

Greenpeace is calling for 40 per cent of the world's oceans to become protected as marine reserves, with the backing of chefs such as Tom Aikens, Raymond Blanc and Heston Blumenthal. At the recent launch of

the Greenpeace 'Seafood See Life' campaign at Billingsgate Fish Market, Tom Aikens called on chefs to use sustainable fish on their menus. And he's put his money where his mouth is: his fish and chip shop, Tom's Place in Chelsea, serves only fish from sustainable sources. These include gurnard, pollock, sole, ray, sardines, mackerel and line-caught sea bass.

However, a clean conscience comes at a price: many of the simple, battered fish dishes at Tom's Place cost more than £12. There is also the question of taste. Cod has been over-fished for a reason – its firm, juicy texture and delicate flavour have been popular with the British public for decades. Will consumers pay higher prices for less popular fish to ensure that marine stocks are preserved for future generations?

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## Top fish restaurants

Succulent seafood and traditional fish and chips

### Bistro Soleil

La Route de la Haule, Beaumont, Jersey JE3 7BA, 01534 720249

*Locally landed fish on lively menus*

### Butley Orford

#### Oysterage

Market Hill, Orford, Suffolk IP12 2LH, 01394 450277, [www.butleyorfordoysterage.co.uk](http://www.butleyorfordoysterage.co.uk)  
*Informal café beside an oyster farm*

### Café Neptune

First Floor, 27 Castle Street, Beaumaris, Anglesey, Wales LL58 8AP, 01248 812990, [www.cafenepptune.co.uk](http://www.cafenepptune.co.uk)  
*Upmarket fish and chips in attractive seaside town*

### Crab & Lobster

Dishforth Road, Asenby, North Yorkshire YO7 3QL, 01845 577286

*Cosy, unpretentious dining with maritime tang*

### The Creel

Front Road, St Margaret's Hope, Orkney KW17 2SL, 01856 831311, [www.thecreel.co.uk](http://www.thecreel.co.uk)  
*Unembellished, harmonious seafood cookery*

### Fisherman's Lodge

Jesmond Dene, Jesmond, Newcastle upon Tyne NE7 7BQ, 0191 281 3281, [www.fishermanslodge.co.uk](http://www.fishermanslodge.co.uk)

*A mix of familiar and gently inventive cooking*

### Fishes

Market Place, Burnham Market, Norfolk PE31 8HE, 01328 738588, [www.fishesrestaurant.co.uk](http://www.fishesrestaurant.co.uk)  
*Oysters, lobsters and mussels from Brancaster*

### King's Arms

Dartmouth Road, Strete, Devon TQ6 0RW, 01803 770377, [www.kingsarms-dartmouth.co.uk](http://www.kingsarms-dartmouth.co.uk)  
*Splendid 18th-century pub a pebble's throw from the coastal path*

### One-O-One

Sheraton Park Tower, 101 Knightsbridge, London SW1X 7RN, 020 7290 7101, [www.oneoone-restaurant.com](http://www.oneoone-restaurant.com)  
*Winner of 'Best fish restaurant award' in Good Food Guide London*

### Tom's Place

1 Cale Street, London SW3 3QT, 020 7351 1806, [www.tomsplace.org.uk](http://www.tomsplace.org.uk)  
*New fish and chip shop with ethical credentials*

## Contacts

**Food Standards Agency** [www.food.gov.uk](http://www.food.gov.uk)

**Greenpeace** [www.greenpeace.org.uk/seafood-seelife](http://www.greenpeace.org.uk/seafood-seelife)

**Marine Conservation Society** [www.fishonline.org](http://www.fishonline.org)

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