



The Faces of California Fishing

Barbecued Albacore Kabobs

From Barbara D.

1 loin of troll-caught Pacific albacore tuna
Melted butter
Corn flake crumbs
Your choice of bell pepper, pineapple, mushrooms, onions
or any other fruit or vegetables of your choice.

Trim away all dark meat and cut white meat from a troll-caught albacore tuna into 1 1/2" cubes.

Dip cubes in melted butter, then roll in corn flake crumbs. Add salt and pepper to taste.

Place prepared cubes on skewers alternately with pineapple, mushrooms, bell pepper, onions (parboiled if you choose) and any other fruit or vegetables of your choice.

Barbecue over low to medium hot briquettes that are smothered with damp hickory, alder, or apple wood chips. Baste albacore once or twice during cooking with melted butter. A bulb baster works well for this. Also, turn skewers once or twice during cooking time. Cook for approximately 20 minutes depending upon temperature of fire.

This recipe has been reprinted from the "Moss Landing Albacore Cookbook", which was originally published in 1983 by the Moss Landing Commercial Fishermen's Auxiliary.

For more great wild Pacific albacore recipes visit www.albatuna.com

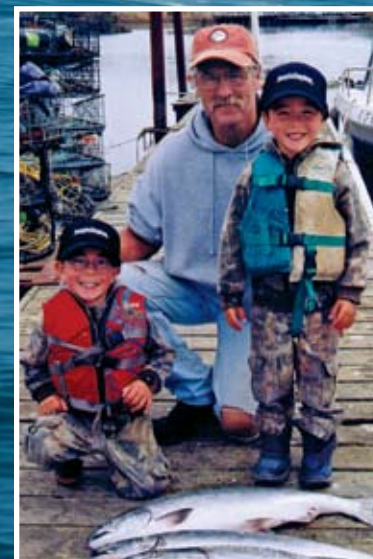


To learn more, visit www.thefacesofcaliforniafishing.com

Contact Information:
The Faces of California Fishing
Lori French
1797 Little Morro Creek Road
Morro Bay, CA 93442
lori@thefacesofcaliforniafishing.com
(805) 772-4959

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Photographs by Captain Bligh of Eureka and Lori French of Morro Bay





Support Fishing Communities By Buying Fresh, Local Seafood

To support California's fishermen and get quality seafood, ask for a local product.

There's a real need for awareness when it comes to seafood. Most people aren't aware of where their seafood comes from, how it is regulated for health and environmental standards and who actually caught it.

Buying locally caught seafood supports the efforts of fishing communities working to maintain healthy fish stocks and supplies of wild caught, nutritious fish for Americans. Also, keeping the infrastructure in fishing communities intact is important. Money spent on local fish is then turned around and spent back in the community and encourages tourism.

Generally, consumers are unaware of the origins of the seafood they purchase. Often seafood is labeled as "local" when it is not. If local fisheries are shut down, consumers will be forced to buy more of their seafood from unregulated, foreign sources. This not only results in unreliable quality but also directly impacts the local and national economy.

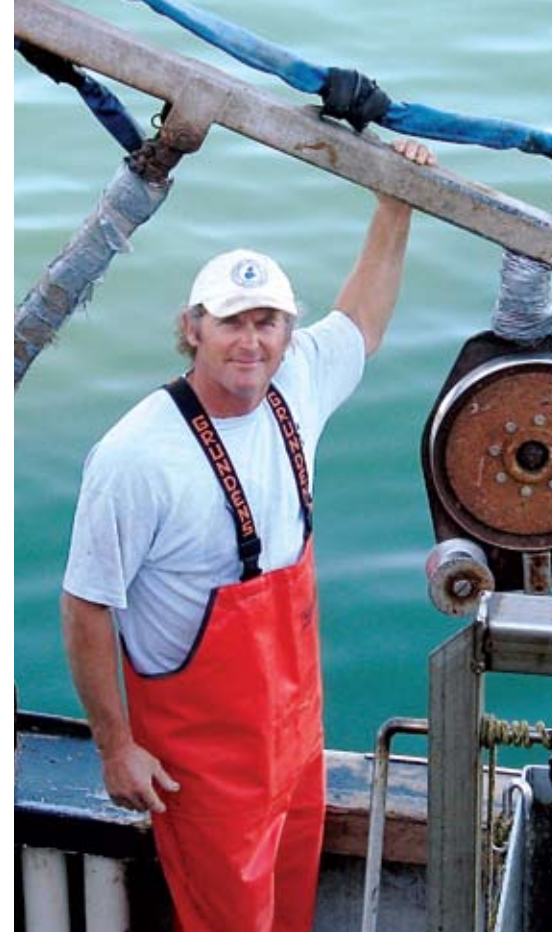
The Faces of California Fishing

promotes the real stories and people behind California's fishing communities. Consumers can support them and get quality fish by eating fresh, local seafood.

One common thread binds all commercial fishermen, the spirit of independence. The structure of a fishing family is built around the family boat, and in turn the entire cultures and economics of small coastal communities have followed.

California fishing communities are struggling at this time to remain just that, fishing communities. Stringent regulations and the inability of the regulatory process and scientific analysis to consider the economics of family owned fishing businesses have made local supplies of seafood hard to come by.

Commercial fishermen are the first environmentalists. If they don't take care of the ocean they will not make a living. It's that simple. Many people don't understand how strongly commercial fishermen feel about protecting their environment while at the same time dealing with ever tightening regulations. A full 95% of California's fishermen are small family-owned businesses, not the factory trawlers that are common in other countries. In an ongoing effort to protect the environment, fishermen are constantly trying to implement new ways to fish that are productive and safe.



Pan Fried Black Cod Fillets

Tom Capen, fishing vessel Eleanor Marie

Black cod fillets
Garlic salt
Onion salt
Ground pepper

Lightly season boneless black cod fillets with garlic salt, onion salt and pepper. No need for any oil or butter just place on teflon frying pan with medium heat. Fillets will give off enough oil for cooking. Cook approximately 5 minutes on each side, enough time to brown fillets. Serve with rice and salad. A great boat dish. Bon appetit. *Tom Capen*

