



Earth Day EATS

Responsible, sustainable fishing and aquaculture are critical to keeping our ocean healthy and ensuring a plentiful fish supply for both marine mammals and humans alike. To celebrate the 50th Anniversary of Earth Day on April 22, The Marine Mammal Center and Top Chef Eric Adjepong have teamed up to help families across America learn how we can work together to protect our ocean and create an exciting Seal-Approved, Ocean-Friendly Earth Day family dinner.

Salmon, Carrot Puree and Glazed Marble Potato Bowl

SERVES 4

Ingredients

FOR THE SALMON:

- 4 6-ounce salmon fillets
- 2 tbs olive oil
- 1/8 tsp freshly ground black pepper
- 1/2 tsp sea salt
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin

FOR THE CARROT PUREE:

- 4 large carrots
- 1 tbs vegetable oil
- 1 oz olive oil
- 1 tsp ground cumin
- 1 onion, sliced
- 3 garlic cloves
- 2 tbs fresh lime juice
- 10 oz carrot juice

FOR THE POTATOES:

- 6 cups marble potatoes
- 2 tbs of apple cider vinegar
- 2 tbs butter
- Sprig of rosemary or thyme
- 1 tbs vegetable oil

VEGETARIAN OPTION:

Replace fish with roasted beets.

Directions

FOR THE SALMON:

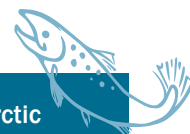
- Preheat oven to 450° F. Place salmon on a baking sheet.
- In a small bowl, mix together the spices and sprinkle over the salmon, then lightly brush the salmon with olive oil.
- Roast the salmon, uncovered, until just cooked through, about 15 minutes. It will be firm but will have a little bit of give to it when pressed on.

FOR THE CARROT PUREE:

- Slice carrots lengthwise, lightly coat with vegetable oil and roast in preheated oven at 425° F for 40 minutes. Dice carrots once complete.
- In a medium-sized pot over medium high heat, sauté onions and garlic until soft and translucent, about 7 minutes.
- Place carrots in the pot with enough carrot juice to cover the mixture and reduce your flame to medium low heat.
- Add cumin and cook for about 20 minutes or until carrot juice is half reduced.
- Transfer carrot mixture to a blender and blend on high. While blending, slowly drizzle in olive oil. Season with salt and lime juice.

FOR THE POTATOES:

- Slice potatoes lengthwise and drizzle with oil and salt.
- In a hot pan, add oil, then add in potatoes. Cook potatoes until golden brown.
- Turn flame on low, then add in apple cider vinegar, rosemary and butter. Toss until potatoes are fully glazed.



We recommend Kvarøy Arctic farmed Atlantic salmon from Norway, certified by the Aquaculture Stewardship Council. Fresh farmed salmon is available year-round, while fresh wild salmon is only available from June to September.

When selecting wild-caught salmon, an excellent reference guide for sustainably harvested options is Monterey Bay Aquarium's Seafood Watch, which labels well-managed salmon fisheries either a "Good Choice" (green) or "Good Alternative" (yellow).

Avoid salmon with Seafood Watch's red "Avoid" label—it may be the product of overfishing or it was caught or farmed in ways that harm other marine life.

Alternative to salmon: Firm-fleshed white fish, such as pollack, hake, halibut, and cod, can be cooked in much the same way as salmon.