

San Diego Seafood & Then and Now

The Perfect Pairing

Top Chefs & Sustainable Seafood & the Fishing History We Share



Portuguese Fishing in San Diego

Sample Cookbook Chapter



...Just Another Cookbook?

Consider **Our Unique Approach**

San Diego Seafood, Then and Now

is a community-based cookbook that will provide economical and easy-to-prepare recipes featuring San Diego seafood for institutional chefs, and a special print edition for at-home use. It will follow the history of fishing in San Diego and highlight local fishermen and top chefs with information about the sustainability, science, and

nutrition of the recipes' seafood, all of which is landed and available in San Diego. The recipes will be organized by era and include recipes from across a variety of ethnicities, as well as recipes that are consistent with zero waste, such as those that use the whole fish or parts usually considered "waste".



At the front lines of food insecurity are institutional meal services, struggling to connect masses of the food insecure to healthy, fresh, local foods. Our hope is to offer this cookbook free of charge to institutional kitchens to help bridge that gap through increased awareness of local seafood and fishermen, guidance from professionals for the acquisition, safe handling and preparation of local seafood, and strengthen connections within our community.



Why San Diego-sourced Seafood?

With so many seafood options, why San Diego seafood?

Environmentally responsible. Fewer food miles mean little processing, packaging and transport which save resources and reduce pollution. We have some of the strictest regulations in the world on catch limits and habitat protections.



Boosts our local economy. Buying local maintains fair jobs all along our food supply chain, keeps more money in the community, increases the rate at which money changes hands and provides benefit and supports food sources that are responsibly regulated.



Just, healthy, and safe food. Short time from ocean to plate reduces risk of spoilage and contamination. Some of the world's strictest health and safety regulations ensure the security of fresh, healthy seafood for our community and of the people who bring it to us.



Coastal identity. Buying local and direct strengthens relationships between San Diego's long line of seafood harvesters and our proud coastal community, which sustains our historic coastal heritage, highlights our culinary uniqueness, and provides us with a sense of place.



Eating local supports the supply of environmentally-friendly, economically-smart, safe and healthy, socially-just seafood!

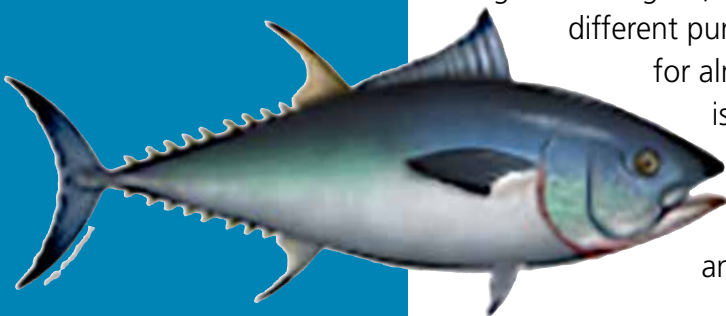
Recollections of a Portuguese Fishing Family



Salt drying racks on Pt Loma.

Responsibly Caught

**From pole and line
to pelagic longline,
modern tuna fishing
methods minimize
unintentional catch
and seafloor impacts.**



When the Portuguese came to San Diego, in the mid-1800s, they used a process of drying fish to preserve their catch and then transported the load to the Portuguese communities throughout California.

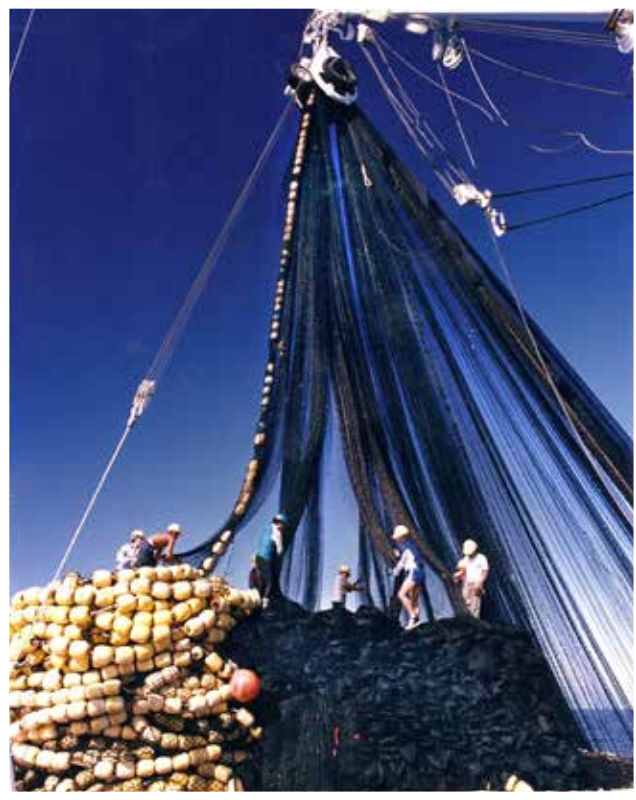
This process was also widely used by the Chinese who fished out of La Playa, in San Diego, until the 1890s. The Portuguese made their small homes called “shacks” right on the edge of the water and had their boats docked in front of their homes.

My father, Manuel Rodrigues, better known as ‘Malhiques,’ fished for many years (since the 1940s), first on bait boats (also known as pole fishing or fishing from the rack) and then on purse seiners. My brother, Augusto Rodrigues, followed in his footsteps and was captain of many different purse seiners (working for the same owner, Ed Gann, for almost 40 years) and now his son Justin Rodrigues is captain of the *Cape Breton*.

Around 1908, the Japanese introduced the bamboo pole, which was very flexible and strong, thus the name “Pole fishing”.

This method of fishing truly revolutionized the U.S. tuna industry at the time and was used through the 1950s, until most fishing clippers were converted to the larger purse seiners. (The modern purse seiner was designed by Portuguese Jose Vitorino Silva, who worked for Campbell Industries). Purse seiners used nylon nets and power blocks to hoist the tons of tuna being caught.

These were innovations contributed by Croatian fishermen, who first used them in San Pedro. Once adopted by the Portuguese in San Diego, they became the fighting force behind sustaining the industry. Other innovations followed including the Medina panel, designed by San Diego native and Portuguese, Harold Medina, in 1971. This drastically reduced dolphin/porpoise mortality and is used worldwide to this day. Later, the brailing system, which is the scoop that transfers the fish from the ocean in a sack to the boat, was revolutionized from a hand-controlled scoop to a mechanical brailer. My brother, Augusto Rodrigues, designed this.



When we arrived in San Diego in 1969, the tuna fishing industry was booming. In the 1970s, San Diego was known as the "Tuna Capital of the World". There were over 200 tuna-fishing purse seiners who called San Diego homeport. Over 80% of them had Portuguese owners and/or captains. A common site in those days was to see downtown San Diego adorned with many fishing vessels anchored alongside the Embarcadero. Tourists stopped and talked to the fishermen who were mending nets on the sidewalk. In those days, most of the fish were being offloaded at the StarKist cannery in San Pedro.

Hot Tuna !

Tuna are warm bodied - their large swimming muscles and efficient circulatory system allow them to stay warm in cold ocean waters.





The tuna purse seiners have a very large and elaborate kitchen (galley). One of the crewmembers is the designated “cook” and his main job is to cook for the 20 plus crewmembers. The crew on these fishing vessels are an international melting pot. They’re a mix of Portuguese, Italian, Slavic, American, Peruvian, Costa Rican, Ecuadorian, Panamanian, Mexican, Chilean, Filipino, Samoan, Tongan, and from many other places.

Hydrodynamic Dinner

Tunas’ distinctive fins reduce turbulence and drag making them the fastest of all fishes.



Zeca Rodrigues has worked as a paralegal for a maritime law firm for over 30 years where she has gained a wealth of information about fishing operations and the industry. She is a past president of the Portuguese Historical Center and the Festa do Santo Amaro organizations where she spends a great deal of her time in support of the Portuguese community and helping preserve its history.

A good cook is, first and foremost, always mindful of the captain’s origins and/or ancestry, first aiming to please him and cook his favorite dish. Of course, one is always mindful of the cook’s own origin, as his dishes may turn out to be a mish-mash of the crews’ tastes. On my brother’s boats—*Atlantis*, *Caribe*, *Cape Vincent Gann*—the cook always knows to make the very traditional Portuguese fresh-fish dishes.

Throughout the years, our traditional Portuguese food has been influenced by our newly adopted American home and our friends. Our “Caldeirada de Peixe” or Portuguese Fish Stew became less fishy and more crustaceous and is commonly referred to as “Ciopinno.” In our family, the Caldeirada became so popular that it was adopted as our Christmas day meal. It is so delicious we seldom need any side dishes—just fresh bread to dip in the sauce.

I also remember fondly how my father and other crewmembers were allowed to bring home a whole tuna. It was cleaned, cut up and shared with family and friends. A good portion of it was cooked that same day and canned homestyle in mason jars. The next dish involved cooking the fish bones that still had plenty of meat on them and preparing them in a special marinade (escabeiche), which could be refrigerated for days. The longer it sat in the sauce the better tasting it was. That first day, some pieces were cut up, like a steak, and made for dinner using a simple marinade that brings out the delicious, fresh tuna flavor. Extra pieces were always made so that there were plenty of leftovers. The remaining pieces were frozen and ready to be cooked, baked, barbequed, stewed, fried, however you wanted to cook the tuna. It would happen that we ate fish almost every day because my mother never wanted the fish to stay frozen too long.

A good Portuguese cook never lets good food go to waste. Please enjoy my recipe for tuna steaks

—Zeca Rodrigues

From Zeca's Family Kitchen

TUNA STEAKS

Bifes de Atum

Ingredients

Serves 4

- 1/4 cup olive oil
- 4 pieces tuna
- 6 cloves garlic, crushed and diced
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon garlic salt
- 1 cup vinegar
- 2 cups water

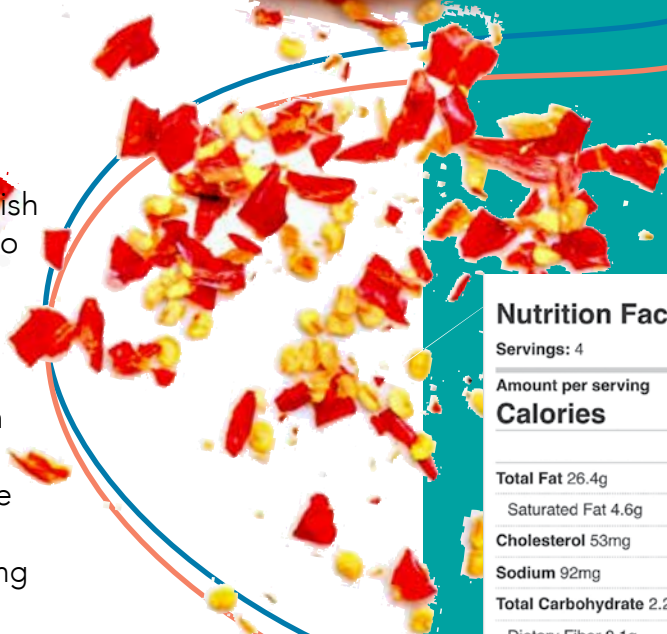
Preparation

Place the tuna in a dish where each piece lays flat. In a separate small dish mix the garlic, pepper and garlic salt together. In another separate dish mix the vinegar and water and then add to the mixture in the small dish. Mix all ingredients well then pour over the tuna and refrigerate for at least an hour.

In a frying pan, heat the olive oil and then fry the tuna. Once the tuna is done set it aside on a serving dish. Add the marinade mixture into the frying pan (that you just fried the fish in) and bring it to a boil, making the marinade to pour over the tuna.

Any Tuna Will Do

These recipes will be delicious with any of the species of tuna that are landed locally—albacore—(*Thunnus alalunga*), bigeye (*T. obesus*), bluefin (*T. orientalis*) and yellowfin (*T. albacares*).



Nutrition Facts

Servings: 4

Amount per serving

Calories **445**

% Daily Value*

Total Fat 26.4g 34%

Saturated Fat 4.6g 23%

Cholesterol 53mg 18%

Sodium 92mg 4%

Total Carbohydrate 2.2g 1%

Dietary Fiber 0.1g 1%

Total Sugars 0.3g

Protein 45.5g

Vitamin D 0mcg 0%

Calcium 23mg 2%

Iron 1mg 7%

Potassium 634mg 13%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by **verywell**

Our Featured Chef

Kevin Madigan



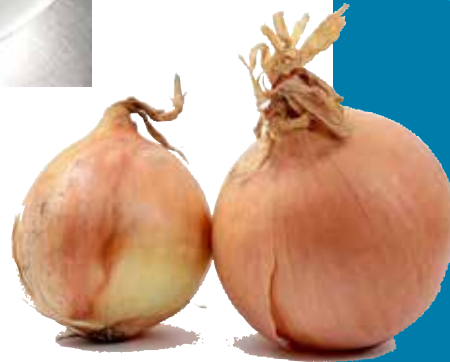
Born in the Azores, Portugal, Chef Kevin has lived on the East and West Coast of the U.S., and he has ventured as far west as Hawaii. His first cooking class was at the age of 4 years old, and he hasn't stopped since. He began working in the industry at 17 years old. He worked with SeaWorld, assisting in baking all the goods for the park and their special events. He continued as Bakery and Café Manager at Sam's Club, then took the role of Sous Chef at Sycuan Casino, before working with UC San Diego. Chef Kevin Madigan is a member of the American Culinary Federation and is a Certified Sous Chef. Kevin is a Chef de Cuisine at UC San Diego and is currently developing new menus for Café Ventanas Restaurant.



Portuguese Fish Chowder

Serves 8 Ingredients

- 2 tablespoons olive oil
- 2 dried bay leaves
- 3 cloves (1 tablespoon) garlic, finely chopped
- 2 medium onions (14 oz), cut into 3/4-inch dice
- 1 green bell pepper (6 oz), cut into 1/2-inch dice
- 1/4 teaspoon ground allspice
- 2 pounds red potatoes, cut into 8th wedges
- 4 cups fish stock, as a last resort, water
- 2 cups whole tomatoes in juice, cut into 1/2-inch diced (measured with their juice)
- 6 ounces Andouille sausage, casing removed and sliced 1/4 inch thick
- Kosher salt and freshly ground black pepper
- 2 pounds Halibut
- 10 sprigs fresh cilantro, leaves and tender stems finely chopped
- 2 tablespoons coarsely chopped flat-leaf parsley leaves



Directions

Heat a 4- to 6-quart heavy pot over medium heat and add the olive oil and bay leaves. As soon as the bay leaves begin to turn brown, add the garlic and cook, stirring constantly with a spoon, until golden, 20 to 30 seconds. Add the onions, bell pepper, and allspice and cook, stirring occasionally, until the onions and peppers are softened but not browned, about 8 minutes. Add the potatoes and stock; if the stock doesn't cover the potatoes, add just enough water to cover them. Turn up the heat, bring to a boil, cover, and cook vigorously until they're soft on the outside yet still firm in the center, about 6 to 10 minutes. Reduce the heat to medium, add the tomatoes and sausage, and simmer for 5 minutes. Season assertively with salt and pepper. Add the whole fish fillets and cook for 5 minutes. Remove the pot from the heat, gently stir in the cilantro, and let the chowder sit for 10 minutes. The fish will finish cooking during this time.



Nutrition Facts

Servings: 8

Amount per serving

Calories **370**

% Daily Value*

Total Fat 13.6g	17%
Saturated Fat 3.2g	16%
Cholesterol 54mg	18%
Sodium 520mg	23%
Total Carbohydrate 25.1g	9%
Dietary Fiber 3.5g	12%
Total Sugars 4.5g	
Protein 36.6g	
Vitamin D 0mcg	0%
Calcium 44mg	3%
Iron 7mg	41%
Potassium 1527mg	32%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**

Serving tips

- **Add a little cayenne pepper for more heat**
- **Garnish with a lemon wedge**

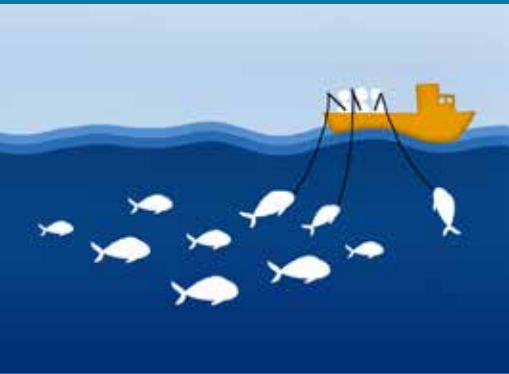
Discover

California Halibut

(*Paralichthys californicus*)

GEAR

Pole & line,
trammel &
bottom set nets



The Science

Not actually a halibut, it's a flounder!

- Ranges from Washington State to Magdalena Bay, Baja California Mexico.
- Born with an eye on each side of its body, one eye migrates to the other side as it matures so that it can be right or left eyed.
- Can live up to 30 years and grow to 5 ft long and 72 lbs.



The Fishery

Available year-round in Southern California

- California fishery ranges from Bodega Bay to San Diego with most activity south of San Francisco.
- Gear has minimal impact on the seafloor and also catches other demersal (seafloor dwelling) fishery species, including flounder, sole and skate.
- A local favorite, most halibut stays at home with very little exported.

Know Your Fishermen



Jordyn and Martin Kastlunger

Jordyn became a licensed commercial fisherman at 16 yrs old and now fishes with her dad, Martin, a fisherman of 40 years.

Vessel

F/V Renee Marie

Home port

Tuna Harbor, San Diego Bay

“We fish because it allows us to provide fish to those who may not normally have access to fresh, local seafood. We work hard to provide sustainable fish.”

—Jordyn K.



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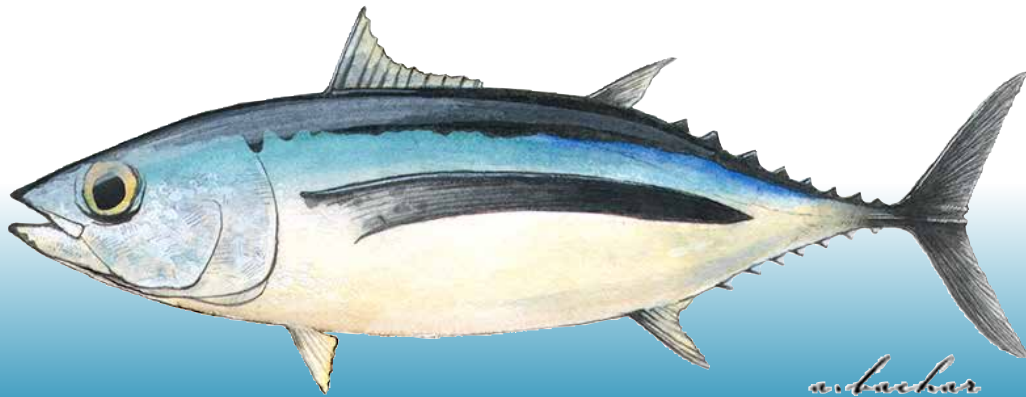
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We are looking for funding sources to sponsor the production of this book.

Estimated costs range from \$25,000 to \$30,000.

California Sea Grant and the cookbook editors wish to donate any proceeds from the sale of this book to charitable programs that tangibly contribute to food security and environmental justice.

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