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Red and blue make seafood green

Vancouver eatery boasts sustainable ingredients

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Red Fish Blue Fish is a new venture in Victoria, a restaurant in keeping with the trend toward greening, where chef Kunal Ghose, business manager Simon Sobolewski, fisherman Steve Johansen and designer Barbara Houston, are offering 100% Ocean Wise-sanctioned local fish.

This tasty seafood taqueria, which opened on the city's Inner Harbour in August, is housed in a used sea bin (a.k.a. cargo container), which has been up-cycled -- meaning the container, as a structure, is being put to an entirely new use.

Red Fish Blue Fish aims to leave a tiny carbon footprint while serving up big flavours: All food-service materials are made from potato starch and are either compostable or recyclable, the green roof is topped with soil and will grow sedums and food waste is removed by reFUSE. Then, of course, there's the menu -- 100% sustainably harvested seafood, such as wild Pacific salmon in a tempura batter with Kennebec chips (hand cut, twice fried); fish tacones filled with spicy cod; grilled fish sandwiches; and Fanny Bay oysters.

Going green never tasted so good. Here's a flavour-packed soup from the chef.

PACIFIC RIM CHOWDER

- 1 oz (28 mL) mixture of olive oil and canola oil
- 1 can corn
- 1½ cups (375 mL) each: diced onion, carrot, celery and par boiled potatoes
- 2 tbsp (30 mL) each: toasted ground cumin and coriander seed
- 2 tbsp (30 mL) sea salt and black pepper mix
- 1 bunch cilantro stalk minced
- 2 oz (57 mL) crushed garlic
- 4 oz (114 mL) sweet-chili sauce

- 2 oz (57 mL) chipotle puree
- 2 cans coconut milk
- 1 oz (28 mL) hot sauce
- 1 oz (28 mL) Worcestershire sauce
- Garnish with cilantro leaves and green onion
- Optional: fish or seafood

1. Saute all dry ingredients until veggies are soft, then add wet ingredients -- chili sauce, chipotle puree, coconut milk, hot sauce and Worcestershire. Simmer for 15 minutes.

2. The chef at Red Fish Blue Fish makes a confit of the seafood (Pacific white fish--cold and halibut) and adds some to each bowl at the last minute. But home cooks may use sustainably harvested fish or seafood--prawns, scallops or lobster. Cut it into small pieces, then simmer it in the chowder for a few minutes at the end. Serves 6

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