FISH IS A HEALTHY...AND TASTY FOOD!

Sources of mercury
Mercury can occur naturally, as when produced by volcanoes and hot springs, or be generated by people burning fossil fuels or making old metal beakers. Mercury is highly toxic to humans, especially when it is in liquid form. It is because of this that it must be handled carefully.

The transformation of mercury
In lakes and rivers, the inorganic mercury is transformed by bacteria into methymercury, a form that is more toxic to fish and other animals and organisms that eat fish. Some of these organisms and creatures become toxic to birds and other high-level consumers. Mercury continues to concentrate in the food chain, up the food chain from plankton, small plants, and animals to birds and fish. Fish that eat other fish, such as in the fish market, can become more contaminated by mercury than species that feed on aquatic plants or on land's terrestrials. Mercury's toxicity increases for every link in the food chain.

Fish on the menu
This guide to fish consumption is based on recent information about mercury content in fish species. The focus is on fish species that are commonly eaten in North America and Europe. The mercury content of other species is not known.

Mercury and seafoods
The production of plants and animals depends on the amount of mercury that has been absorbed by the plants and animals. Mercury, like other heavy metals, becomes concentrated in these species.

The mercury and seafoods guide is available at www.epa.gov. However, the intercepts are valuable. The mercury content of other species is not known.

MERCURY IN FISH

FIESTA CHOWDER

Ingredients
- 1 tbs. (15 mL) olive oil
- 1 medium onion, chopped
- 1 tbs. (15 mL) garlic, minced
- 2 (1 lb. 15 oz./1,050 g) cans of whole kernel corn
- 1 can (13.75 oz./398 mL) diced tomatoes
- 1 can (14 oz./400 mL) chicken broth
- 4 (12 oz./340 mL) cans of chunk white beans
- 1 can (15 oz./425 mL) black beans
- 1 tbs. (15 mL) cumin
- 1 tbs. (15 mL) coriander

Preparation
- In a large pot, sauté the onion in oil for 3 minutes. Add the garlic and sauté for 1 minute. Add the corn and sauté for 2 minutes. Add the tomatoes, chicken broth, beans, cumin, and coriander. Bring to a boil. Reduce heat and simmer for 15 minutes.

Makes 8 servings.

BROOK TROUT WITH DILL

ingredients
- 4 (8 oz./250 g) fillets of freshwater trout
- 1 tbs. (15 mL) dill
- 1 tbs. (15 mL) lemon juice
- 1 tbs. (15 mL) white wine
- 2 tbs. (30 mL) brown sugar
- 1 tbs. (15 mL) butter

Preparation
- In a small bowl, mix the ingredients together. Place the mixture over the trout. Bake at 350°F (180°C) for 15 minutes or until the fish is cooked.

Makes 4 servings.

NORTHERN PIKE IN PHYLO PASTRY

Ingredients
- 4 (8 oz./250 g) fillets of freshwater pike
- 1 tbs. (15 mL) dill
- 1 tbs. (15 mL) lemon juice
- 1 tbs. (15 mL) white wine
- 2 tbs. (30 mL) brown sugar
- 1 tbs. (15 mL) butter

Preparation
- In a small bowl, mix the ingredients together. Place the mixture over the trout. Bake at 350°F (180°C) for 15 minutes or until the fish is cooked.

Makes 4 servings.

ORIENTAL TROUT IN TINOFIL

Ingredients
- 4 (8 oz./250 g) fillets of freshwater trout
- 1 tbs. (15 mL) soy sauce
- 1 tbs. (15 mL) rice wine
- 1 tbs. (15 mL) fresh ginger
- 1 tbs. (15 mL) sugar

Preparation
- In a wok, heat the oil and sauté the trout for 3 minutes. Add the soy sauce, rice wine, fresh ginger, and sugar. Cook for 5 minutes or until the fish is cooked.

Makes 4 servings.

TINFOIL COOKED WALLEYE

Ingredients
- 4 (8 oz./250 g) fillets of freshwater walleye
- 1 tbs. (15 mL) lemon juice
- 1 tbs. (15 mL) white wine
- 1 tbs. (15 mL) brown sugar
- 1 tbs. (15 mL) butter

Preparation
- In a bowl, combine the lemon juice, white wine, brown sugar, and butter. Place the mixture over the trout. Bake at 350°F (180°C) for 15 minutes or until the fish is cooked.

Makes 4 servings.

STUFFED WALLEYE

Ingredients
- 4 (8 oz./250 g) fillets of freshwater walleye
- 1 tbs. (15 mL) lemon juice
- 1 tbs. (15 mL) white wine
- 1 tbs. (15 mL) brown sugar
- 1 tbs. (15 mL) butter

Preparation
- In a bowl, combine the lemon juice, white wine, brown sugar, and butter. Place the mixture over the trout. Bake at 350°F (180°C) for 15 minutes or until the fish is cooked.

Makes 4 servings.

TINFOIL COOKED FISH WITH SEMOLINA

Ingredients
- 4 (8 oz./250 g) fillets of freshwater trout
- 1 tbs. (15 mL) lemon juice
- 1 tbs. (15 mL) white wine
- 1 tbs. (15 mL) brown sugar
- 1 tbs. (15 mL) butter

Preparation
- In a bowl, combine the lemon juice, white wine, brown sugar, and butter. Place the mixture over the trout. Bake at 350°F (180°C) for 15 minutes or until the fish is cooked.

Makes 4 servings.

GRAPETUFFA OUANAJHE ESCALOPES

Ingredients
- 4 (8 oz./250 g) fillets of freshwater trout
- 1 tbs. (15 mL) lemon juice
- 1 tbs. (15 mL) white wine
- 1 tbs. (15 mL) brown sugar
- 1 tbs. (15 mL) butter

Preparation
- In a bowl, combine the lemon juice, white wine, brown sugar, and butter. Place the mixture over the trout. Bake at 350°F (180°C) for 15 minutes or until the fish is cooked.

Makes 4 servings.

GRILLED FISH FILLETS WITH MUSTARD, TOMATO RELISH

Ingredients
- 4 (8 oz./250 g) fillets of freshwater trout
- 1 tbs. (15 mL) lemon juice
- 1 tbs. (15 mL) white wine
- 1 tbs. (15 mL) brown sugar
- 1 tbs. (15 mL) butter

Preparation
- In a bowl, combine the lemon juice, white wine, brown sugar, and butter. Place the mixture over the trout. Bake at 350°F (180°C) for 15 minutes or until the fish is cooked.

Makes 4 servings.

FISH WITH TOMATOES AND BLACK OLIVES

Ingredients
- 4 (8 oz./250 g) fillets of freshwater trout
- 1 tbs. (15 mL) lemon juice
- 1 tbs. (15 mL) white wine
- 1 tbs. (15 mL) brown sugar
- 1 tbs. (15 mL) butter

Preparation
- In a bowl, combine the lemon juice, white wine, brown sugar, and butter. Place the mixture over the trout. Bake at 350°F (180°C) for 15 minutes or until the fish is cooked.

Makes 4 servings.