

cheese and onion pie jamie oliver

Cheese and Onion Pie Jamie Oliver: A Comfort Food Classic with a Twist

cheese and onion pie jamie oliver is a recipe that brings a fresh, flavorful spin to a beloved British comfort food staple. Jamie Oliver, known for his approachable and vibrant cooking style, elevates this classic pie by using simple, quality ingredients and a few clever techniques that make all the difference. Whether you're a seasoned home cook or just looking for a hearty dish to brighten up your dinner table, Jamie's take on cheese and onion pie offers both nostalgia and innovation in one delicious package.

The Charm of Cheese and Onion Pie

Cheese and onion pie is a dish rooted deeply in British culinary tradition, cherished for its rich, savory filling wrapped in flaky pastry. It's the sort of meal that evokes memories of cozy pub dinners and family gatherings. At its core, the pie combines caramelized onions with sharp cheese to create a satisfying balance of sweetness and tanginess.

Jamie Oliver's recipe takes this simple concept and infuses it with his signature freshness. Instead of relying on heavy sauces or overly processed ingredients, Jamie emphasizes the quality of the cheese and the natural sweetness of slowly cooked onions. This approach not only enhances flavor but also elevates the dish's nutritional value.

Why Jamie Oliver's Version Stands Out

One of the reasons Jamie Oliver's cheese and onion pie stands out is his attention to detail and ingredient selection. He often opts for mature cheddar, which adds a sharp and robust flavor profile. The onions are gently caramelized to bring out their natural sweetness, a step that transforms the filling into a rich, deeply satisfying mixture.

Jamie also tends to use homemade or high-quality shortcrust pastry, ensuring the pie crust is perfectly crisp and buttery. This contrasts beautifully with the soft, gooey filling inside. His recipe strikes a fine balance between indulgence and simplicity, making it accessible for cooks of all levels.

Ingredients That Make a Difference

- **Mature Cheddar Cheese**: Jamie recommends using a good-quality cheddar because it melts well and has a strong, tangy flavor that's essential for the pie's taste.
- **Onions**: The key is to cook them slowly until they're golden and sweet, which brings out a natural caramelized depth.
- **Fresh Herbs**: Adding fresh thyme or parsley brightens the filling and complements the richness of the cheese.

- **Shortcrust Pastry**: Jamie's preference for a buttery, flaky pastry adds texture and a satisfying crunch to each bite.

Step-by-Step Guide to Making Jamie Oliver's Cheese and Onion Pie

To truly appreciate Jamie Oliver's cheese and onion pie, understanding the method behind it is just as important as the ingredients. Here's a simplified breakdown to guide you through the process.

Preparing the Onion Filling

Start by thinly slicing the onions. Jamie suggests cooking them slowly on a low heat in a mix of butter and a little olive oil. This slow cooking process allows the onions to soften and caramelize without burning, releasing natural sugars and creating a sweet, mellow flavor. Adding a pinch of salt helps to draw out moisture and enhances the sweetness.

Once the onions are golden, you can toss in some fresh thyme leaves for an aromatic touch. Some versions of the recipe also include a splash of Worcestershire sauce or mustard to add complexity, though Jamie's original stays delightfully simple.

Mixing in the Cheese

After the onions have cooled slightly, fold them into grated mature cheddar cheese. This mixture becomes the heart of the pie filling. The cheese not only adds flavor but also acts as a binding agent, ensuring the filling stays together once baked.

Assembling the Pie

Roll out your shortcrust pastry and line a pie dish with it. Fill the pastry with the cheese and onion mixture, then cover with another layer of pastry. Jamie often suggests brushing the top with beaten egg to get a golden, glossy finish. Don't forget to cut a few slits in the top crust to allow steam to escape during baking.

Baking to Perfection

Bake the pie in a preheated oven at around 180°C (350°F) for 35-40 minutes or until the pastry is golden and crisp. The filling should be bubbling gently, indicating the cheese has melted perfectly and the onions are soft and flavorful.

Tips for Perfecting Your Cheese and Onion Pie

Jamie Oliver's recipe is straightforward, but there are a few tips that can help you nail the pie every time.

- **Use a mix of cheeses:** While mature cheddar is the star, adding a little mozzarella or Red Leicester can create a creamier texture and a more complex flavor.
- **Don't rush the onions:** Patience is key when caramelizing onions. Low and slow cooking brings out their best flavor and prevents bitterness.
- **Chill your pastry:** Cold pastry dough handles better and results in a flakier crust.
- **Experiment with herbs:** Fresh thyme is classic, but rosemary or chives can add a nice twist.

Serving Suggestions and Pairings

Jamie Oliver's cheese and onion pie is a versatile dish that pairs well with a variety of sides. For a traditional British pub-style meal, serve it with mushy peas or a simple green salad dressed with a tangy vinaigrette. Roasted root vegetables or coleslaw also complement the rich flavors of the pie nicely.

If you're looking to turn this pie into a more substantial meal, adding a side of baked beans or a hearty vegetable stew can be very satisfying. The pie also works well alongside a pint of ale or a crisp white wine for those who enjoy pairing their food with drinks.

Why This Recipe is Ideal for Home Cooks

One of the best things about Jamie Oliver's cheese and onion pie is that it's approachable for cooks of all skill levels. The ingredients are often pantry staples, and the method doesn't require advanced techniques or special equipment.

Moreover, this pie is a fantastic way to use up leftover cheese or onions, reducing food waste. Its comforting flavors make it perfect for feeding a family or batch cooking for busy weeknights. Plus, it freezes well, so you can prepare it ahead of time and enjoy it whenever you need a quick, satisfying meal.

Variations to Try at Home

If you want to personalize Jamie Oliver's cheese and onion pie, consider these variations:

- **Adding potatoes:** Thinly sliced potatoes layered with cheese and onions add an extra dimension and make the pie more filling.
- **Incorporating bacon or ham:** For meat lovers, small bits of cooked bacon or ham can lend a smoky, salty contrast.
- **Vegetarian twist:** Include sautéed mushrooms or leeks alongside the onions for added texture and flavor.

Final Thoughts on Jamie Oliver's Cheese and Onion Pie

The magic of cheese and onion pie Jamie Oliver style lies in its simplicity and the care taken in each step. It's a dish that feels hearty and nostalgic yet fresh and exciting thanks to Jamie's thoughtful touches. Whether you're making it for a casual lunch, a family dinner, or a comforting weekend treat, this pie delivers that satisfying combination of creamy cheese and sweet onions encased in buttery pastry.

If you haven't tried making a cheese and onion pie from scratch before, Jamie Oliver's recipe is an excellent place to start. It invites you to slow down, enjoy the process of cooking, and savor the delightful flavors of a true British classic reinvented with love.

Frequently Asked Questions

What ingredients are needed for Jamie Oliver's cheese and onion pie?

Jamie Oliver's cheese and onion pie typically requires onions, mature cheddar cheese, butter, flour, milk, eggs, puff pastry, and seasoning such as salt and pepper.

How does Jamie Oliver prepare the filling for the cheese and onion pie?

Jamie Oliver sautés the onions slowly until caramelized, then mixes them with grated mature cheddar cheese and a creamy sauce made from butter, flour, and milk to create a rich filling for the pie.

Can Jamie Oliver's cheese and onion pie be made vegetarian?

Yes, Jamie Oliver's cheese and onion pie is naturally vegetarian as it mainly consists of

cheese, onions, and pastry, with no meat included in the traditional recipe.

What type of cheese does Jamie Oliver recommend for the cheese and onion pie?

Jamie Oliver recommends using a mature cheddar cheese for a strong, tangy flavor that complements the sweetness of the caramelized onions in the pie.

How long should Jamie Oliver's cheese and onion pie bake in the oven?

Jamie Oliver's cheese and onion pie should bake in a preheated oven at around 190°C (375°F) for approximately 25-30 minutes until the pastry is golden and crispy.

Are there any tips from Jamie Oliver for making the perfect cheese and onion pie pastry?

Jamie Oliver suggests using good quality puff pastry and keeping it cold before baking to ensure a flaky, crisp crust. He also advises to brush the pastry with beaten egg for a beautiful golden finish.

Additional Resources

Cheese and Onion Pie Jamie Oliver: A Culinary Exploration

cheese and onion pie jamie oliver has become a noteworthy subject among food enthusiasts and home cooks alike, highlighting a classic British comfort food reimaged by one of the country's most influential chefs. Jamie Oliver's take on the traditional cheese and onion pie stands out for its approachable yet innovative approach, combining rustic flavors with kitchen-friendly techniques. This article delves into the nuances of Jamie Oliver's recipe, examining its ingredients, preparation methods, and its place within contemporary British cuisine.

Understanding Jamie Oliver's Cheese and Onion Pie

Jamie Oliver's cheese and onion pie recipe is a testament to his culinary philosophy of using fresh, high-quality ingredients to elevate everyday dishes. Unlike mass-produced or frozen variants, Oliver's version emphasizes homemade pastry and a filling that balances sharpness with sweetness, reflecting a modern take on a nostalgic classic.

The pie typically consists of a buttery shortcrust or puff pastry encasing a rich filling made from caramelized onions and a blend of cheeses. Oliver often incorporates mature cheddar alongside milder cheeses, creating a complex flavor profile that appeals to a broad palate. This approach contrasts with simpler versions that rely solely on one type of cheese or less

developed onion preparations.

Ingredients and Their Impact

A key feature of Jamie Oliver's cheese and onion pie is the careful selection of ingredients:

- **Cheese:** Mature cheddar is a staple, prized for its sharpness and depth. Oliver sometimes recommends adding a softer cheese like mozzarella or Lancashire to introduce creaminess and texture contrast.
- **Onions:** Slow-cooked onions form the backbone of the filling. Caramelization brings out natural sweetness, which counterbalances the savory cheese. Oliver emphasizes patience in this step to avoid bitterness.
- **Pastry:** The choice between shortcrust and puff pastry depends on desired texture. Oliver often suggests making pastry from scratch, highlighting the importance of butter quality and proper chilling to achieve flakiness.
- **Herbs and Seasonings:** Fresh thyme, black pepper, and a touch of mustard powder occasionally appear in the recipe, adding depth without overpowering the core flavors.

Each element contributes to the overall harmony of the dish, ensuring the pie is neither too heavy nor too bland. The balance between sweet onions and sharp cheese is critical, and Oliver's recipe pays close attention to this interplay.

Preparation Techniques and Culinary Tips

Jamie Oliver's methodical yet straightforward instructions demystify the process of making a cheese and onion pie, making it accessible to cooks of varying skill levels. His emphasis on technique ensures the final product is both visually appealing and flavorful.

Caramelizing Onions Perfectly

Caramelizing onions is often cited as the most crucial step. Oliver advises cooking the onions slowly in olive oil or butter over low heat, stirring frequently to prevent burning. This process can take 20 to 40 minutes but results in a deep, golden-brown color and a naturally sweet flavor that forms the pie's foundation.

Crafting the Pastry

Oliver's approach to pastry involves mixing cold butter into flour until a breadcrumb-like texture forms, then gradually adding cold water to bring the dough together. He stresses chilling the dough for at least 30 minutes before rolling it out, which prevents shrinkage during baking. Some variations include blind baking the base slightly before adding the filling to avoid sogginess.

Layering and Baking

Once the filling is prepared, it is spooned into the pastry-lined dish, then covered with a pastry lid or lattice. Egg wash glazing is recommended for a golden finish. Baking times vary between 30 to 45 minutes at around 180°C (350°F), depending on oven type and pie size.

Comparative Insight: Jamie Oliver's Pie Versus Traditional Recipes

When compared to traditional cheese and onion pie recipes, Jamie Oliver's version exhibits several distinguishing characteristics:

- **Ingredient Quality:** Oliver prioritizes fresh, local produce and artisanal cheeses over processed alternatives.
- **Flavor Complexity:** The caramelization of onions and inclusion of herbs create a more layered flavor experience.
- **Textural Balance:** Homemade pastry lends a crispness often missing in store-bought pies, complemented by the melty, gooey cheese filling.
- **Accessibility:** Despite its artisanal qualities, the recipe remains approachable for home cooks, thanks to clear instructions and minimal specialized equipment.

These factors contribute to making the Jamie Oliver cheese and onion pie a preferred choice for those seeking a refined yet familiar dish.

Pros and Cons of Jamie Oliver's Approach

While Jamie Oliver's cheese and onion pie recipe has garnered praise, it is important to weigh its advantages and potential drawbacks.

1. Pros:

- Uses wholesome, fresh ingredients that enhance flavor and nutritional value.
- Encourages culinary skills such as pastry-making and caramelization.
- The recipe's flexibility allows adaptation to dietary preferences, such as vegetarian or gluten-free variants.
- Offers a satisfying and comforting meal that appeals to a wide audience.

2. Cons:

- Preparation can be time-consuming, particularly the caramelization and pastry steps.
- Requires a certain level of culinary confidence to execute pastry from scratch effectively.
- May not suit those looking for quick, convenience-based meals.

This analysis positions Jamie Oliver's cheese and onion pie as a rewarding project rather than a last-minute dinner solution.

Jamie Oliver's Influence on British Comfort Food Culture

Jamie Oliver's prominence in the culinary world has greatly influenced the resurgence of traditional British comfort foods, including cheese and onion pie. His approach combines nostalgia with modern sensibilities, encouraging a return to cooking at home with quality ingredients.

By championing recipes like cheese and onion pie, Oliver contributes to preserving culinary heritage while simultaneously adapting it to contemporary tastes and dietary trends. This balance is crucial in a food landscape increasingly dominated by fast food and processed options.

Moreover, Oliver's recipe has inspired numerous variations online and in cookbooks, showcasing its versatility and appeal. From incorporating different cheeses to experimenting with pastry types, his foundational recipe acts as a springboard for innovation.

Health and Nutritional Considerations

While cheese and onion pie is traditionally viewed as indulgent, Jamie Oliver's recipe attempts to strike a healthier balance by recommending:

- Using olive oil instead of excessive butter where possible.
- Incorporating fresh herbs to reduce the need for added salt.
- Opting for wholemeal flour in the pastry for added fiber.

However, given the pie's rich cheese content and pastry base, it remains a calorie-dense dish best enjoyed in moderation within a balanced diet.

Conclusion: The Enduring Appeal of Jamie Oliver's Cheese and Onion Pie

Jamie Oliver's cheese and onion pie recipe exemplifies how traditional dishes can be revitalized through thoughtful ingredient choices and culinary techniques. It offers a bridge between past and present, inviting cooks to engage with a beloved British classic in a manner that is both respectful and innovative.

The recipe's popularity is a reflection of Oliver's broader impact on food culture—encouraging home cooking, valuing quality, and celebrating simplicity without sacrificing flavor. For those seeking to explore British comfort food beyond the ordinary, Jamie Oliver's cheese and onion pie provides a compelling and satisfying option.

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cheese and onion pie jamie oliver: Not Your Mother's Casseroles Faith Durand, 2017-10-31 The cookbook that brought casseroles into the twenty-first century is back with glorious new one-dish recipes that give starchy, too-fatty casseroles the boot. Simple, fresh, wholesome, and delicious, these one-dish meals fit the way we eat and live today. Author Faith Durand opens up a whole new world of casserole cookery with more than 225 recipes to suit every taste and lifestyle. Canned vegetables, boxed cheese, condensed soups baked into a grey goop are a thing of the past! In this updated edition, Faith Durand brings together the simplicity of the one-pot meal with fresh and healthy ingredients to create casseroles that are decidedly "not your mother's." Not only will you get inspired recipes like Lemon Brioche French Toast, Spicy Butternut Squash, and Strata with Bacon, but Faith has included modern interpretations of classics like Green Bean Casserole and Hearty Lasagna with Sausage. Also featuring vegan recipes and gluten-free offerings, Not Your Mother's Casseroles: Revised and Expanded Edition will fit any specialty diet.

cheese and onion pie jamie oliver: *The Essential New York Times Cookbook* Amanda Hesser, 2021-11-02 A KCRW Top 10 Food Book of 2021 A Minnesota Star Tribune Top 15 Cookbook of 2021 A WBUR Here & Now Favorite Cookbook of 2021 The James Beard Award-winning and New York Times best-selling compendium of the paper's best recipes, revised and updated. Ten years after the phenomenal success of her once-in-a-generation cookbook, former New York Times food editor Amanda Hesser returns with an updated edition for a new wave of home cooks. She has added 120 new but instantly iconic dishes to her mother lode of more than a thousand recipes, including Samin Nosrat's Sabzi Polo (Herbed Rice with Tahdig), Todd Richards's Fried Catfish with Hot Sauce, and J. Kenji López-Alt's Cheesy Hasselback Potato Gratin. Devoted Times subscribers as well as newcomers to the paper's culinary trove will also find scores of timeless gems such as Purple Plum Torte, David Eyre's Pancake, Pamela Sherri's Summer Pasta, and classics ranging from 1940s Caesar Salad to modern No-Knead Bread. Hesser has tested and adapted each of the recipes, and she highlights her go-to favorites with wit and warmth. As Saveur declared, this is a "tremendously appealing collection of recipes that tells the story of American cooking."

cheese and onion pie jamie oliver: Something for the Weekend Jamie Oliver, 2005 Every book tells a story And the 70 titles in the Pocket Penguins series are emblematic of the renowned breadth of quality that formed part of the original Penguin vision in 1935, and that continues to define our publishing today. Together, they tell one version of the unique story of Penguin. unknown when he became a Penguin author in 1999. Six TV series and worldwide sales of more than eight million copies of his five books later, he is one of the UK's favourite chefs and an international celebrity who has changed the face of the cookbook. In *Something for the Weekend*, Jamie pulls together a selection of crowd-pleasers to liven up anybody's Sunday dinner, whether you're partial to traditional fare or you're looking for something a bit more adventurous.

cheese and onion pie jamie oliver: *Cornwall with Kids* William Gray, 2014-03-10 Britain's most popular holiday destination has been left with no stone unturned in updating the second edition of Footprint's full-colour guide, *Cornwall with Kids*. This popular guide provides you with the complete low-down on where to go, what to see and how to get the most from your family holiday. Cornwall is everything a family holiday should be - braving surf, building sandcastles and sampling fish and chips. Perfect for any family budget, *Cornwall with Kids* offers insight into exactly where to pitch the tent, buy local food and plan days out for free, plus reviews of the top hotels along with the

must-see attractions like the Eden Project and St Michael's Mount. Whether it's a day trip to the Isles of Scilly or finding the best beaches for rockpooling that takes your fancy, you won't want to leave home without this full-colour guide. - Teach the kids how to surf at one of the many acclaimed North Atlantic surf schools. - Sample the culinary delights, full listings on where to find the best Cornish food, including that perfect pasty. - Great days out, from the Eden Project to the Lost Gardens of Heligan. - Whether the sun is blazing or the rain is pouring, there are tips here for all weather.

cheese and onion pie jamie oliver: The Yummy Mummy Cookbook ,

cheese and onion pie jamie oliver: Mary Berry: The Queen of British Baking - The Biography A.S. Dagnell, 2013-01-29 Mary Berry is one of Britain's most respected and well-loved gurus of the kitchen. The undisputed 'Queen of the Aga' has been the focus of many television shows and regularly contributes her expertise on Woman's Hour. The recent hit BBC show The Great British Bake Off has once again put Mary back into the limelight and has reignited a passion for baking across the nation. Inspired by domestic science classes at school, Mary took a catering course at her local college before gaining a qualification from the Cordon Bleu school in Paris. After a stint working for the Electricity Board where she demonstrated to new owners of electric cookers how to operate them by cooking a Victoria sponge, and then as editor for Housewife and Ideal Home magazine, Mary published her first cookbook, The Hamlyn All Colour Cookbook, in 1970 and hasn't looked back since. As well as cookery books, Mary has collaborated with her daughter Annabel to produce their own range of dressings and sauces which are now sold worldwide. But her personal life has also been touched by tragedy, as her son William was killed in a car accident at the age of just 19. With over 70 cookery books under her belt, there is no doubt that Mary Berry is one of Britain's most successful cookery writers. Awarded the CBE in 2012, her gentle personality and classic 'family' cooking style are a remarkable contrast to some of the more outspoken celebrity television chefs - just one of the reasons why, even after over forty years in the industry, she is so well loved. This is her fascinating story.

cheese and onion pie jamie oliver: One Jamie Oliver, 2022-09-01 THE NO. 1 SUNDAY TIMES BESTSELLER The brand-new cookbook that will make getting good food on the table easier than ever before . . . Jamie's back to basics with over 120 simple, delicious, ONE pan recipes **FEATURING RECIPES FROM THE HIT NEW CHANNEL 4 SHOW JAMIE'S ONE-PAN WONDERS 'JAMIE'S EASIEST RECIPES EVER' DAILY MAIL 'Lovely straightforward ideas' Daily Telegraph 'Full of affordable one-pot dinners and desserts' BBC Good Food 'The nation's favourite chef' Sainsbury's Magazine 'Easy and delicious' The Times** _____ In ONE, Jamie Oliver will guide you through over 120 recipes for tasty, fuss-free and satisfying dishes cooked in just one pan. What's better: each recipe has just eight ingredients or fewer, meaning minimal prep (and washing up) and offering maximum convenience. Packed with budget-friendly dishes you can rustle up any time, ONE has everything from delicious work from home lunches to quick dinners the whole family will love; from meat-free options to meals that will get novice cooks started. With chapters including . . . Veggie Delights · Celebrating Chicken · Frying Pan Pasta · Batch Cooking · Puds & Cakes Simple dishes like Juicy Tahini Chicken, Hassleback Aubergine Pie and Squodgy Croissant Loaf will soon become your firm new favourites. There are plenty more no-fuss, tasty recipes that make ONE sit alongside 5 Ingredients and 15-Minute Meals as your go-to kitchen companions. _____ 'Hearty crowd-pleasers that will warm up the coldest day - without endless washing-up' Mail Online 'King of fuss-free flavour Jamie Oliver has worked his magic again. Sensational' Prima 'Jamie Oliver conjures easy, mouth-watering dishes from only a handful of ingredients' Sunday Times 'Packed with budget-friendly dishes you can rustle up any time . . . his most user-friendly cookbook' Hello! 'Jamie Oliver has produced so many books that play on simplicity . . . This, though, could be his biggest seller yet. It has the simplest premise. Like all Oliver's books it's empowering' Diana Henry, Daily Telegraph 'Fuss-free recipes' Good Housekeeping 'There is only one Jamie Oliver. Great to watch. Great to cook' Delia Smith 'Cooking for all the family has been transformed by the master of healthy home cooking' Woman & Home

4 seasons--Jkt.

Jekka McVicar's passion for herbs has evolved over 40 years. In this, her first cookery book, 'queen of herbs' Jekka offers over 250 original recipes using simple garden herbs, along with tips for growing and maintaining them. Herbs have long been a part of British culinary history, yet few people utilise them to their full potential. Incredibly versatile, not only do herbs impart flavour, aroma and texture to dishes, they are extremely beneficial to our health. Much more than a cookbook, Jekka's Herb Kitchen features 50 herbs with a chapter and recipes devoted to each - Jekka's huge knowledge of each herb's history, cultivation and medicinal and culinary uses is unsurpassed. Her recipes are simple and economical - she shows how herbs can transform a cheap cut of meat, enliven a pasta sauce, and even add delight to desserts. She also offers suggestions for how best to combine herbs and what parts to use, gives ideas for using up a glut of a specific herb, and advises on how to preserve your herbs for the winter months. Moreover, this volume is a family affair - many of Jekka's recipes are inspired by her grandmother and mother, and the stunning illustrations are by Jekka's daughter, Hannah McVicar. With colour photographs throughout, this is a unique and beautiful volume from the UK's foremost authority on herbs.

With Star Fish in your hands, there will no longer be anything fishy about the seafood meals you produce. In fact, the lip-smackingly good recipes in this book use only the top ten most sustainable fish off the SASSI (SA Sustainable Seafood Initiative) green list. In this surprisingly funny, surprisingly fascinating read, author Daisy Jones takes you on an epic road trip to meet the farmers, conservationists, fishermen and scientists who will protect the top ten in the years to come. You'll visit a vloeking oyster farmer in a wasteland on the West Coast and a high-heeled SASSI scientist. You'll meet an abundantly bearded kabeljou farmer in Paternoster, a third-generation treknetter in Fish Hoek and an Irish-accented aquaculturist in East London. Daisy has conducted hours of interviews on boats, rafts and onfarms to find out why her top ten are not in danger of overfishing and why catching them does no damage to the environment. The chapters on each fish, and the paintings and illustrations that accompany them, will secure the top ten in your memory - a phenomenon sure to come in handy when you shop or dine out sans SASSI checklist. The recipes at the end of each chapter, gorgeously photographed by Craig Fraser, tempt those of us in the habit of opting for white linefish and prawns to try something meatier (yellowtail), oilier (sardines) or slurpier (mussels). A chart at the end of the book provides green alternatives to orange- and red-listed fish - both local and overseas varieties. There's a word on SASSI, a word on the MSC (Marine Stewardship Council) and a word on the state of our oceans. It's an adventure, switching to green fish. And it's the right thing to do.

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