



Editorial

MSC launches Ocean Cookbook 2022: Chefs and fishers from 18 countries unite to support sustainable seafood for healthy oceans

The [Marine Stewardship Council](https://www.msc.org) (MSC), the ocean not-for-profit responsible for the world's leading sustainable seafood ecolabel, has launched its [Ocean Cookbook 2022](#). The free digital cookbook with the message *'fish for tonight, and for tomorrow'* is a global collaboration between 18 award-winning chefs and 18 sustainable fishers from around the world, united in the belief that sustainable fishing is a must if we are to protect our oceans.

Using seafood from 18 MSC certified fisheries, the cookbook highlights how easy it is to rustle up healthy, sustainable seafood dishes at home. The cookbook is the centerpiece of the MSC's communications and marketing campaign for the new year, traditionally a time for healthy and more environmentally conscious eating.

Included in the choice of recipes are a simple and delicious Cape hake recipe by South African cookbook author and food stylist, **Georgia East**; Scottish haddock recipe by Cornish restauranter and UK MSC Ambassador **Mitch Tonks**; and roasted flaked Pacific halibut in a salad topped with crunchy seeds from Canadian MSC Ambassador, Chef **Charlotte Langley**. On the other side of the world, MSC Chef Ambassador, **Kaoru Ariga** chose whole Icelandic capelin to top her Japanese Somen noodle soup and encouraged us all to minimise food waste by eating the whole fish.

The cookbook includes stunning photography from internationally renowned food photographer, **David Loftus**, who has worked with Jamie Oliver throughout his career. David Loftus is a great believer in sustainable fishing. *"This goes way beyond food. It's about the future of our Ocean. We need to step up to the plate right now... or we're in deep water."*

New Year is a time of renewal in almost all cultures and markets; a chance to make better choices for us, and our planet.

View the FREE digital cookbook here: <https://www.msc.org/ocean-cookbook-2022>