



Good Fish Workshop

Friday, 19 Oct. 2018, 17-20h
Plateau 96, Av. de Tervuen 3bis (Mérode)



Tips and Practicalities

Information sources

- Facts and Figures on the Common Fisheries Policy – Basic Statistical Data, 2018 edition: <https://publications.europa.eu/en/publication-detail/-/publication/08d4994e-4446-11e8-a9f4-01aa75ed71a1/language-en>
- Fact sheet Seafood fraud in Brussels (Nov. 2015) by OCEANA with laboratory test by the Catholic University of Leuven (280 samples compiled (217 from restaurants, 42 from EU canteens and 21 from sushi bars)): https://eu.oceana.org/sites/default/files/421/oceana_factsheet_seafood_fraud_brussels_eng.pdf
- Assessment of 397 stocks in European marine waters by an independent group of scientists showing that five million tons of additional fish per year could be harvested if stocks were allowed to recover: <https://www.mundusmaris.org/index.php/en/review/other/630-ecover-en>
- A pocket guide to the EU's new fish and aquaculture consumer labels: https://ec.europa.eu/fisheries/sites/fisheries/files/docs/body/eu-new-fish-and-aquaculture-consumer-labels-pocket-guide_en.pdf
- All fish species: www.fishbase.org – all non-fish marine life: www.sealifebase.org

Seafood advisories and other support

- Fish rulers indicating minimum length of maturity of fish species in the North Sea and Baltic (influenced by temperature and environmental stressors)
- Retail Forum for Sustainability – Sustainable Seafood Issues Paper: <http://ec.europa.eu/environment/industry/retail/pdf/fish%20issue%20paper.pdf>
- WWF Seafood guides by country: http://wwf.panda.org/get_involved/live_green/out_shopping/seafood_guides/
- Global free information systems about all fish (www.fishbase.org) and all non-fish marine organisms (www.sealifebase.org)

Recipes

- Sardines - <https://www.bbcgoodfood.com/recipes/collection/sardine>
- Herring - <https://www.bbcgoodfood.com/recipes/2826/grilled-herrings-with-mustard-and-basil-dressing>
- Cod - <https://www.bbcgoodfood.com/recipes/collection/cod>
- Sea bass - <https://www.bbcgoodfood.com/recipes/collection/sea-bass>
- Mackerel - <https://www.bbcgoodfood.com/recipes/collection/mackerel>

Fish shops in Brussels

We found some fish shops and market stands with perfectly fresh and good quality fish (whole, fillets, wild caught, from aquaculture); apparently well-versed and competent personnel willing to give explanations. None of the 10 shops visited around Flagey, Ixelles, St. Catherine, Midi and Place Jourdan practised EU required labelling. Blatantly undersized juvenile fish were luckily the exception or not on sale in 8 shops. Two had, however, substantial contingents of juvenile fish. With some reservations, because of poor labelling but also conscious of the limitations in our inquiries, we can recommend the following shops, where we would also buy:

- **Poissonnerie des Tongres**, Rue Bâtonnier Braffort 21-23 | 1040 Etterbeek (much handlined fish of top quality from France, combining freshness with attention to sustainable production)
- **Market Stand "Chez Albert"** (Sunday mornings Place Jourdan, Monday afternoons Place Van Menen St. Gilles), fresh, some labelling and openness towards sustainability concerns
- **Poissonnerie ABC** (Saint Catherine) retails fresh fish of good quality as well as meals and tapas, partial labelling and openness towards sustainability concerns
- **Poissonnerie d'Agadir** (Jourdan), good quality produce, no labels, but well-versed vendors happy to give explanations and advice about the origin of the fish in their family business

Supermarkets

We visited two shops of Carrefour without a special fish counter, but several fish fridges and the CORA at Andromeda. CORA has a sizeable fresh fish counter that is paying attention to cleanliness and service and provides good labels and contextual info. But much of the fish on offer is just cheap and undersized. The vendor was courteous, but did not come across as very well-informed.

None of the supermarkets inspired us to buy, despite better labelling than retailers.

Wholesalers

- **Poissonnerie des Tongres**, also delivers to restaurants - <http://www.poissonneriedestongres.be>
- **Pintafish**, Slachthuislaan 3a, 3000 Leuven, works with small-scale fishers around the North Sea with an ethos of avoiding waste and promote solidarity - <http://pintafish.eu/>

Fish restaurants in Brussels placing emphasis on sustainability

- **Bia Mara**, Rue du Marche aux Poulets 41 | 1000 Brussels and Place De Londres | 1050 Ixelles
- **Racines**, Chaussée d'Ixelles 353 | 1050 Ixelles

Consumer Contact Point in Brussels at Agence fédérale pour la sécurité de la chaîne alimentaire (AFSCA) – FR, NL, DE -, phone 0800-13550, <http://www.afsca.be/pointcontactconsommateurs/>

Please follow us on the [website](#) and social media and support our work with your experience, time and/or financial donation.

With thanks to Bia Mara Brussels for supporting the workshop with drinks.