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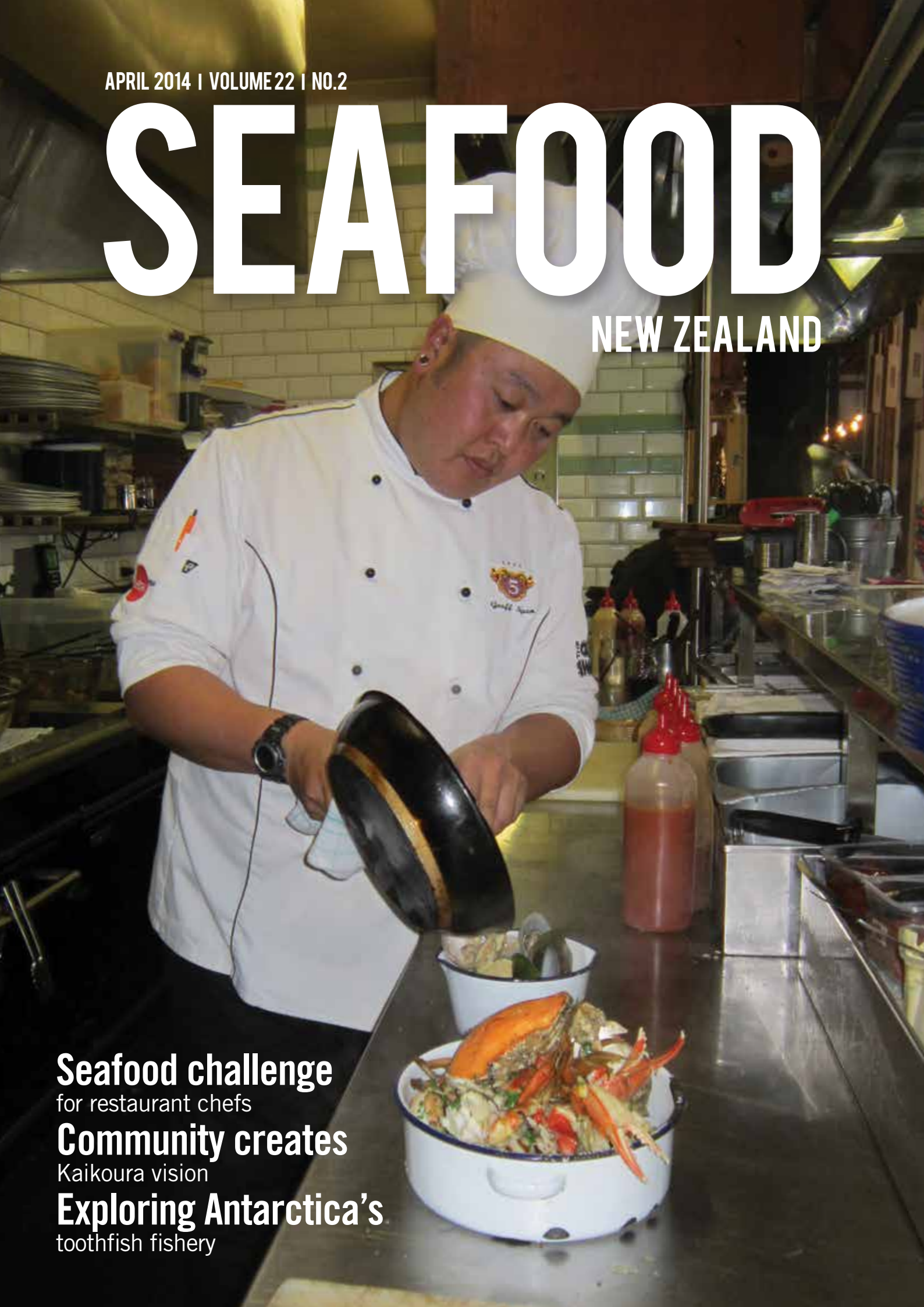
# SEAFOOD

NEW ZEALAND

**Seafood challenge**  
for restaurant chefs

**Community creates**  
Kaikoura vision

**Exploring Antarctica's**  
toothfish fishery



# Restaurant chefs work on Kiwis' conservative tastebuds

Offering greater seafood choices on restaurant menus can be both a challenge and an opportunity for chefs, *Paul Elenio* finds.

Despite having the bounty of the sea close by not a lot of restaurants in New Zealand specialise in seafood.

It's as if Kiwis' dining tastes are still tied to a meat and three veg regime than open to the full delights of our kai moana and so chefs better have a choice of paddock produce to go as an alternative to the seafood dishes.

In the first two months of this year two long-standing, high quality dining establishments, Kermadec at the Viaduct in Auckland and Martin Bosley's in Oriental Bay, Wellington shut their doors.

These two restaurants, catering to a corporate and special occasion fine dining clientele, specialised in seafood and gave their chefs licence to be creative and adventurous with it.

Their disappearance could be put down to changes in the eating out demographic with cafes, middle of the road bistros and Asian and other ethnic eating houses taking an even greater share of the market at the expense of restaurants that create the memorable experience at a high price.

Are New Zealanders still very conservative in their seafood tastes – leaving chefs to opt for dishes their patrons are familiar and comfortable with?

Bosley's was brave and creative and was rewarded with longevity and a core of keen diners.

Bosley's not only offered Nelson scallops, freshly shucked oysters and five varieties of white fish but also Cloudy Bay tuatuas and shell clams, a "fish La Plancha" of squid ink gnocchi, chorizo and baby squid and another dish of fish, smoked potato puree, mussels, scampi and fermented black sauce.

However such choices came in a price of \$40-\$51, beyond the range for most diners that didn't have an expense account.

Kermadec offered baked salmon, tuna loin and crayfish, one of the few restaurants still offering the New Zealand rock lobster.

However not far from Kermadec, at Britomart, celebrity chef Josh Emett's 150-seat Ostro brasserie is still doing solid trading with seared yellowfin tuna and smoked kahawai omelette on the entrée list and scampi risotto and tarakihi among the main courses.

Fish Restaurant at the Hilton Hotel on the Auckland waterfront reflects its name with a wide range of seafood including oysters, Cloudy Bay clams, yellowfin tuna, seafood stew, calamari steak and crayfish.

And while the ubiquitous Fisherman's Table has also gone from Wellington its citizens are still served by the likes of the Ortega Fish Shack, Shed 5 and Dockside. It's not quite like Sydney where at least 15 restaurants promote themselves as seafood establishments and where Doyles has been serving customers since 1885.

In the Capital the runaway success of newcomer the Crab Shack, opened last May by another celebrity chef, Simon Gault, is the talk of the town. Nine months on from its debut the restaurant on Queen's Wharf, which doesn't take bookings, still had diners waiting up to an hour and a half for a table on a week day.

As its name indicates the eatery specialises in crab which appears on the menu in various forms with the most popular allowing diners to get down and dirty trying to remove the flesh from a kilo of Nelson paddle crabs. A number of other seafood dishes are balanced by chicken, steak and lamb options – and notably the main courses are priced between \$22 and \$30.

Ironically the success came as a result of pressure on Gault and his Nourish Group partners from the Wellington waterfront company which was wanting more rent for the historic building that houses Shed 5 restaurant. The answer they found was to split the building in two, leaving a





Crab Shack head chef Geoff Ngan serves up one of the restaurant's signature dishes. Picture: Teresa Elenio

smaller Shed 5 doing up-market dining and a buzzy and cheaper Crab Shack appealing to a younger clientele.

So is Crab Shack a turning point for seafood-themed restaurants?

Not necessarily, says Cuisine food writer and restaurant critic David Burton who also teaches at the Cordon Bleu cooking school in Wellington.

"It's a concept rather than a big change. The pricing is pretty sharp and it's a brilliant idea to sell the crabs whole and have the customers extract the meat.

"You could say it's 'hangi' type cooking."

David notes that Crab Shack's arrival has had a positive impact on its neighbour, Shed 5 which is now a more intimate restaurant.

What are the chances of having seafood-only restaurants?

"I don't think that anyone will get to the stage of not having red meat and vegetarian options on a menu. It would be a brave person to try and run a seafood restaurant. People want choice and when a group goes to a restaurant not everyone is going to want seafood."

David said that in 2014 chefs have access to an enormous range of seafood

and that there's no excuse for serving fish that is a bit "wiffy", or not fresh.

"Supplies have never been better," he said.

Cost is a factor. He also notes the absence of crayfish from menus as the lobster and also scampi have been priced out of diners' reach by export prices – although there is some lobster bisque available.

When snapper sells for \$39 a kilo it is priced at the same level as fillet steak.

He welcomes the fact that Cloudy Bay clams are popping up on menus with five varieties available as are cockles, mussels and other molluscs.



A scoop of paddle crabs served to diners prepared to get messy.

There's now an expectation that restaurants that are on or near the beach or on the wharf will be serving good seafood to diners. Do those diners have expectations beyond fish and chips?

In the 21st century chefs are travelling overseas, learning and experimenting and returning home keen to be creative with their dishes, David said. They have a great role to play in changing public attitudes to eating seafood.

For instance, some restaurants are cooking and serving fish with the skin on, ensuring that the layer of fat under the skin permeates the fish, making it more succulent.

One trend he is not keen on is matching of the delicate flavour of seafood with a meat such as chorizo sausage which has a strong taste.

David notes that diners have a lot more choice but mourns the loss of Bosley's because the effect of not having fine

dining is that food all becomes middle of the road and chefs are loath to experiment with their repertoires.

He doubts we will see any increased demand for whole fish – fried or steamed and largely served in some Chinese restaurants – but he would like to see more whole flounder and greater use of oily fish such as mackerel.

“Dining attitudes do change. Until the 1970s squid was considered as being only good for bait. Now it's very mainstream. Hopefully we will see the same thing happen with octopus.”

Oysters are now available year round. David says the Pacific oyster is regarded as a good entry level oyster – creamier and easier to eat while the Bluff oyster is regarded as more of a connoisseur's oyster.

He welcomes the trend towards restaurants serving freshly shucked oysters and some oyster farms will only sell them in their original state.

Geoff Ngan, head chef of Shed 5 and Crab Shack, has been in the business many years and says the biggest change in two decades has been the big increase in the price of fish.

“Some fish used to be ridiculously cheap but now fish is a staple, people have become very savvy, they demand good quality fish. They are not going to accept frozen fish,” he said.

Asked about the potential demise of fine dining restaurants, Geoff says people are prepared to pay for good food but equally they will punish a restaurant that does not deliver that.

Currently in his third stint with Shed 5, he took it on himself to revive the long-standing restaurant's fortunes by making its dishes more affordable and the food and atmosphere more relaxed.

Asked about Kiwis' preparedness to try new seafoods Geoff says there still remains an aversion to eating

anything where the hands get messy and diners may be spitting out bones.

He says Shed 5 does serve whole fish but it is not unusual for diners to ask that the head be removed before serving.

Shed 5 has employed the same fish filleter for some 20 years and the benefits of his care, judgement and expertise are reflected in the product the chefs have to work with.

“We are incredibly lucky with our seafood – we have the most amazing fish.”

Oysters and crayfish were both expensive and limited by season but our mussels are the envy of visitors from overseas.

Rachel Taulelei, founder and CEO of seafood suppliers Yellow Brick Road, agrees New Zealanders as seafood consumers are less adventurous and more conservative in their tastes and this drives a lot of what appears on menus.

“It also reflects the position for restaurants – they don’t have a lot of time trying to convert people to new products.”

As an example Rachel says that while snapper “sells itself” in Auckland tarakihi is known and bought a lot less there than in Wellington.

“For whatever reason people put a lower value on tarakihi – yet it presents well, it’s delicate and sweet and yet it has had a bad reputation.”

She sees an increasing use of less well known species by chefs – sardines, blue mackerel, kahawai, kina, smoked eel and monkfish livers.

“The restaurants skirt around the mainstream but you have to have a balance – you can’t have every dish that is a hard sell.”

And it’s not necessarily the chef’s fault if something is not on a menu, she said. It may just be too inconvenient for a supplier to remove five kilos of kina from a tonne they have.

Chefs are proponents of a broad spectrum of seafood but they are also interested in responsible catching. And that, too, comes at a cost.

“When we moved from caged hens to free range, from caged pigs to happy pigs this was reflected in the prices. We’re now having the same conversations about fish – for instance has it come from a trawler or was it line caught?”

“More discerning chefs are seeing that and asking the question. The difficulty is how to define responsibly caught fish.”

Opting for seafood that has been “sustainably caught” increases costs and this makes it a brave position to take, Rachel says, because most restaurants’ profit margin is just 4 percent.

“There’s an ongoing conversation about what is sustainable fish – it’s pretty confused. The industry would say it is sustainable if it’s in the quota management system.”

She has a hotel chain that follows Forest and Bird’s charter and won’t consider buying seafood that is not listed on the charter.

The questions some chefs are asking include: Is it ok to put swordfish on the menu? Is it an issue to have squid from the Auckland Islands fishery? Are fishermen catching fish where there is protection for seabirds?

Rachel has noticed that some restaurants prefer to buy fish whole and fillet themselves but others won’t do that because they have calculated the time and resource required negates any advantage of doing their own filleting.

Rachel said Yellow Brick Road take a lot of pride in getting to know their client chefs and understand what they are trying to achieve with their menu. Some of the new, younger chefs try to find a balance between educating their diners and the restaurant’s bottom line.

Crab Shack is not a “political statement”, it’s a concept dining experience, Rachel said.

Asked about the differences between Australia – which prides itself in and consumes a lot of crustaceans – and New Zealand, Rachel said that wild fish was the “jewel in the crown”.

“We have developed a right to fish so the recreational catch is enormously important. People head off on holiday and their ability to catch and cook their fish is big for them – as a result we are closer to our seafood than the Australians are.”

Rachel praises Seafood New Zealand’s efforts to promote consumption of seafood.

“Yes, New Zealanders perceive that it’s too expensive,” she said but points out that some of that perception comes down to what she considers are excessively large portion sizes.

Could that be because Kiwis have such great fish served with their chips at their favourite takeaway or measure their fish dish in the same way they do a rump steak?



Restaurant critic David Burton.



Seafood supplier Rachel Taulelei.



# “Have you got crabs? We have.”

The words on the back of t-shirts worn by staff at the Crab Shack reflect the novelty of this restaurant on the Wellington waterfront.

Music, tv screens showing surfing competitions, retro seating, woven cane shellfish baskets hanging from the ceiling all point to a very different eatery – and that’s even before considering the food.

The concept of a restaurant themed on crab dining came as a result of a visit to the United States by Richard Sigley, one of the Nourish Group’s directors. Restaurants that specialise in shellfish are well known through California and in New Orleans and Boston.

Geoff Ngan, head chef of both the opulent and neighbouring Shed 5 and the Crab Shack, said the “cheap and cheerful” nature of the food fitted in well with the design of the new restaurant which occupies the space formerly used as Shed 5’s bar which itself was once very popular with the young professionals until they had moved on to whatever was new in the area.

Shed 5 needed “some TLC” –it had been a huge success for more about 20 years and reducing its size and taking a different approach with the food was part of the regeneration of the business.

From the start Crab Shack took off, the restaurant packed night after night. The diners loved the menu, the casual but noisy atmosphere. They could attack their pile of crabs and could see the chefs working the three large charcoal barbecues.

Geoff said diners are after a great experience.

“People are looking for quality environment and food without it being fine dining,” Geoff said.

Crab Shack’s great value for money and inventiveness is not restricted to the crabs. New items for the diners include a starter of barbecued, Vodka-cured Akaroa salmon, three types of Cloudy Bay clams, Marlborough Greenshell

mussels, a dish of two sirloin steaks for \$28 and chipotle coleslaw.

When asked how the restaurant guaranteed a strong supply line of crab Geoff smiled.

“We started off with Nelson paddle crabs. But we were just overwhelmed by demand. Now we get our crabs from other locations as well – Waikato, Hawke’s Bay and Dunedin. There’s no difference between them.”

They also use king crab imported from Chile and Jonah crab from Australia and will look further afield.

Price has been a major factor to consider. Geoff says the restaurant does not make a lot of money from crab dishes – “it’s definitely not something to get rich on. We have to make our money elsewhere.”

The crabs are brought to the restaurant live and kept alive until preparation and cooking.



# Translating seafood vision into reality

Industry collaboration can bring out the benefits of the seafood strategy, *Tim Pankhurst* writes.

A year ago seafood leaders and the Ministry for Primary Industries met to develop a vision for our industry and a five-year strategy to deliver that.

The key strategic outcomes agreed on were:

- New Zealand seafood is validated as the best in the world and delivers competitive advantage.
- Our fisheries and aquaculture are world leading, supported by appropriate legislative framework.
- New Zealand seafood science and innovation sets the benchmark.
- The seafood sector is seen as a great place to work.
- The wider community understands and trusts that New Zealand seafood production is sustainable and ethical and our oceans are looked after.

Significant economic and social benefits were seen as a result.

These included:

- Greater value extracted from our fisheries.
- Industry lifting its economic and environmental performance.
- Better integration of the Fisheries Act with other resource protection and development regimes.



Significant work went into fleshing out the strategy and getting buy-in across all industry sectors and from the Government.

Ngai Tahu's Brian Moriarty summed it up in saying the industry is at a stage where collaboration is highly likely and potentially rewarding for all.

New MPI Director-General Martyn Dunne praised the strategy initiative when it was presented to him early in the new year and wondered if the blueprint could be applied to other primary industry sectors.

It may be too early to paint us as a poster child but we are making progress if unity is the measure.

Labour fisheries spokesman Damien O'Connor, who has been scathing about our industry in the past and remarked last year that we could always be relied upon to pursue narrow short term gain and had little notion of collective good, was also complimentary when we presented to him at Parliament last month. He added current relations with the fishing industry were the most harmonious he had seen.

Primary Industries Minister Nathan Guy referred to the strategy development at last year's Seafood NZ conference and was updated on progress at Parliament last month. He agreed to take part in its public launch in mid-year once more details have been applied.

All agree the strategy is a good thing, based as it is around the vision of "premium seafood that is trusted and sought after worldwide".

The challenge is to develop the detail and translate those strategic themes into reality.

The next stage was reached with a day-long workshop in Wellington last month involving Seafood Strategy NZ, Seafood NZ directors and staff, the SREs and MPI.

The 27 participants in the workshop were told in the period we have been working

on the strategy, New Zealand's terms of trade have soared to a 40-year high.

The country is booming on the back of dairy, with \$5 billion being added to dairy incomes this season alone.

That translates into everything from reduced debt and added investment, the lifeblood of country towns, and discretionary spending on holidays and boats and other essentials like shares in racehorses.

Forestry is up 11 percent and even wool is soaring, up 20 percent on a year ago.

And seafood?

Seafood is flat. We've even gone back slightly and the projections into 2017 are modest.

It's a disappointing result and outlook when the rest of the primary sector is going so well.

It's not as if we're not producing great products and don't have a great story to tell.

There have been some successes, not least the launch of Precision Seafood Harvesting and all its attendant positive publicity and its game-changing potential and we have live trans-tasman seafood trade on the agenda, although that may be a long haul.

Our stocks are sustainable and we've seen a significant increase in the hoki quota and orange roughy is on the up.

Some running sores like foreign charter vessels and shark finning are being addressed, snapper1 has been defused in the meantime, disease rather than fishing activity has finally been seen as the main cause of sea lion mortality, seabird mitigation methods are proving effective but dolphins remain our number one liability from a public/international perception view.

The eNGOs are well resourced, Greenpeace's advocacy budget is

about 15 times that of Seafood NZ's, and we will be under increasing pressure around catch methods, wasteful industry practices like discarding, electronic monitoring, water access and protected areas.

Underlying all those factors is our challenge to meet the Government's growth agenda and double our export returns.

Five issues have been identified as the key areas to progress – spatial planning; validation/certification; legislative reform; industry reputation/public licence and people/training.

The point has been made that it is not a Le Mans start, we don't have the resources to develop everything at once.

Some of the issues, particularly around industry reputation, are being tackled already.

This includes worthwhile initiatives like developing teaching resources around the positive aspects of fishing and seafood so that the next generation has more balanced views.

Seafood NZ's business plan for 2014-15 and 15-16 will be based around delivery of strategic objectives in industry reputation, validation and legislative reform in particular and will be presented for sign off at a combined SSNZ/SNZ meeting in late April.

This will include timelines, aims and outcomes, measurables, deliverables and cost.

Some cost will be met from the SNZ budget, there are resources within the SREs and individual companies that could be applied to projects that are seen of direct benefit and a government contribution has been sought, even if in the form of policy work.

The goal is still some way off but there is increasing belief it is one worth aiming for.



# Hidden diseases taking their toll of endangered marine mammals

There is increasing evidence that the biggest threat to some marine mammal populations is disease, *Don Carson* writes.

Endemic *Klebsiella* infection is killing sea lion pups on the Auckland Islands. Recent publicity of the extent of this bacterial disease is challenging the orthodox view of marine mammal conservation in New Zealand.

Diseases are generally off the radar for marine mammal conservation experts. Instead, they prefer to look at the impact of humans, which is usually assumed to derive from fishing. Abundance surveys are used to prove it.

Diseases are perceived as naturally occurring events with neutral long term consequences for a population.

Of the hundreds of papers presented, at the week-long 20th Biennial Conference on the Biology of Marine Mammals in Dunedin late last year, only three 15 minute briefs were on diseases.

Yet there are reports of disease outbreaks which have caused devastating casualties among various marine mammals in different parts of the world.

Whether or not the diseases are exacerbated by climatic cycles, or immunity loss through pollution from chemicals such as BCPs, the reports of these diseases continue.

The two species most immediately relevant in New Zealand are Maui's and Hector's dolphins and New Zealand sea lions.

Both the sea lions and the dolphins are unique to New Zealand. The populations of both have declined, in the case of the Maui's sub-species, to the point of extinction.

In both cases, fishing has, for a long time, been implicated. Huge amounts of regulatory effort have been expended to try to reduce the incidence of mortality.

When, as is often the case, the population continues to fall, the conventional response is that regulations over fishing don't envelop enough space, or are not properly policed.

For both sea lions and dolphin species though, the actual evidence of continuing significant deaths from fishing is increasingly revealed as slight or non-existent.



Most of these Auckland Island sea lion pups die before adulthood

## New Zealand Sea Lions

Hunting by Maori and European sealers drastically reduced sea lion numbers and range.

About 70 percent of the New Zealand sea lions now breed on three rookeries in the Auckland Islands. The pupping and mating season is concentrated from mid-December to mid-January. The pups then go to sea sometime before the next summer and are rarely seen until they return some years later to breed.

Recent analysis of tag re-sights of these sea lions shows that if they survive the pup stage then they are almost certain to return in a number of subsequent breeding years to continue to give birth to more pups.

For the pups though, nearly half of them will perish before they are two and a half years old. They are vulnerable to hookworm, bulls crush them, they get lost or they get caught in burrows.

The wild pigs on Auckland Island itself eat newborn sea lions and are a likely reason why the sea lions have abandoned the last rookery on Auckland Island for other pig free offshore islets.

Even here, life would become even more precarious for the pups born in 1998. Within the first month of pupping more than half of the Auckland Islands pups that season died from a *Campylobacter* bacterial disease. It also killed about 200 adults

In the 2002 summer, another bacteria, *Klebsiella*, swept through the colony. The same disease returned the following year with almost equal potency.

Combined, the three epidemics of two diseases probably took a year's supply of pups out of subsequent breeding. Usually populations recover from such outbreaks, though it may take many years.

For more than two decades pups have been counted as a way of measuring the existing population and an assumed indicator of the impact of fishing.

The dead pups were counted as well, since a production total was required, not a survival tally. Almost incidentally, some biopsy samples were taken to be analysed.

*Klebsiella* has been increasingly implicated as a cause of death in a predictable pattern. During the first few weeks after birth *Klebsiella* was absent in post mortem samples. Then it emerged and as the weeks went on was found to be the cause of death in nearly all pups.

The rate of deaths was climbing just when the researchers usually packed up and left, as their main job of counting pups was complete.

Calculations show more than 30 percent of sea lion pups survived to breeding age before the time of *Klebsiella*. Due to *Klebsiella*, this proportion

## *Klebsiella pneumoniae*

The scientific literature describes *Klebsiella pneumoniae* as an opportunistic 'enigmatic' bacteria. It is found in the soil and in water and in many organisms including plants, birds and reptiles.

Humans are a significant source of *Klebsiella* infection. It lurks in our digestive tracts. It can also be transmitted in water droplets and by insects such as cockroaches. Usually only people with weak immune systems will develop a disease from it.

As well as infecting New Zealand sea lions, it has killed Californian sea lions and monkeys. In primates, the bacteria has caused peritonitis, septicaemia, pneumonia and meningitis. In horses, it has caused metritis, an inflammation of the wall of the uterus.

In humans, it has become a major hospital infection over the past decade through strains resistant to antibiotics, and has become one of what are called 'emerging diseases'.

The hypermucoviscous (HMV) type *Klebsiella* is one such example of what are called 'nosocomial' or 'hospital' infections.

HMV infections are causing difficult to treat liver abscesses in humans in a number of parts of the world. HMV has not been identified in humans in New Zealand.

Treatment of *Klebsiella* infections in the sea lions could theoretically be achieved through administering antibiotics or preventative vaccines.

A thorough understanding of the genetic makeup of the particular *Klebsiella* strain could be crucial in whether antibiotics or vaccines would work.

Eradicating *Klebsiella* in the sea lion rookeries, given its ability to live in many hosts or even without a host, would most likely be very difficult.

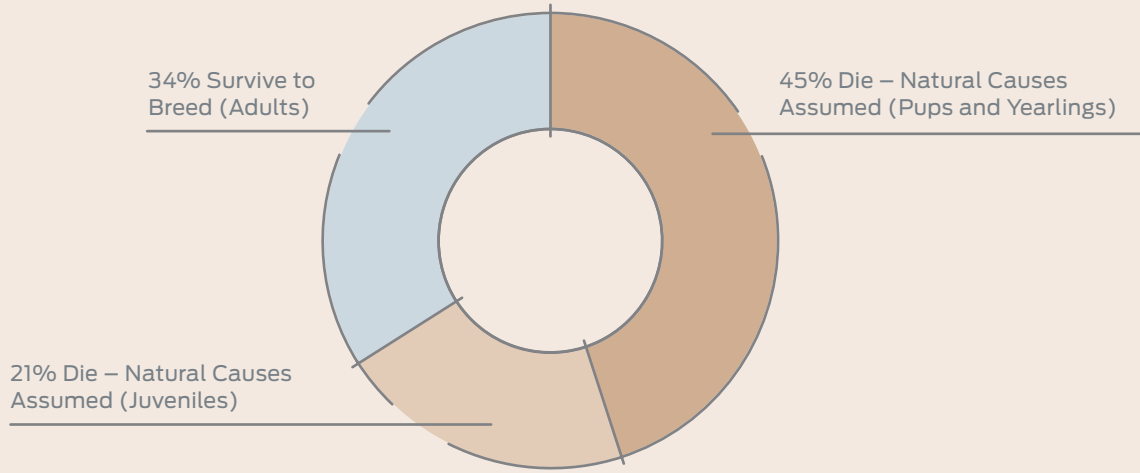
Over some years, most such diseases become less virulent and the infected species develops immunity. But the diseases also tend to return periodically to their previous virulence.

of any year class surviving to become reproductive adults has now collapsed to about 14 percent.

It compounds negatively. In the late 1990s, there were usually up to three thousand pups born. A third of them went on to breed.

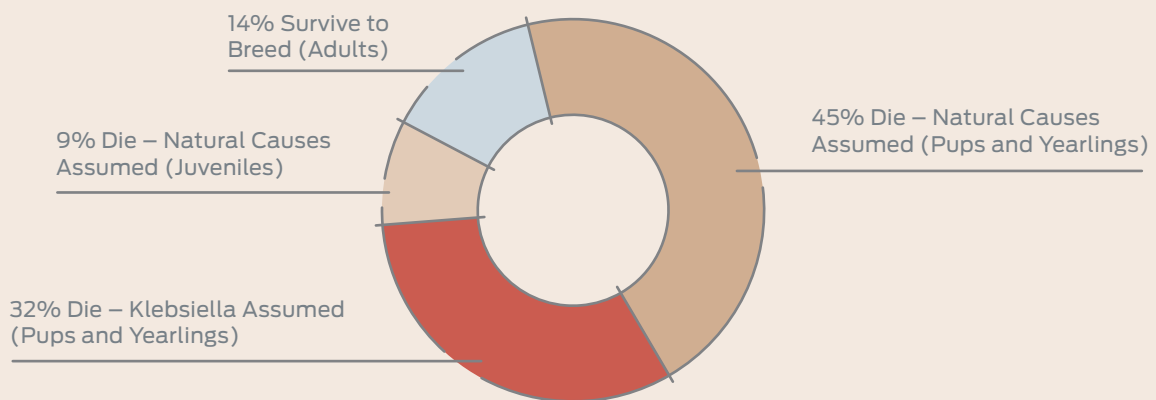
This year, there were half that number of pups born. Each of these pups has less than half the chance of survival to breeding of pups born in the earlier period.

### Fate of Auckland Island Sea Lions Born 1990 to 1993



- Pups and yearlings = <2 years. Juveniles = 2-5 years. Adults = 5+ years
- Average pup production 2,518

### Born 2005 to 2010



- Average pup production 1,992. The decrease in pup production is shown by a smaller second graph.



## Maui's Dolphins

London based, Barbara Maas is a leading advocate for more restrictions on fishing, ostensibly to protect Maui's dolphins.

She dismisses the threat of *Toxoplasma* as a diversion. The disease toxoplasmosis, she says, "sometimes causes dolphins to be sick. It's natural and it's not important."

Recent evidence has emerged to the contrary. In the September 2012 Consultation Paper on the Review of the Maui's dolphin Threat Management Plan it was reported from necropsy work at Massey, 'five of 23 Hector's dolphins, and 2 of 3 Maui's dolphins had fatal toxoplasmosis... Further testing showed that of dolphins that died of other causes, 61% were also infected with *Toxoplasma*'.

This news dented the credibility of the Maui's dolphin risk assessment process which in June 2012 had concluded that all diseases would be responsible for fewer than one Maui's death in 100 years.

Auckland City Council's Environment, Climate Change and Natural Heritage Committee recently supported more disease research on Maui's dolphins, with Council departments working together to supply cat faecal samples for work at Massey to identify types of *Toxoplasma* and their origins. Cats are a key part of the toxoplasmosis infection chain and would have been the ultimate origin of the infections found in the Maui's.



Cats are the ultimate source of fatal toxoplasmosis in Maui's.

## *Toxoplasma gondii*

As is the case with *Klebsiella*, many humans carry *Toxoplasma* protozoa in latent form with no obvious symptoms of disease. The disease only manifests when the person has a badly functioning immune system.

It attacks the brain, causing neurological diseases. It causes rats to take risks around cats, thus delivering itself into a cat's digestive system.

Cats are the primary host where sexual reproduction of the protozoa occurs.

It is then spread by eating animal meat, ingesting cat faeces, or through the maternal placenta.

Toxoplasmosis and campylobacteriosis are responsible for abortions in sheep flocks.

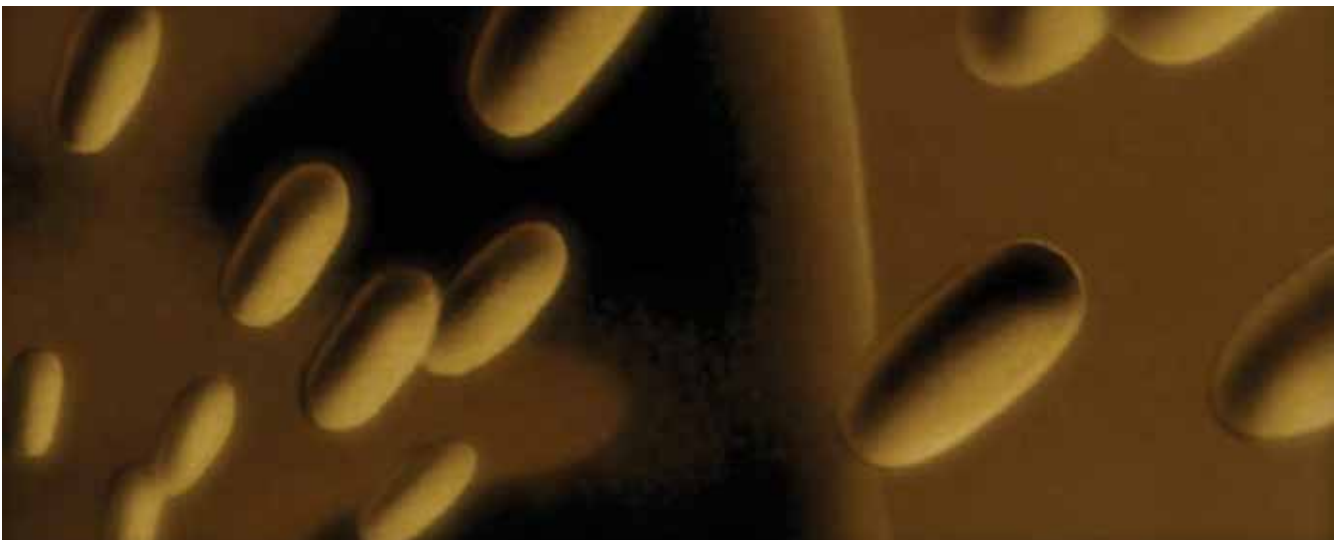
The Maui's could originally have got toxoplasmosis directly from an infected meat source, or indirectly, by feeding on a prey that had become infected.

Barbara Maas is not correct that in other parts of the world toxoplasmosis only makes dolphins feel unwell.

The disease hits every few years in Californian sea lions, affecting the liver. It is a major cause of mortality among neighbouring southern sea otters and it infects Arctic beluga whales.

But in New Zealand its impact is much quicker and more likely to be fatal than in other observed sea mammals. It attacks most organs in a Maui's or related Hector's dolphin body.

The susceptibility is likely to be due to Maui's and Hector's not having natural immunity to the disease, much like the American Indians had no natural immunity to smallpox and measles, which obliterated many of their communities from the arrival of the Spanish in the 16th Century.



# Scallop and Chorizo Tamales with adobo crème and coriander oil

Recipe by Colin Doyle, Auckland Seafood School – see [www.aucklandseafoodschool.co.nz/recipes](http://www.aucklandseafoodschool.co.nz/recipes) (serves 4)

In New Zealand, most New World supermarkets are stocking Tio Pablo brand instant corn masa plus other Mexican products. Mexican Specialties, [www.mexicanspecialties.co.nz](http://www.mexicanspecialties.co.nz) are another good option. Mexican chorizo is an uncooked chorizo different to more common Spanish variety. If using Spanish chorizo, finely dice. Banana leaf is also used for tamales, so can substitute for corn husks.

## Ingredients

1 cup instant corn masa  
 ¼ cup lard or vegetable shortening  
 12 scallops  
 1 Mexican chorizo, squeezed from the casing and roughly chopped  
 Flaky sea salt and cracked black pepper  
 3 tbsp adobo sauce (from chipotles en adobo)

## Crema

3 tbsp crème fraîche  
 1 lime  
 1 chipotle chili en adobo

## Coriander Oil

1 bunch coriander  
 ½ cup light olive oil  
 16 dried corn husks (or banana leaves)

## Method:

Soak the corn husks in warm water to soften.

Mix the corn masa with ½ cup of lukewarm water and mix until a soft dough is formed. The amount of water can vary a bit so you may need to add a bit more to get nice, soft dough.

Beat the lard in a bowl with a wooden spoon until it is softened. Add the beaten lard to the masa dough a tablespoon at a time, beating it to make a light fluffy dough. A small piece of dough should float in a glass of cold water when it is ready.

Roughly chop 8 scallops (reserve 4 for garnish), and mix with the chorizo



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(save 4 small discs for garnish). Season with a pinch of salt and pepper.

Lay out a corn husk on the board and spread 1/8th of the dough onto the middle of the corn husk in an approximate square. Place a teaspoon of the chorizo and scallop filling and a dollop of the adobo sauce on top of the dough, slightly off centre, and then fold the dough and the corn husk over, enclosing the filling in the dough. Wrap the corn husk round the dough, making a little parcel. Wrap this in a second corn husk and tie it with a piece of string, or with a strip of corn husk.

Repeat this until you have made eight tamales.

Bring a pot/steamer of water to the boil and steam the tamales over the boiling water for 30 minutes.

To make the crema: Blend the crème fraîche with the juice of one lime and the deseeded chipotle in a mortar and pestle until smooth.

To make the coriander oil: Blend a bunch of coriander with ¼ cup of oil.

To plate: Quickly sauté the seasoned scallops and 4 discs of chorizo in a pan with a touch of oil. Serve with a spread of crema alongside the tamales with the coriander oil in a small bowl or lightly drizzled.