



**COOKING WITH  
SUSTAINABLE FISH**  
**star fish**

Go ahead. Feel smug.

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.

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**SALES POINTS**

- Navigate your way through SASSI lists
- Environmentally-conscious home cooks
- Anyone interested in where their food comes from
- Fans of “investigative” food writing
- Recipes to suit low-carb, low-fat and pescatarian diets
- How to shop, prepare and cook sustainable fish and shellfish
- The recipes 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

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.

**ABOUT THE AUTHOR**

**DAISY JONES** is a journalist and home cook who has written extensively on food, décor, politics and travel. Her career as a journalist began in Johannesburg, where she covered the Truth and Reconciliation Commission and wrote for *Business Day*. As a features writer, she has contributed to numerous publications and reviewed restaurants for *The Times* newspaper, *winemag.co.za* and *DINE* magazine. She has a Fine Arts degree and has lived in Delhi, where her passion for food was truly ignited. Daisy lives in Cape Town with her husband and two children.

