

Seafood Education: Put Your Best Fish Forward in 2020!

In 2020, watch for the launch of a brand new IGTV Channel, *Put Your Best Fish Forward*. While preparing easy seafood recipes, I'll be answering the ever-pending questions surrounding seafood.

The **Power of Seafood Survey** reveals that **ONLY** one in five adults can be classified as a frequent seafood eater. It further states that, "Seafood consumers do not feel very knowledgeable about seafood overall, though most want to become more knowledgeable"

As a seafood educator, with a background in theatre, it was a natural fit to trademark the name, *Fishionista*.

Ironically, when it comes to learning about seafood there is much drama surrounding it and there is hardly a good kitchen without drama.

Consumers are still finding it difficult to embrace seafood: "where do I shop for fresh seafood?", "how do I chose seafood?", "is it safe", "is it sustainable?" and, "how the heck do I cook with it?". AND, "Can't touch this!"

This past decade I won an Emmy Award for the food and travel series, *Off the Beaten Palate*, and it's what brings me to seafood education today. My investment in 'where food comes from' pairs perfectly with these ongoing seafood quandaries. I look forward to bringing my experience, my documentations, my tried and true sustainable seafood recipes, and passing it all on to a most ravenous consumer!

With the launch of the new IGTV channel, I can't wait to cook with friends, family, home cooks and chefs, and especially the young at heart, as seafood plays a most important role in brain and heart health. Lets get to eating seafood two times a week!



Fishionista

Put Your Best Fish Forward

Salmon

Seafood Recipes

Sustainable Seafood

Pescatarian

Kid Recipes

Fishionista

Salmon recipes

Easy Seafood recipes

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