



50 Ways to Eat Green

The Bon Appétit Guide to Cooking Up a Greener World

By [Hugh Garvey](#). Photography by [Craig Cutler](#) and [Kana Okada](#)

If only eating green were as simple as going to a farmers' market, buying organic, and reusing that shopping tote at the grocery store. That's a darn good start, but there are so many other ways to shop, cook, dine out, and even clean that can have a more meaningful impact on our environment. The 50 tips and recipes here will help cut down on landfill, pesticide use, overfishing, and the consumption of fossil fuels. They will also slow down the depletion of the ozone layer, encourage the humane treatment of livestock, improve the welfare of workers, reduce toxic chemicals in your home, and likely make you healthier along the way. Plus, you'll be making and eating some amazing food. Read on to learn how to cook up a greener, more delicious future.

Tip # 17: Buy Barramundi

Funny name. Fabulous taste. U.S. (Australis) Barramundi is a sustainably raised fish with a rich, white flesh.

Roasted Farm-Raised Barramundi with Fennel & Orange

(For more information and recipes, go to: www.TheBetterFish.com)

Recipe by [Jeanne Thiel Kelley](#) . Serves 4.

Ingredients

1 ½ pounds US (Australis) Barramundi fillets with skin or four 6-ounce skinless fillets
2 teaspoons fennel seeds
1 ½ teaspoons coarse kosher salt
5 Valencia oranges
4 ½ tablespoons extra-virgin olive oil, divided, plus additional for brushing
2 medium fennel bulbs, trimmed, halved through core, sliced, plus a few fronds for garnish
2 garlic cloves, pressed
1 shallot, minced
½ cup dry white wine

Preparation

Toast fennel seeds in heavy small skillet over medium-high heat until fragrant and beginning to brown. Using spice grinder, coarsely grind fennel seeds with 1½ teaspoons coarse salt. **DO AHEAD.** Cover and store at room temperature.

Finely grate enough orange peel from 1 orange to measure 1 1/2 teaspoons; set aside. Using small sharp knife, cut off peel and white pith from 3 oranges. Working over bowl, cut between membranes to release orange segments into bowl. Squeeze enough juice from remaining 2 oranges to measure 1/2 cup. **DO AHEAD** Cover separately; let stand at room temperature.

Position 1 rack in top third and 1 rack in bottom third of oven; preheat to 400°F. Brush large rimmed baking sheet with oil. Toss sliced fennel, 1 1/2 tablespoons oil, 1 teaspoon fennel salt, and 1/2 teaspoon orange peel in large bowl. Transfer to prepared sheet, spreading evenly. Roast fennel on bottom rack until beginning to soften, about 8 minutes.

Meanwhile, brush large shallow roasting pan with oil. Mix 2 tablespoons oil, 1 teaspoon orange peel, and garlic in small bowl. If using fish fillet with skin, place skin side down in pan and brush top with orange-peel mixture. If using 4 skinless fillets, brush both sides with orange-peel mixture and place in pan, spacing apart. Sprinkle fish with 1 teaspoon fennel salt.

Stir fennel; arrange orange sections around. Transfer fennel to top rack of oven and place fish on bottom rack. Roast until fish is just opaque in center and fennel is tender, about 13 minutes longer. Transfer fish to platter; tent with foil. Place same pan over 2 burners; heat over medium-high. Add shallot; stir until tender, about 2 minutes. Add wine and orange juice; boil, scraping up browned bits on bottom, until reduced to ½ cup, about 4 minutes. Whisk in remaining 1 tablespoon oil. Season sauce with ½ teaspoon fennel salt, adding more if desired. Arrange fennel & oranges around fish on platter. Pour sauce over, sprinkle with reserved fronds, and serve.

