



Camp Delicious! Video: “Don’t Fear the Fish”

Fresh fish is delicious but amateur chefs may be intimidated by the idea of starting off with a fresh whole fish! Chef Edwin Smith, Executive Chef at Monterey Bay Fish Grotto in Pittsburgh, PA, demonstrates a mouth-watering salmon recipe – and it all starts with step-by-step instructions to de-scale, de-bone, and cut a whole fish.

LEARN MORE ABOUT ADDING HEALTHY FISH TO YOUR DIET, AND DISCOVER TIPS FOR SHOPPING, PREPARING, AND ENJOYING FISH AT HOME!

[The Loop – Fish recipes for people who think they hate fish](#)

Not a fan of fish? Maybe you just haven’t tried the right recipe, yet!

[ChefSteps – Selecting Fresh Fish for Purchase](#)

Delicious fish dishes begin with knowing how to shop for fresh seafood!

[The Fish Site – Five Weird Fish Dishes from Around the World](#)

Think you have an adventurous palate? Consider these unusual fish dishes from around the world!

[Understanding Sustainable Seafood – NOAA Fisheries](#)

Seafood can be a delicious and healthy dining option **but environmentally responsible fisheries and fishing guidelines** play an important role in our food supply and the health of our environment. Learn more in this easy-to-understand guide.

[Consumer Guides – Seafood Watch’s Consumer Guide](#)

Print this PDF guide so you can support sustainable seafood when you dine out.

[Food and Agriculture Organization of the United Nations – Nature’s superfood: 10 interesting facts on fish and nutrition.](#) Get “hooked” on fish with these fun and fascinating facts!

[Environmental Defense Fund](#)

Discover the health benefits of adding low-fat, high-quality protein to your diet *with fish!*

[What You Need to Know About Mercury in Fish and Shellfish – Food and Drug Administration \(FDA\) and the Environmental Protection Agency \(EPA\)](#)

Fish and shellfish are an important part of a healthy diet **but** it's crucial to understand scientific data about levels of mercury in these foods. Mercury is a naturally-occurring chemical element that can be absorbed in the bodies of fish, and this guide helps consumers understand which fish are safe, and which are likely to contain high levels of mercury.

[\(EPA\) – Guidelines for Eating Fish that Contain Mercury](#) Explore this guide to enjoying fish and seafood while minimizing exposure to mercury.

[Taste of Home – A Complete Guide to Buying and Cooking the Best-Tasting Fish](#)

Whether you're new to cooking fish at home or looking to expand your recipe repertoire, this guide will leave your mouth watering for more!

[The Spruce Eats- Store Fresh Fish At Home](#)

Learn how to properly store fresh fish until you're ready to prepare it.

ALWAYS wash your hands before handling food and eating!

- [Centers for Disease Control and Prevention – Food Safety in the Kitchen](#)
- [CDC – Show Me the Science – How to Wash Your Hands](#)
- [World Health Organization – How to hand wash with soap and water](#)

Do you have a favorite fish dish? Share your recipe here!

You can email your story to us at luminari@luminari.org

Learn more about attending Luminari's *in-person* Camp Delicious! and explore scholarship opportunities: [Camp Delicious!](#)

LUMINARI is a Pittsburgh-based non-profit organization that develops original programs to broaden minds, inspire innovations and promote community engagement. For more information about Luminari visit www.luminari.org, email luminari@luminari.org or follow us on [Facebook](#), [Instagram](#) and [Twitter](#)