

# WHAT A CATCH! COOKBOOK



ENVIRONMENTAL SERVICES  
CITY OF PORTLAND  
working for clean rivers

Dean Marriott, Director  
Sam Adams, Commissioner

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**Environmental Services  
works to protect water quality  
and public health.**

*These recipes show how to  
cook fish in a way that  
reduces the health risks of  
eating fish caught in  
Portland's waterways.*

*We hope you enjoy the  
What A Catch! Cookbook.*

*[www.cleanriverspdx.org](http://www.cleanriverspdx.org)*

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## **Recipes From Many Cultures**

This cookbook is about how to cook fish caught in Portland's waterways in a healthy way. People from many backgrounds fish in Portland, so these recipes are from many cultures.

Every recipe calls for cooking fish in a way that allows fat to drip off. That's because some chemicals that build up in fish fat can cause health problems.



### **Fish is Part of a Healthy Diet**

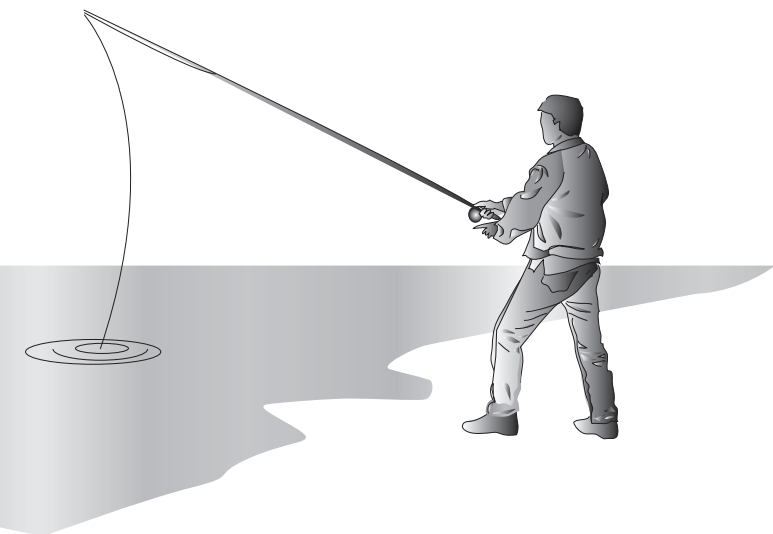
Fish is a valuable, low-fat, source of protein, vitamins and minerals. A diet including fish helps prevent heart disease in adults, and fish oils are healthy for unborn and breastfed babies.

## **Fish Caught in Portland May be Hazardous to Your Health**

Fish in Portland's waterways may contain PCBs and pesticides. These chemicals may affect human development, reproduction and immune systems, and may increase the chances of getting cancer. Proper cleaning and cooking can remove some chemicals from the fish.

### **Proper Preparation Reduces Risk**

Most chemicals, like pesticides and PCBs, are stored in the fatty parts of the fish...the head, guts, skin and fat. Removing these parts minimizes your exposure to chemicals. See the next page for a guide to cleaning fish. Cook fish on a rack, using a recipe from this cookbook, to remove additional fat.



## Proper Fish Preparation

- ❶ Cut off and throw away head, skin, and guts.
- ❷ Remove fat from the back, sides and belly.
- ❸ Try a recipe from this book.
- ❹ Cook fish on a rack (without the skin and fat) so the fat drips off. (see following cooking methods)
- ❺ Do not eat the fat drippings.
- ❻ Do not eat head or guts.



**Enjoy your catch**

## Cooking Methods

All the recipes in this book call for cooking fish on a rack so the fat can drip off. This helps remove unhealthy chemicals. Follow these techniques with your favorite recipes when cooking fish caught in Portland waterways to make fish healthy and tasty.

**Baking:** Preheat oven to 400° to 425°. Place fish on a rack on a greased broiler pan. Bake 8 to 15 minutes until fish flakes easily with a fork.

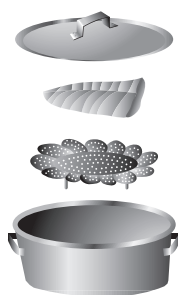
**Broiling:** Turn the oven to broil and preheat for 10 minutes. Place fish on a greased broiler pan on highest oven rack closest to the heating element. Cook for 5 to 8 minutes without turning. Fish is done when it flakes easily with a fork.



**Grilling:** Start your grill. Grease the grill well. When it's hot, put the fish on the grill, cook for 5 to 10 minutes, turning once, until fish flakes easily with a fork.



**Steaming:** Fill the bottom of a pot or steamer with an inch of water. Place a steaming rack in the pot. Heat water on high until it begins to boil. Place fish on the steaming rack and cover pot. Turn heat down to medium and let steam for 8 to 12 minutes until fish flakes easily with a fork.



**Wok Smoking:** *(method used in this cookbook)* Line a wok with foil. Place ingredients for smoking in bottom of wok and heat on high until it begins to smoke. Place fish on wok rack and cook covered for 7 to 8 minutes. Check fish for doneness. If fish is not cooked, add 2 to 3 tablespoons of water to the bottom of the wok and steam until fish flakes easily with a fork.



## **Andrea's Fruit Fish**

*Andrea Corzatt*

Fish fillets

### ***For fruit sauce***

8 ounces of pineapple, with juice

1/4 cup peaches, diced

5 prunes, chopped

5 apricots, chopped

1/4 cup fruit cocktail

***Fish Preparation:*** Clean fish well, removing the head, skin, fatty parts and guts (see pages 6-7 for instructions). Cut the fish into fillets.

***Steaming:*** Fill the bottom of a pot or steamer with an inch of water. Place a steaming rack in the pot. Heat water on high until it begins to boil. Place fish on the steaming rack and cover pot. Turn heat down to medium and let steam for 8 to 12 minutes until fish flakes easily with a fork.

***Fruit sauce:*** Mix the can of pineapple and its juice, diced peaches, chopped prunes, apricots and fruit cocktail. Place the fruit mixture in a skillet on medium heat. Bring to a simmer and cook for 5 minutes. Add the fish and cook for 10 minutes.



# **Cedar Plank Salmon with Coconut Raita over Saffron Tomato Couscous**

*Equinox Restaurant, Portland*

- 1 salmon, cut into fillets
- 1 cedar plank large enough to hold salmon (soaked overnight)

## **Raita**

- 2 cucumbers peeled, seeded and diced finely
- 1 cup of whole milk yogurt or 1/2 cup sour cream and 1/2 cup low fat yogurt
- 1 can coconut milk
- 1/2 cup Thai sweet chili sauce
- salt and pepper to taste
- 1/3 cup lemon juice
- 3 cloves garlic minced
- 2 tablespoons sugar

## **Couscous**

- 2 cups water
- 2 cups white wine
- pinch of saffron
- 3 tomatoes, chopped
- salt and pepper, to taste
- 2 cups Israeli (large) couscous

## **Soak cedar plank in water overnight**

**Fish Preparation:** Clean fish well, removing the head, skin, fatty parts and guts (see pages 6-7 for instructions). Cut fish into fillets.

Preheat oven to 400°. Season salmon with salt and pepper. Lay salmon on plank in oven and bake for 7 to 12 minutes.

**Raita:** Combine finely diced cucumbers, yogurt, coconut milk, sweet chili sauce, lemon juice, garlic, sugar, salt and pepper.

**Couscous:** Add water, wine, saffron, tomatoes, salt and pepper to a pot and bring to a boil. Add couscous, turn off heat and let stand covered for 20 minutes.

**Serving:** Spoon raita over salmon and serve with warm couscous.

# Chinese Tea-smoked Fish with Scallions and Ginger

Joshua Hobson

1/2 pound white fish

1 teaspoon salt

### *For ginger soy marinade*

2 tablespoons ginger, grated

2 tablespoons soy sauce

2 tablespoons Chinese rice wine

1 teaspoon sesame oil

2 scallions, bruised and cut into one inch lengths

### *For smoking*

1/4 cup dry, loose black tea

1/4 cup uncooked rice

**Fish Preparation:** Clean fish well, removing the head, skin, fatty parts and guts (see pages 6-7 for instructions). Cut fish into fillets.

**Marinate:** Rub fish with salt, lay each fillet on a smaller pan (like a pie tin). Combine ginger, soy sauce, rice wine, scallions, and sesame oil and mix well. Spoon mixture over top of fish and marinate for 20 minutes at room temperature.

**Smoke:** Line a wok in foil and place a wok rack in the middle. Pour the loose dry tea and rice in the bottom of the wok and begin to heat over high heat. As soon as the rice and tea start to smoke, place the fish on the rack and close the lid. Lower heat to low and allow the fish to steam for 7-8 minutes. If the fish is not done, add 2-3 tablespoons of water to the bottom of the pan to steam the fish until done.

This recipe can also be made by steaming.

## **Fish Provencale with Sautéed Peppers**

(France)

*Nancy Crampton, this is a "classic" French recipe*

Fish fillets

### **Vegetables**

1 red bell pepper

1 green bell pepper

2 tomatoes

1 white onion

1 tablespoon olive oil

Salt and pepper

**Fish preparation:** Clean fish well, removing the head, skin, fatty parts and guts (see pages 6-7 for detailed instructions). Cut fish into fillets.

**Vegetables:** Cut red and green bell peppers into quarters and slice into strips. Roughly chop tomatoes and onions. Saute vegetables in hot oil until tender.

This recipe can be broiled in the oven or steamed.

**For broiling:** Turn the oven to broil and preheat for 10 minutes. Place fish on a greased broiler pan on highest oven rack closest to the heating element. Cook for 5 to 8 minutes without turning. Fish is done when it flakes easily with a fork.

**For steaming:** Fill the bottom of a pot or steamer with an inch of water. Place a steaming rack in the pot. Heat water on high until it begins to boil. Place fish on the steaming rack and cover pot. Turn heat down to medium and let steam for 8-12 minutes until fish flakes easily with a fork.

**Serving:** Place fish on bed of sautéed vegetables, season with salt and pepper to taste. Serve.

## **Fish and Rice Casserole**

*(Mexico) Brenda E. Price, this recipe adapted from: Extending The Table - A World Community Cookbook by Joetta Handrich Schlabach, 1991, Herald press, Scottsdale, PA 15683*

Serves 4

1 pound white fish fillets (perch, catfish, bass or bluegill) Serves 4

2/3 cup uncooked brown rice

1 1/3 cups water

### **For sauce**

4 tablespoons butter or margarine (divided into 3 T and 1 T)

3 tablespoons flour

1 teaspoon salt

a dash to 1 teaspoon ground red pepper

1 1/2 cups milk

### **Additional casserole ingredients**

1 green pepper, seeded and diced

2 medium tomatoes, diced

**Fish Preparation:** Clean fish well, removing the head, skin, fatty parts and guts (see pages 6-7 for instructions). Cut fish into fillets.

Preheat oven to 350°.

**Rice:** Put water in a medium saucepan and bring to a boil. Add rice and return to a boil. Stir rice, turn down heat and simmer covered for 40 to 45 minutes.

**Steaming:** Fill the bottom of a pot or steamer with an inch of water. Place a steaming rack in the pot. Heat water on high until it begins to boil. Place fish on the steaming rack and cover pot. Turn heat down to medium and let steam 8 to 12 minutes until fish flakes easily with a fork. Remove from steamer and flake with fork, set aside.

**Sauce:** Melt 3 tablespoons butter in small saucepan. Add flour, salt and red pepper. Gradually stir in milk and cook over low heat, stirring constantly, until the mixture thickens. Set aside.

**Assembling the casserole:** Layer, in a greased 1 1/2 quart casserole dish: half of brown rice, flaked fish, green pepper, and tomato. Top with other half of brown rice. Pour sauce over top and dot with 1 tablespoon of butter. Bake at 350° for 20 to 25 minutes.

## **Fish Tacos**

*Anonymous*

1 fish fillet

### ***For taco seasoning***

1/2 cup water

1/2 teaspoon taco seasoning

### ***For tacos***

4 small corn tortillas

2 cups cabbage, shredded

2 cups cheese, shredded

1/2 cup onion, chopped

1 bunch cilantro, chopped

1 cup salsa

***Fish preparation:*** Clean fish well, removing the head, skin, fatty parts and guts (see pages 6-7 for instructions). Cut fish into fillets.

***Seasoning:*** Mix the taco seasoning and water together. Brush seasoning mixture on the fillets.

This recipe can be grilled or broiled in the oven.

***Broiling:*** Turn the oven to broil and preheat for 10 minutes. Place fish on a greased broiler pan on highest oven rack closest to the heating element. Cook for 5 to 8 minutes without turning. Fish is done when it flakes easily with a fork.

***Grilling:*** Start your grill. Grease the grill rack well. When it's hot, put the fish on the grill and cook for 5 to 10 minutes, turning once, until fish flakes easily with a fork.

***Assembling the Tacos:*** Cut the cooked fish into cubes or pieces small enough to fit easily inside the tortilla. Fill tortillas with fish, cabbage, cheese, onions, salsa, and cilantro.

## **Fresh Lemon Bass with Summer Squash**

*Melinda Casady, recipe is from "my own head"*

Bass fillets

1/4 cup olive oil

### **Vegetables**

juice of 2 lemons

1/2 cup zucchini cut into strings

1/2 cup yellow squash cut into strings

1 cup dried or fresh shitake mushrooms

(If using dried mushrooms, soak in hot water  
for 30 minutes)

1 cup croutons

2 tablespoons capers

**Fish Preparation:** Clean fish well, removing the head, skin, fatty parts and guts (see pages 6-7 for instructions). Cut fish into fillets.

**Grilling:** Season fillets with salt and pepper, brush fish lightly with olive oil. Start your grill. Grease the grill rack well. When it's hot, put the fish on the grill and cook for 5 to 10 minutes, turning once, until fish flakes easily with a fork. Before removing from grill, squeeze juice from 1/2 lemon onto fish.

**Vegetables:** Quickly sauté zucchini, yellow squash and mushrooms. Season with salt and pepper to taste. Add remaining lemon juice and sauté until dry. At the last minute add croutons and capers.

**Serving:** Put vegetables on a platter place fish on top. Finish with a drizzle of olive oil.

## Grilled Citrus Fish

*Bruce Bowers, this recipe is from "own experience"*

Fish fillets, any variety

### **For Citrus Marinade**

Juice and zest of 1 lime

1/4 cup oil

1 bunch cilantro

1 clove garlic

Salt and pepper

**Fish Preparation:** Clean fish well, removing the head, skin, fatty parts and guts (see pages 6-7 for detailed instructions). Cut fish into fillets.

**Marinade:** Combine lime juice and zest, oil, cilantro, garlic, salt and pepper in a food processor or blender. Marinate fish in sauce for 30 minutes.

**Grilling:** Start your grill. Grease the grill rack well. When the grill is hot, place the fish on the grill and cook for 5 to 10 minutes, turning once, until fish flakes easily with a fork.

## **Grilled Fish in Adobo**

*(from SE Asia)*

*Dan Brophy*

2 pounds of fish fillets

### ***For adobo marinade***

1/2 cup soy sauce

1/4 cup vinegar

4 cloves garlic

Chile paste or fresh chilies as desired

***Fish Preparation:*** Clean fish well, removing the head, skin, fatty parts and guts (see pages 6-7 for instructions). Cut the fish into fillets.

***Marinade:*** Mince garlic, combine with soy sauce, vinegar and chile (if desired). Marinate fish fillets for 30 minutes.

***Grilling:*** Start your grill. Grease the grill rack well. When it's hot, put fish on the grill and cook for 5 to 10 minutes, turning once, until fish flakes easily with a fork. Brush with extra marinade while cooking.

Serve with white rice.



# Grilled Fish with Charred Tomato and Tequila Cream Sauce

*Chef Steve Watson, CC, Western Culinary Institute*

2 pounds fresh fish fillets for grilling  
salt, pepper, and fresh lime juice, to taste

## ***For tequila cream sauce***

4 roma tomatoes, core removed  
6 garlic cloves, peeled  
2 onions, quartered  
2 canned chipotle peppers  
1/2 cup butter  
3/4 cup tequila  
1 1/2 cups Mexican crema  
(substitute 1 cup sour cream mixed with 1/2 cup heavy cream)  
Salt and pepper, to taste

## ***For garnish***

1 bunch cilantro, chopped  
1 lime, cut into wedges

***Fish Preparation:*** Clean fish well, removing the head, skin, fatty parts and guts (see pages 6-7 for instructions). Cut fish into fillets. Season prepared fish with salt, pepper, and sprinkle with fresh lime juice. Set aside.

***Sauce:*** In a large pan, dry roast tomatoes, garlic and onion over high heat until charred and softened, about 8 to 10 minutes. Transfer to a food processor, add chipotle chiles and puree.

Melt butter in a large pan over high heat. Add pureed sauce and fry until slightly reduced, about 5 minutes. Add tequila and continue simmering for 5 more minutes. Add crema and simmer gently until sauce is nicely thickened, about 5 to 10 more minutes. Keep sauce warm.

***Grilling:*** Start your grill. Grease the grill rack well. When it's hot, put the fish on the grill and cook for 5 to 10 minutes, turning once, until fish flakes easily with a fork.

***Serving:*** Serve fish atop a pool of the charred tomato and tequila sauce. Garnish with fresh chopped cilantro and wedges of lime.

## **Honey Glazed White Fish**

*(Coeur d'Alene Indian Reservation)  
Gene H. James, this recipe is "something we  
cook back home"*

Whole white fish fillets

### ***For Marinade***

1 pint water

1 tablespoon salt

### ***Seasoning***

1 teaspoon garlic powder

1/2 cup honey

Black pepper to taste

***Fish Preparation:*** Clean fish well, removing the head, skin, fatty parts and guts (see pages 6-7 for detailed instructions). Cut fish into fillets.

***Marinade:*** Combine salt with water. Soak fish overnight or at least 4 hours.

***Grilling:*** Remove fish from salt water, pat dry. Season with garlic powder and pepper. Brush honey on fillets. Cook on well greased grill for 7 to 10 minutes, depending on thickness, turning once. Fish is done when it flakes easily with a fork.

## **Lemon Baked Fish**

*Lisa Butler, this is a "family recipe"*

Fish cut into serving-size fillets

Salt and pepper

1 stick of butter

1 lemon

***Fish Preparation:*** Clean fish well, removing the head, skin, fatty parts and guts (see pages 6-7 for instructions). Cut fish into fillets.

***Baking:*** Generously salt the fillets, then pepper as desired. Place fish on a broiler pan. Preheat oven to 500°. Bake on center rack for 12-15 minutes. Fish is done when it flakes easily with a fork.

***Serving:*** Take the fish out of the oven. Cut squares from the butter cube, the same as if for a dinner roll and place two on top of each steak. Slice a lemon and place two slices on top of the butter on each steak.

## Malaysian Spicy Grilled Fish

(Malaysia)

Chee Choy

1 whole fish, cut into fillets

### **For spice paste**

10 to 15 dried red chili peppers, soaked for 30 minutes in hot water

1 stalk lemongrass, diced, use only bottom 4 to 5 inches of stalk

1 stalk of lemongrass, use 6 inches or more of stalk

2-inches fresh ginger, diced

1 half-inch size of galangal (roughly 2-inch diameter)

3 kaffir lime leaves, center leaf vein removed

1 teaspoon turmeric powder (or 4 inches fresh turmeric)

1 tablespoon curry powder (hot or mild)

10 to 12 shallots, or 1 medium-sized white onion, diced

Thumb-sized drop of Malaysian shrimp paste, if available

1 tablespoon cooking oil

Salt to taste (two large pinches at least)

**Fish Preparation:** Clean fish well, removing the head, skin, fatty parts and guts (see pages 6-7 for instructions). Cut fish into fillets.

**Spice Paste:** Grind together all ingredients of spice paste either in a mortar or in a food processor. Add salt and mix well. Cut two deep slits on each side of the fish fillets. Stuff the slits with spice paste. Rub remaining spice paste all over fish.

This recipe can be cooked on a grill or broiled in the oven.

**Broiling:** Preheat broiler for about 10 minutes. Place the fish fillets on a greased broiler pan and cook for 5 to 8 minutes without turning. Fish is done when it flakes easily with a fork.

**Grilling:** Start your grill. Grease the grill rack well. When it's hot, put the fish on the grill and cook for 5 to 10 minutes, turning once, until fish flakes easily with a fork.

# **Pescado Asado, México**

*Johnattan Curiel*

## **Pescado**

Pescado Bagre - *Cat Fish*

Achiote or Annato - *A spice available at Mexican groceries*

Jugo de limón - *Lime juice*

Cebolla - *Onion*

***Fish Preparation:*** Limpie bien el pescado, quítele la cabeza, la piel, las partes grasosas y las entrañas (mire el diagrama en páginas 6-7). Corte el pescado en filetes.

***Fish Preparation:*** *Clean fish well, removing the head, skin, fatty parts and guts (see pages 6-7 for instructions). Cut fish into fillets.*

***Marinate:*** Frote el achiote en el filete de pescado. Déjelo reposar por media hora.

***Marinate:*** *Rub the fish with the achiote. Let it sit for half an hour.*

***Grilling:*** Prenda la parrilla. Engrase la rejilla. Cuando la parrilla este bien caliente, ponga el pescado. Póngalo en la parrilla por 4 minutos por cada lado, hasta que el pescado se parta fácilmente con un tenedor. Corte la cebolla en rebanadas medianas, pongalas en la parrilla hasta que esten doradas en ambos lados.

***Grilling:*** *Start your grill. Grease the grill rack well. When the grill is hot place the fish on the grill. Grill for four minutes on each side, until fish flakes easily with a fork. Cut onion into medium slices, place them on the grill and brown on both sides.*

***Serving:*** Después sívalo con el jugo de limón, y las cebollas asadas.

***Serving:*** *Serve with lime juice and grilled onion.*

## **Steamed Stuffed Fish**

*(Pusan, South Korea)*

*Sun Young Choi*

1 fish sliced in thin fillets

Salt

Pepper

### ***For filling***

1/2 bundle of watercress, stems and leaves separated

1/4 pound carrots cut into thin strips

6 dried brown oak mushrooms soaked in warm water for 30 minutes (or fresh)

2 eggs

1 tablespoon salt

1 teaspoon sesame oil

1 teaspoon soy sauce

1 teaspoon sugar

### ***For soy dipping sauce***

3 tablespoons soy sauce

1 teaspoon vinegar

1 teaspoon pine nuts

1 teaspoon sugar

### ***For garnish***

4 cabbage leaves, shredded

1 tomato, cut into wedges

Parsley

***Fish Preparation:*** Clean fish well, removing the head, skin, fatty parts and guts (see pages 6-7 for instructions). Slice the fish thinly and sprinkle with salt and black pepper.

**Filling:** Soak the dried mushrooms in hot water for 30 minutes.

Trim and clean the watercress. Pick off the leaves and save. Cut the stems into matchstick lengths. Stir-fry the stems with salt and sesame oil.

Cut the carrots into thin strips and fry until tender sprinkling them with salt.

Beat the egg yolks and whites separately and fry them individually into sheets. Cut them into thin strips.

Squeeze the water out of the mushrooms, cut them into thin strips. Season with soy sauce, sugar, sesame oil and fry.

**Fish:** Place the watercress, carrot, sliced mushroom and egg strips on each fish slice and wrap the fish around them firmly, secure with toothpicks if necessary.

Fill the bottom of a pot or steamer with an inch of water. Place a steaming rack in the pot. Heat water on high until it begins to boil. Place fish in a damp cloth on the steaming rack and cover pot. Turn heat down to medium and let steam for 8 to 12 minutes until fish flakes easily with a fork.

Cool the steamed rolls and cut them into 2" lengths.

**Sauce:** Chop the pine nuts and mix them with the soy sauce, vinegar and sugar to make a vinegar-soy dipping sauce.

**Serving:** Place a layer of shredded cabbage on a plate and arrange the sliced fish rolls attractively. Garnish with the tomato and parsley. Serve with the dipping sauce.

## **Salmon with Dill Sauce**

*(United States)*

*Grace Van Ness, recipe is from "home"*

4 salmon fillets  
Olive oil  
Salt and pepper

### ***For dill sauce***

1 pint sour cream (fat free if preferred)  
2 bunches of chopped fresh dill  
2 tablespoons lemon juice  
1 minced shallot  
Salt and pepper  
1 tablespoon horseradish (optional)

***Fish Preparation:*** Clean fish well, removing the head, skin, fatty parts and guts (see pages 6-7 for instructions). Cut into serving-size fillets. Make sure to remove pin bones from the salmon fillets.

***Broiling:*** Season fish with salt and pepper. Turn the oven to broil and preheat for 10 minutes. Place fish on a greased broiler pan on highest oven rack closest to the heating element. Cook for 5 to 8 minutes without turning. Fish is done when it flakes easily with a fork.

***Sauce:*** In a small bowl, whisk together sour cream, chopped fresh dill, lemon juice, and shallot. Season with salt and pepper. If you want the sauce to have a little "bite", add a tablespoon of horseradish to the sauce mix.

***Serving:*** Place the fish on a serving dish and spoon sauce evenly over the fish.



## **Walleye Olympia**

*(United States)*

*Michael P. Spina, this recipe is from  
the "Herring Dictionary of Modern  
and Classical Cuisine"*

Fish fillets

***For dill sauce***

Mayonnaise

Dill

Lemon juice

***Fish preparation:*** Clean fish well, removing the head, skin, fatty parts and guts (see pages 6-7 for instructions). Cut fish into fillets.

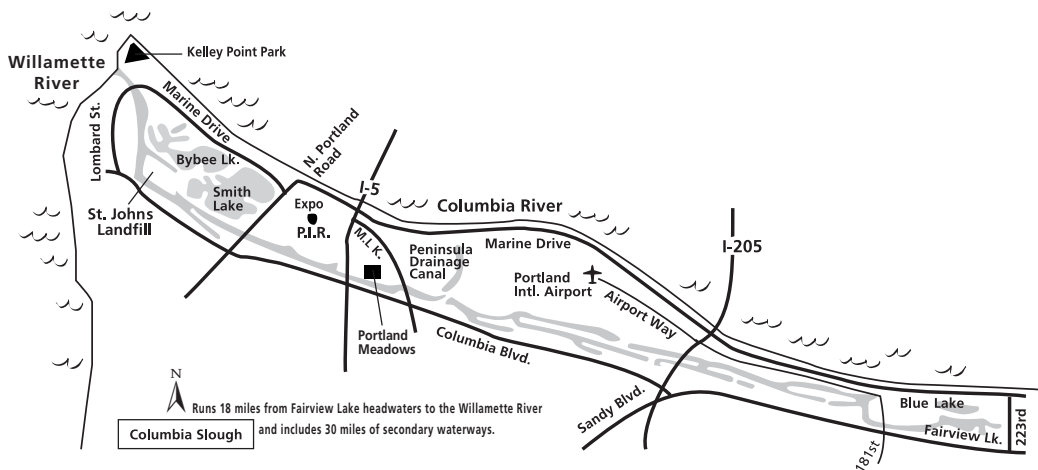
***Dill sauce:*** Place fillet on broiler pan, coat with mayonnaise and sprinkle with dill.

***Baking:*** Preheat oven to 400°. Bake on center rack for 12 to 15 minutes. Fish is done when it flakes easily with a fork.

***Serving:*** Place fish on a serving dish, drizzle with lemon juice and serve.

## Columbia Slough Fish May Be Hazardous To Your Health

Fish in the Columbia Slough contain PCBs and pesticides. These chemicals may affect human development, reproduction and immune systems, and may also increase your chance of getting cancer.



### Call For Information:

#### Health Risk Questions:

Oregon Department of Health Services, 503-731-4015  
[oregon.gov/DHS/ph/envtox/fishconsumption.shtml](http://oregon.gov/DHS/ph/envtox/fishconsumption.shtml)

#### Columbia Slough Questions:

City of Portland, Environmental Services,  
503-823-7268  
[www.cleanriverspdx.org](http://www.cleanriverspdx.org)

#### Smith and Bybee Lake Questions:

Metro, 503-797-1515

***What the City of Portland is doing to stop pollution.***

Portland's Environmental Services and the Oregon Department of Environmental Quality (DEQ) are working to eliminate sources of fish contamination in the Columbia Slough watershed. For several years, Environmental Services has studied contaminants in Slough water and sediments. In 2000, Environmental Services finished sewer construction projects that eliminated combined sewer overflows to the Slough. The City is also working on projects to improve water quality and fish habitat.

- Preventing pollution from business and industry
- Stopping illegal discharges to storm sewers
- Installing filters in City storm sewers to remove pollutants
- Reducing soil erosion
- Encouraging homeowners to reduce pesticide use
- Building wetlands to filter stormwater
- Extending City sewers to eliminate septic systems
- Planting native vegetation to buffer the Slough from human activity
- Environmental education and outreach to let residents know how they can help keep rivers and streams clean

## **Commonly Asked Questions about Columbia Slough Fish:**

### *Who is most at risk?*

- Unborn babies
- Pregnant and nursing mothers
- Children
- People eating Slough fish often and for many years

### *What are the health risks from eating Slough fish?*

Eating fish with these chemicals over time may :

- Harm unborn children. These children may be slower to develop and learn.
- Harm reproductive and immune systems.
- Increase your chance of getting cancer.

### *Why are some chemicals a problem?*

Even though the concentrations of PCBs and pesticides in Slough fish are fairly low, they still pose a health risk because:

- Babies can be exposed to the chemicals before they are born and through breast milk.
- These chemicals increase in the body and may cause health problems many years after eating the fish.

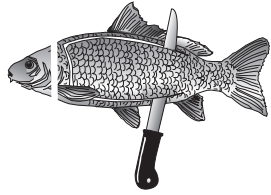
### *If You Choose To Eat Slough Fish:*

To reduce health risks:

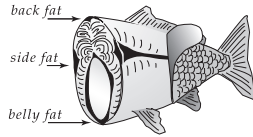
- Eat fewer Slough fish
- Eat smaller, younger fish
- Eat smaller portions
- Do not eat raw fish

And follow these steps:

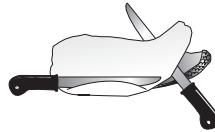
- Cut off and throw away head, skin, fatty parts and guts. Chemicals build up in these parts.



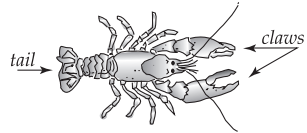
- Bake or broil the fish (without skin and fat) on a rack so the fat drips off. Do not eat fat drippings.



- Eat only tail and claws of crayfish.



- Do not eat head and guts.



### ***Are there safer places to fish?***

Ocean fish usually have fewer contaminants. It is likely that many fish in and around cities have hazardous chemicals in them. There are fish advisories for the Willamette River (for mercury) and Columbia River (for PCBs, dioxins and pesticides). Harmful chemicals are in stormwater running off roads, parking lots, houses and lawns. Pollutants also come from business, industry and farm fields. Fish caught from waterbodies near these sources may also be contaminated.

### ***Should I stop eating all fish?***

No. Fish is an excellent source of protein and is low in fat when baked or broiled. Following the preparation guidelines shown here will reduce your health risks from eating fish.