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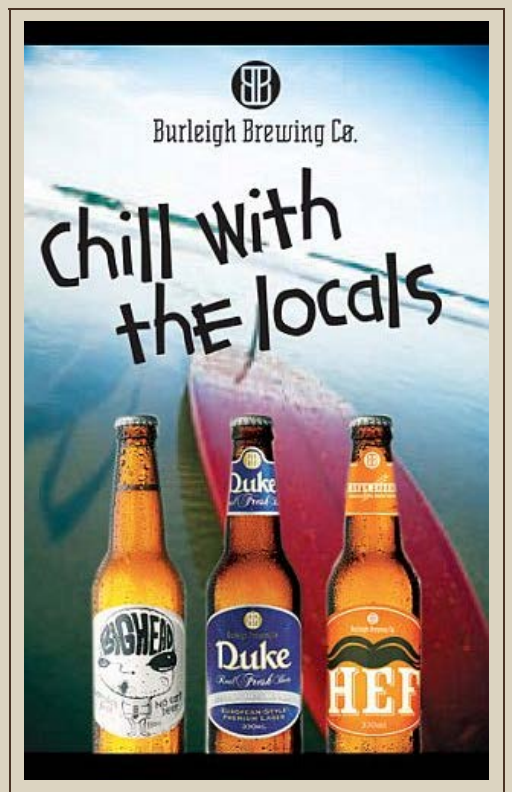
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## Aquaculture and good things w Yarra Valley Caviar

Posted on October 3, 2012 by Destination Food

We've all heard the guff on the sustainability of our seafood , I won't waffle on that much about it. Yes it is important to understand how our fish stocks replenish themselves, and if we overfish we will dwindle certain species to a volume we cannot sustain in many levels. Popular culture will say chefs, cooks...buy sustainable seafood. Fish from a source not nearly fished to extinction, fish that is not a slow growing creature. Even fish farmed ethically?





It has been popular for sometime that certain eateries have decided to cook with garfish, sardines even mullet. A chef comes across as intellectually gifted in recognising accepted tendencies if he/she has a seafood selection sustainably sourced. It is hard to please the diner, the larger dining community has been sculpted to accept snapper, salmon and sweetlip as the norm for fish on the carte du jour.

Salmon for the greater part of my existence in the culinary world has long been S,S,Sss.. farmed. See the S word? Is salmon sustainable? Some will say hell yeah. We keep farming more fish for the demand of the consumer? But what about the sustainability of the surrounding environment? Have a rummage around the internet and see if you can find some reliable source that strikes the chord of whether open pen sea cage farming is really as good as we seem to think?

One little providore's product I've been happy to have been cooking with of late trades under the name of **Yarra Valley Caviar** Yes, caviar is their main venture, though I happily found my kitchen home to many of their other products as well...rainbow trout, hot and cold smoked salmon and also whole smoked trout, search and you too will find their product. These guys raise their fish in earthen ponds in the fishes natural habitat, with the water oxygenised by natural waterfall. Their trout and salmon is sustainable while continuing to be kind to nature. The crew behind this brand believe in taking the natural approach in their prouction and farming of their fish



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They are a really good story. The source of **Yarra Valley Caviar** is on the Rubicon River not far from Lake Eildon. A few years ago they had the majority of their salmon stock wiped out due to the devastating Black Saturday bushfires. Diversifying they now looked to the eggs of their salmon as a revenue source, and that source they found was some of the most exceptional salmon caviar our kitchens and restaurants had seen. It is a quality product and nowadays salmon caviar need not be seen as a high-status ingredient. But they had more in store... Just recently the guys at Yarra Valley released a premium line of 'virgin' salmon roe. It comes from young salmon never to have been milked, their first eggs. This is their high status ingredient and rightfully so, top notch stuff, very good. At just three years old, the caviar from this young fresh water Atlantic Salmon is softer and more palatable – making it effectively the 'veal' of the salmon family. The caviar is taken as it comes from the salmon after milking and simply brined on site at the farm, at the base of the Rubicon River, using Murray River pink salt flakes and organic sugar, and packaged in 40-gram traditional tins. Available in limited supply, given the quantities of salmon available, it is already being requested by restaurants around the country.

I grabbed a little tin of the premium salmon caviar to taste for my self and placed it on a breakfast creation recently...I called the dish... 'eggs and eggs' See the recipe below, quite easy to make.

So I've given you some more to think about when it comes to sustainable seafood and hopefully given the chefs reading this another quality producer to source ingredients from. Hope to see some of Yarra Valley's product on the menus soon. There fresh water trout is also a cracker, when was the last time we saw some freshwater fish on our cities menus...?

[Yarra Valley Caviar visit them here](#)

- Flank steak marinated in Balsamic served with polenta, roasted tomatoes and pancetta
- Chef Alejandro Cancino – Urbane, Brisbane



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- [Eatyclopedia](#) (1)
- [Events](#) (34)
- [Food Events and Happenings](#) (24)
- [Food Patriots](#) (4)
- [Ingredients...lick the screen](#) (39)
- [off the Menu](#) (6)
- [Polished Taste \[restaurants\]](#) (24)
- [Providores, Champions of Food](#) (11)
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## Eggs and 'eggs'

### Hens egg 'en cocotte' w Yarra Valley first harvest caviar and toast soldiers

#### Ingredients

6 free range hens eggs  
Butter  
1 tin first harvest salmon caviar  
6 slices of sour dough  
Sea salt  
Fresh snipped chives

#### What to do

Rub the inside of 3 small oven proof dishes with some softened butter. Crack in 2 eggs per dish and season with sea salt and white pepper. Place the egg dishes in a baking dish and then add warm water so the water comes half way up the sides of the egg dishes. This will cook them slowly and protect the eggs from direct high heat, the same way as cooking crème caramels (au bain marie)

Bake in a pre heated 180°C oven for 16 minutes or until the whites have just set while the yolks still remain very soft. Remove from the water and place on some snipped chives and the salmon caviar. Serve along side some toasted sour dough cut into 'soldiers' a wedge or 2 of lemon and some tabsaco.

Serves 3

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