

Tis' the Season to **EAT MORE SEAFOOD!**



Consumer demand for seafood increases during the Holiday Season more than any other time of the year. While the traditional Christmas meal in the majority of North American households is turkey, many North Americans indulge in seafood delicacies throughout the entire holiday season. Smoked Salmon, Shrimp and Crabmeat are just a few of the most popular seafood items enjoyed during the Holidays. Outside of North America, fish and seafood is enjoyed in various forms as the main course for traditional Holiday meals, or as appetizers and side plates.

Australia – the Holiday Season falls during the hottest time of the year in Australia. So, cold menu items, such as Prawns and cold seafood salads are popular.

France – the Christmas Eve meal is known as Le Revellion and appetizers served often include Oysters, Smoked Salmon, Lobster and Escargot.

Italy - The Feast of the Seven Fishes (*fešta dei sette pesci*) is believed to have originated in Southern Italy. Families in other parts of Italy do not necessarily have this traditional meal, but its popularity has spread and many North American families engage in this tradition. Not surprisingly, the Feast of Seven Fishes typically consists of seven different seafood dishes, and sometimes more!

Lithuania – The Christmas Eve dinner is called Kucios and does not include any meat or dairy. Typical dishes include fish such as, Carp, Pike and Herring.

Mexico - Christmas dinner in Mexico, as in many other large countries, differs widely from region to region. Seafood, while extremely common in coastal regions, is not as common inland. Salted Cod is popular and is prepared in a wide variety of ways.

Norway – **Lutefisk** (dried Cod or Ling) is often served with potatoes, bacon, mushy peas and mustard. There is also a long tradition of eating fresh Cod (Torsk) on Christmas Eve, particularly along the coast in Southern Norway. Torsk is boiled in salted water and served with boiled potatoes, root vegetables and red wine sauce.



Poland – Carp is a main component of the Christmas Eve meal in Poland.

Portugal – Often, Cod is served on Christmas Eve, as well as various Shellfish and other expensive meats.

Russia – Traditionally, the Holy Supper – as it is called in Russia - consists of twelve different foods, symbolic of the twelve apostles. The meal is meatless and instead features baked fish, commonly Cod.

Spain – Seafood soup is very popular in Spain, especially in coastal regions. Other popular items include Baby Eels, King Prawns, Lobster, Crab and Baked Sea Bream.

Sweden – Christmas Eve dinner includes an assortment of cold fish dishes and cold meats. Pickled Herring and Lutefisk (salted or dried Whitefish) are common.