

# DETAILS

IS YOUR  
BODY  
BEACH-  
READY?  
HOW TO  
LOOK  
RIPPED IN  
5 MINUTES



TURN THE SAND  
AND SURF INTO  
YOUR GYM

**HOLY MACKEREL!**  
AMERICA'S NEW  
SEAFOOD OBSESSION  
THE COOLEST  
URBAN FISH  
SHACKS, THE RAW  
BAR REINVENTED,  
AND THE SIX FISH  
TO ORDER NOW

**THE DETAILS  
GROOMING GUIDE**

Turn This Issue Over for  
Everything You Need to  
Look Great - From Head to Toe

**STYLISH SUMMER  
GETAWAYS**

WHAT TO PACK  
AND WHERE TO STAY,  
EAT, AND SHOP

OVERCOMING  
EVERY MAN'S  
WORST  
NIGHTMARE

THE PERFECT  
SUMMER DRINK  
(ALCOHOL OPTIONAL)

**RYAN  
REYNOLDS**

IS JUST LIKE YOU  
(EXCEPT FOR THE WHOLE  
SEXIEST-MAN-ALIVE THING)

→ [details.com](http://details.com)

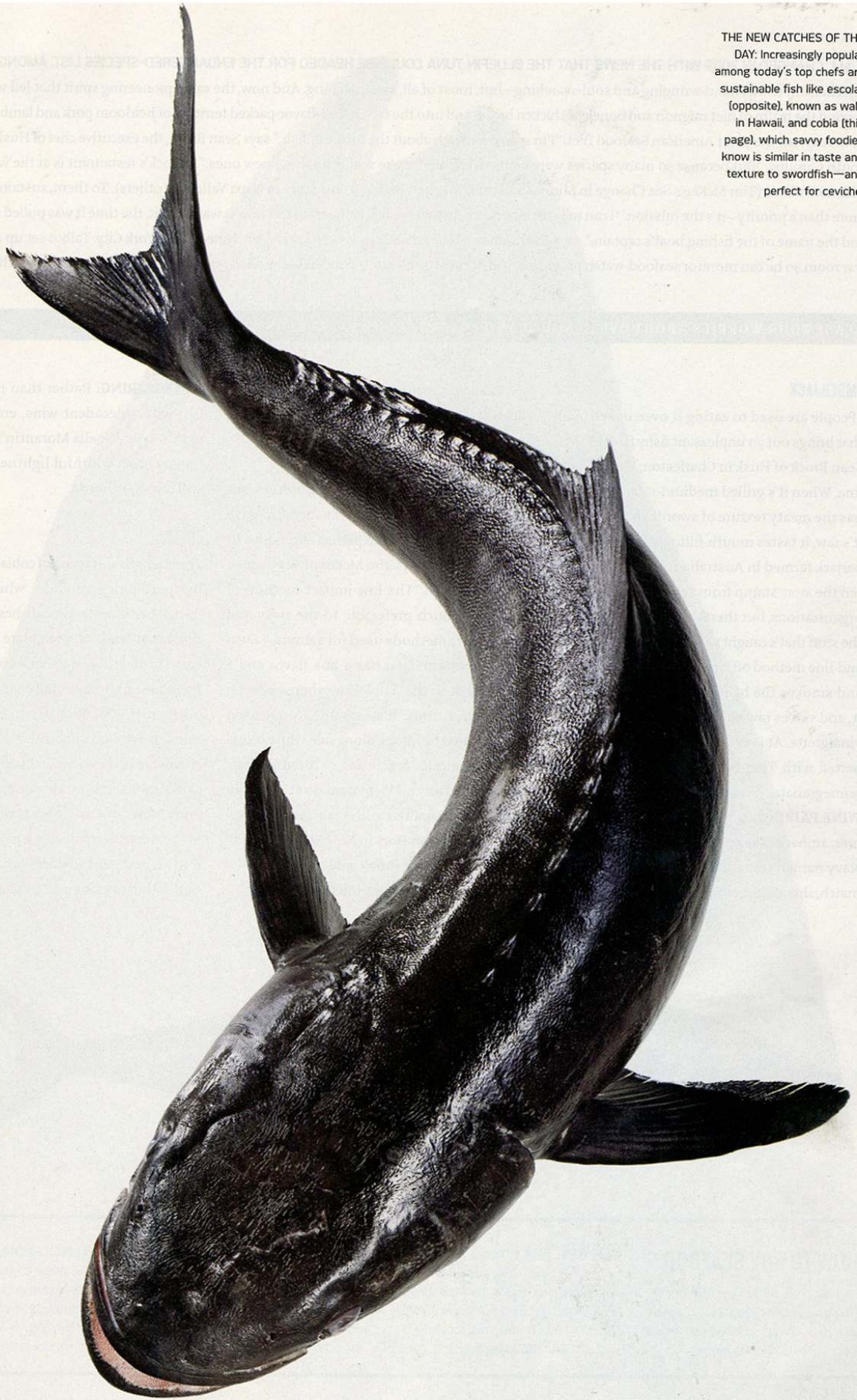


T H E S E A F O O D R E N A I S S A N C E

THE SCIENTIFIC PROGNOSIS WAS GRIM—BLUEFIN TUNA EXTINCT BY 2012! EMPTY OCEANS BY 2048! BUT JUST WHEN THE GOURMET FISH MEAL SEEMED HEADED FOR ITS WATERLOO, THE MOMENT BECAME A WATERSHED. EMBOLDENED BY THE CHALLENGE OF SUSTAINABILITY, AMERICA'S MOST INNOVATIVE CHEFS WENT LOOKING FOR ALTERNATIVES. THE RESULT: A WAVE OF TRAILBLAZING RESTAURANTS SERVING SURPRISING VARIETIES OF FISH AND INVENTIVE NEW DISHES.

BY JJ GOODE & HOWIE KAHN    PHOTOGRAPHS BY CHRISTOPHER GRIFFITH

THE NEW CATCHES OF THE DAY: Increasingly popular among today's top chefs are sustainable fish like escolar (opposite), known as walu in Hawaii, and cobia (this page), which savvy foodies know is similar in taste and texture to swordfish—and perfect for ceviche.



IT ALL CHANGED IN 2009 WITH THE NEWS THAT THE BLUEFIN TUNA COULD BE HEADED FOR THE ENDANGERED-SPECIES LIST. AMONG THE NATION'S top chefs there was hand-wringing and soul-searching—but, most of all, idea-hatching. And now, the same pioneering spirit that led wary Americans beyond the realm of filet mignon and boneless chicken breast and into the fat-riddled, flavor-packed territory of heirloom pork and lamb ribs has forced us to reinvent the Great American Seafood Diet. “I’m scared to death about the future of fish,” says Sean Brock, the executive chef of Husk in Charleston, South Carolina. “But because so many species were being overfished, we’re seeing all these new ones.” ¶ Brock’s restaurant is at the vanguard of this new movement (Tim McKee’s Sea Change in Minneapolis and Stephen Barber’s Fish Story in Napa Valley are others). To them, sustainable seafood is more than a priority—it’s the mission. “I can tell customers not just where fish came from but how it was caught, the time it was pulled from the water, and the name of the fishing boat’s captain,” says Sam Talbot, of the recently opened Imperial No. Nine in New York City. Talbot set up a computerized war room so he can monitor seafood-watch programs. “Customers don’t really need to know all the details,” he says. “I do the research for you.”

EASE YOUR WORRIES ABOUT OVERFISHING AND PREPARE YOUR PALATE FOR OVERINDULGENCE . . .

**AMBERJACK**

“People are used to eating it overcooked, and that brings out an unpleasant fishy flavor,” says Sean Brock of Husk in Charleston, South Carolina. When it’s grilled medium-rare, though, it has the meaty texture of swordfish. And when it’s raw, it tastes mouth-fillingly fatty. The amberjack farmed in Australia and Japan has gotten the **VOID** stamp from seafood-scrutinizing organizations, but there’s nothing wrong with the stuff that’s caught wild, usually by the hook-and-line method off the East Coast. Brock cures and smokes the belly to make bacon, pickles it, and serves raw slices with espelette-pepper vinaigrette. At Reef in Houston, it’s grilled and paired with Thai long beans, plantains, and pomegranate.

**WINE PAIRING:** A vigorous, muscular swimmer, amberjack is so firm-fleshed that the U.S. Navy named two submarines after it. Its best match, therefore, is a wine with some balls, like

New Zealand’s 2009 Caimbrae Sauvignon Blanc, which carries notes of grapefruit and mint.

**ARCTIC CHAR**

When salmon became not just humdrum but also worrisome, this orange-fleshed fish gave chefs an option. “Char is a perfect alternative to farmed salmon,” says Tim McKee of Sea Change in Minneapolis. “The low-impact method of farming is much preferable to the risky and problematic methods used for salmon.” Even more important, char has a fine flavor and a rich, flaky flesh that falls somewhere between salmon and trout. It’s versatile, too, served crisp-skinned by McKee alongside white beans and lightly pickled artichokes, or cured, as chefs Bowman Brown and Viet Pham do at Forage in Salt Lake City, paired with crab and pumpernickel. At the John Dory in New York City, April Bloomfield turns it into a pâté to be slathered on warm, buttery Parker House rolls.

**WINE PAIRING:** Rather than matching a rich fish with a decadent wine, embrace contrast in this case—Noella Morantin’s 2008 Touraine Gamay has a youthful lightness to it, but it’s still a serious bottle.

**COBIA**

The strength and speed of cobia make it beloved by sportfishing veterans, while chefs are attracted to its meaty, swordfishesque quality. The cobia that lands on your plate is likely to have come from well-run fisheries in the U.S. rather than less environmentally conscious overseas outfits. At RM, Rick Moonen’s sustainably minded seafood spot in Las Vegas, the fish is crusted in black olives and served with roasted cauliflower and an airy pomegranate sauce. Tony Maws of Craigie on Main in Cambridge, Massachusetts, marinates it in miso, then drops it in an herb-spiked dashi broth with a generous dollop of crabmeat. In Miami, Area 31 chef



**HOW TO BUY SEAFOOD**

Rod Mitchell, of Browne Trading in Portland, Maine, suppliers to America’s best chefs, on what you should (and shouldn’t) bring home.

“THE BEST WAY to buy a fish is when it’s whole: Because if the eyes are clear, not cloudy, and the gills are bright red, and not brown, you’ve spotted a fish that was recently caught and stored properly.”

“WHEN YOU’RE BUYING fillets, look for those that are firm to the touch and have an iridescent sheen, not a dull look, to them. Ask your fishmonger to let you sniff them—they should smell clean, not fishy.”

“SHELLFISH SHOULD BE alive. Oysters should be closed, and clams and mussels closed or partly opened—the shell should close when you tap it. Ask for the tag, which is required by law—it will show the date of harvest.”

NETTED GAINS: Arctic char is the eco-friendly, flavor-packed alternative to salmon. Opposite: Spanish mackerel is a subtler version of its brasher Boston cousin.



Michael Reidt turns cobia into ceviche, its firm texture a fine foil for creamy avocado, crunchy puffed rice, and red-pepper sorbet.

**WINE PAIRING:** The fish's go-go flavor needs an assertive, bordering-on-cocky partner. Enter Aglianico del Taburno 2006, an Italian red with hints of sweet cherries and smoke.

## ESCOLAR

This succulent fish, known as walu in Hawaii, has snow-white flesh that falls into big, buttery flakes after one prod of your fork. An impostor has recently soiled the escolar's reputation, a cheaper fish sometimes sold under its noble name that does not pack the same flavor or panache. You can be sure that what Tyson Cole grills over oak and crowns with myoga (similar to ginger) and candied citrus at Uchi in Austin is the real deal. So, too, are the raw slices Ethan Stowell tops with avocado, pickled radish, and hot coppa (a spicy Italian salumi) at Anchovies & Olives in Seattle.

**WINE PAIRING:** Piedmontese Gavi is always a good bet with a gamy fish, and the 2009 bottling

## THE BEST LITTLE FISH SHACKS IN THE BIG CITY

Classically good seafood snacking in urban—and urbane—settings.



**NEW WAVE:** GT Fish and Oyster, Chicago (above). **SMALL WONDERS:** Sardines are coming out of the can and gracing the plates of the country's best restaurants.

### BLUE PLATE OYSTERETTE, SANTA MONICA

With its Cape Cod-on-the-Pacific vibe, laissez-faire policy on lobster rolls (Mayo or butter? You choose), and gingham-and-Ray-Bans crowd, Blue Plate is California's best riff on the East Coast fish hut. Staying true to its own geography, it also offers up tasty mahimahi tacos and valet parking. [blueplatesantamonica.com](http://blueplatesantamonica.com)

### GT FISH AND OYSTER, CHICAGO

A new seafood canteen for aficionados of Rogues Gallery T-shirts, ironic nautical tattoos, ex-girlfriend jeans, and Tom of Finland-style facial hair, GT serves on-trend American classics (lobster potpie) and worldly fish-shack fare like chorizo-stuffed squid, fried salt cod, and ceviche. [gtfishandoyster.wordpress.com](http://gtfishandoyster.wordpress.com)

### LUKE'S LOBSTER, NEW YORK CITY

Luke's is entirely loyal to the experience of the roadside lobster stand in Maine. Except that the company now has four locations in Manhattan and the people pounding lobster rolls, chowders, Maine Root sodas, and Gifford's blueberry ice cream at the newest outpost, on Wall Street, are more familiar with cigar boats than lobster boats. [lukeslobster.com](http://lukeslobster.com)

### WOODHOUSE FISH CO., SAN FRANCISCO

The Bay Area has a seafood culture all its own, so it doesn't need to pay homage to the other coast. Still, Woodhouse trots out a clam roll meaty enough for Ipswich, a lobster roll that would please in Bar Harbor, and cioppino delicious and simple enough to spark a wave of San Francisco-style fish houses in gentrifying neighborhoods nationwide. [woodhousefish.com](http://woodhousefish.com)

### AND THE MOST ANTICIPATED OPENING IN NEW YORK

Acclaimed chef Mike Price, co-owner of the Market Table in Manhattan, comes to Brooklyn to reinvent the Maryland-style seafood of his youth at his new Cobble Hill seafood shack, opening this summer. (The restaurant's name was still being determined as we went to press.) Expect crab in all of its most glorious forms (dip, cakes), oysters with Pernod and scallions, and, generously, free dessert.

## THE WORLD'S GREATEST GOURMET SEAFOOD... IN A CAN

Fish in a tin sounds like food of last resort—not so with these artisanal products from Italy and Spain, which have perfected the art of preserved seafood.

### COCKLES, CLAMS, AND OCTOPUS

The cold waters off Galicia, on Spain's northwest coast, produce some of the world's finest seafood. Tiny cockles, lanky razor clams, tender pieces of octopus, and the sought-after percebes (otherworldly-looking barnacles) are canned in small batches so they're just as briny and delicate as if they were freshly steamed. Serve them from the can with toothpicks or toss them and their brine with just-cooked linguine and a pinch of chili. \$26.50 to \$79 for 5.3 ounces. [tienda.com](http://tienda.com)

### SARDINES

These fat, flavorful wild fish, also culled from Galician waters and packed in olive oil, make the stuff in the typical supermarket tin seem like Fancy Feast. Drain and lightly mash them with olive oil, a squeeze of lemon, and coarse sea salt for a perfect cracker topping. \$4 for 4.2 ounces. [formaggiokitchen.com](http://formaggiokitchen.com)

### TUNA

You may have splurged on ventresca (fat-riddled tuna belly) at a sushi bar, where it's called toro. Now try the buttery, almost creamy Italian canned version, as luxurious straight from the can as it is tossed with white beans and chopped parsley. \$51 for 10.6 ounces. [gustiamo.com](http://gustiamo.com)

### ANCHOVIES

Sicilian salt-packed anchovies are to the oil-packed Roland brand fillets what dry-aged rib eyes are to Hungry-Man Salisbury Steak. Brush off the salt crystals under running water and separate the fillets, then soak in cold water for a minute. Mince with garlic, mash to a paste with chili flakes, and stir into lemon juice and olive oil for a great dressing. \$28 for 2.2 pounds. [markethallfoods.com](http://markethallfoods.com)





## THE RAW BAR, REINVENTED

For seafood lovers, the news just keeps getting better—establishments like the John Dory in New York City, the Walrus & the Carpenter in Seattle, and Island Creek in Boston have remade the briny old American oyster bar into a hot after-work hangout. Here are the goods you need to order (and, no, there's not an oyster among them).



### 1. CRUDO AND CEVICHE

Crudo is the Mediterranean version of sushi—instead of being served with wasabi, soy sauce, and rice, the raw fish is dressed with olive oil, sea salt, or citrus juices—while ceviche is raw fish marinated in citrus juices. So tart up your raw-bar experience by ordering yellowtail crudo with orange and lime; salmon crudo with yuzu and radish; cobia crudo with orange, lime, and kumquat; and halibut ceviche with coriander and cucumber.

creature is a roe that's bright orange in color and rich in texture, with a salty, slightly sweet burst. Eating it, scientists say, can induce a feeling of euphoria.

are their mollusk cousins. The generous strip of meat is supple—and amenable to citrus and spice. A little lemon juice and some chili flakes make for one happy clam.

### 3. WHELKS

Once considered bycatch, these sea snails are having a moment. Add garlic, butter, and parsley and you have the oceanic version of a bowl of popcorn—you won't be able to stop chomping.

**5. SEA SCALLOPS**  
Overcooked and overseasoned, scallops are usually about as thrilling as chicken nuggets. But when eaten raw, they demonstrate that bad technique has been tarnishing a very good ingredient all along. Dress up a thin slice of scallop with just a sprinkle of sea salt or a squirt of citrus juice.

### 4. RAZOR CLAMS

You know those giant turkey drumsticks at Renaissance fairs? These steroidal clams

### 2. SEA URCHIN

Inside this spiny little

from Franco M. Martinetti offers mouthwatering acidity and a sophisticated flavor.

### SARDINES

Offering whole fresh sardines, the new chef obsession, is the piscine equivalent of serving a pig's head—the antidote to America's fetish for headless, boneless, and skinless. “The sardine's got character,” says April Bloomfield of the John Dory in New York City. “It's oily and complex, not just a bland old piece of white fish, which is why some people don't like it and others love it.” It's a bonus that sardine populations in the Pacific and off the coast of Portugal are bountiful and that the fish contains überhealthy omega-3s. At the

Bristol in Chicago, Chris Pandel grills sardines whole and lays them over crunchy chickpea fritters alongside spicy aioli, while at Commis in Oakland, James Syhabout cures then smokes sardines from nearby Monterey Bay and partners them with wild fennel and rhubarb juice.

**WINE PAIRING:** A funky little fish needs a funky little bottle, and the 2007 Falanghina from La Sibilla, in Campania, Italy, has more than enough moxie to get the job done.

### SPANISH MACKEREL

The mackerel's fatty flesh and brash oceanic flavor might account for its abundant population—it's not to everyone's taste. But the Span-

ish mackerel, unlike its cousin the Boston, has developed a devoted chef following because it has a subtle side. Caught in the Atlantic and the Gulf of Mexico, it's best fresh, when its fishy edge hasn't had a chance to dominate. At the Inn at Dos Brisas, near Houston, Craig Shelton keeps it raw, thinly sliced, and touched with tart yuzu, white soy, and sweet apple. At the Five & Ten in Athens, Georgia, Hugh Acheson pan-roasts and adds olives, oregano, and citrus.

**WINE PAIRING:** Lavadores de Feitoria Douro Tinto 2009, from Portugal, does for Spanish mackerel what Cristiano Ronaldo (also Portuguese) does for Real Madrid. That is, it scores consistently.

## THE WORLD'S BEST THREE RESTAURANTS THAT TAKE SEAFOOD TO THE NEXT LEVEL.

### SPAIN: ASADOR ETXEBARRI

In a tiny Basque village, self-taught cook Victor Arguinzoniz grills seafood—or to be more precise, he subjects oysters, salt cod, and even caviar to smoke from charcoal that he prepares himself, twice daily, using equipment he built. His efforts recently propelled Etxebarri onto the S. Pellegrino World's 50 Best Restaurants list. [asadoretxebearri.com](http://asadoretxebearri.com)

### JAPAN: GINZA HARUTAKA

Harutaka Takahashi spent more than a decade at Tokyo's legendary Sukiyabashi Jiro before taking his three-Michelin-star-quality fish and rice to this tiny spot, where the procession of sushi never fails to impress even the pickiest of connoisseurs. This is where Tokyo's top chefs come to graze. No website; 81-3-3573-1144

### ITALY: OSTERIA DA FIORE

Chef Mara Martin harvests the Venetian lagoon and the nearby Adriatic to produce what Italian-cookbook author Marcella Hazan called “some of the most ethereal, purest seafood cooking in Europe.” The food is treated deftly and sparsely: spider crab dressed with coral sauce, pasta tossed with squid and peas, and cuttlefish risotto. [dafiore.net](http://dafiore.net)



THE MEAT-LOVER'S  
FISH: Chefs like to grill  
amberjack medium-rare  
or serve it raw, exploiting  
its mouth-filling fattiness.

