

# Food & Entertaining



## ■ EXPERT TIP Guilt-free fish

Worried about the issue of depleting fish stocks in the world's oceans? Take advice from Rose Grimond, founder of Orkney Rose, distributors of gourmet food from producers in the Orkney Islands. She recommends a visit to [fishonline.org](http://fishonline.org) for a list of what to eat. This month, Rose will have kippers, the plentifully available old-school favourite, on her stall at London's Borough Market: "Kippers are herring, so are high in omega 3 and not a depleting stock," says Rose. "An undyed kipper is a delicious breakfast: a healthy start to the day and an ethical boost, too."