

# PROJECT CEPHS AND CHEFS – OCTOPUS, SQUID, CUTTLEFISH, SUSTAINABLE FISHERIES AND CHEFS

## Brief Summary of achievement, results and highlights

### WP7 (SYNTHESIS)

#### Action 1 & 2

**Strategic development of market options:** This action involved synthesising results from WP5 and WP6 in relation to: mapping of the value chain of the octopus trap fishery in the Algarve and Galicia (WP5); market drivers, seafood consumption patterns and consumer preferences (WP5); international markets and value chains (WP5); new products from cephalopods (WP6); new market opportunities; (WP6); new initiatives to access markets (WP6); actions with chefs to increase openness to using new cephalopods products (WP6); and initiatives to influence consumer attitudes towards cephalopods (WP6).

**Sustainable cephalopod commercialization and consumption:** This action synthesised results from WP5 and WP6 in relation to: key-stakeholders in the value chain of the octopus trap fishery in the Algarve and Galicia (WP5); quality, nutritional analysis and food safety of cephalopod products (WP6); new cephalopods products produced in the project (WP6); and anti-fraud measures for cephalopods fisheries (WP6).

### RESULTS AND HIGHLIGHTS

**“Glossy booklet”:** Results from actions 1, 2 and selected results from action 3 were delivered as a “glossy booklet”, in a user-friendly and visually attractive format aimed at the general public as well as fishery and value chain stakeholders. The contents of the booklet include: a brief overview of cephalopod fisheries (including main differences among the main cephalopod groups), an overview of the global trade network for octopus, with focus in Portuguese and Spanish markets and value chains, a summary of consumers' preferences for seafood products (especially cephalopods), an outline of market initiatives for cephalopod fisheries, and alternatives for adding value to cephalopod products. By including results from action 3, the booklet also emphasises the need to ensure that use of cephalopods is based on sustainable fishing. Booklet available at: <https://www.cephsandchefs.com/booklet/>

#### Action 3

**Assembly of sustainability toolkit:** This action synthesised results on various aspects of sustainability in cephalopod fisheries, mainly derived from WP4 and WP6, with a particular focus on how a cephalopod fishery could become more sustainable.

## RESULTS AND HIGHLIGHTS

**Sustainability toolkit:** Derived from action 3, the sustainability toolkit provides a roadmap, towards sustainability, mainly focused on the steps which fisheries need to follow to achieve improved sustainability via a Fisheries Improvement Project (FIP) or via MSC certification. The toolkit is presented in a user-friendly format, aimed at stakeholders, and is available at: <https://www.cephsandchefs.com/sustainability-toolkit/>

### Action 4

**Policy brief:** This action assembled a range of information on sustainability in cephalopod fisheries, via WP4, WP5 and WP6. The most policy-relevant issues for (and barriers to) sustainability in cephalopod fisheries were summarized, presenting both the problems and possible solutions.

## RESULTS AND HIGHLIGHTS

**Policy Brief:** This document, aimed at fishery stakeholders, in particular managers, policy-makers and scientists, is again presented in a visually attractive and user-friendly format. It focuses on ten important current issues that limit or may limit achievement of sustainable cephalopod fisheries in the Atlantic area: (1) natural highs and lows in abundance; (2) stock collapse due to overfishing; (3) lack of species identification; (4) inadequate stock identification, monitoring and assessment; (5) absence of suitable management measures; (6) environmental impact of cephalopod fishing; (7) fraud - addition of water to octopus and squid; (8) health and safety risks related to consumption; (9) market shocks; and (10) market demand and opportunities. The policy brief is available at: <https://www.cephsandchefs.com/policy-brief/>

### Action 5

**Cephalopod recipe book:** Throughout the lifetime of the project, recipes were gathered from a range of sources, including chefs, and the best recipes were selected for presentation in a multi-language book, with a foreword from a well-known Danish chef and an introduction which refers to sustainability in cephalopod fishing. Other recipes received have been gathered to make available through the website.

## RESULTS AND HIGHLIGHTS

**Recipe book:** The illustrated recipe book contains 20 recipes for octopus, squid and cuttlefish, developed by chefs from Portugal, Spain, Ireland and France. It has been translated into four languages (Portuguese, Spanish, English and French). It also contains information on

sustainable cephalopod fishing. The recipe book is available at: <https://www.cephsandchefs.com/recipe-book/>. In addition, other recipes were collected and are available at: <https://www.cephsandchefs.com/tag/recipe/>