

## Sz3 Ep2 The Conch - Stephanie Harris-Uyidi .mp3

**Julie Kuchepatov** [00:00:04] Hello. My name is Julie Kuchepatov and I'm the host of this podcast, The Conch. We are excited to continue our journey with this podcast, talking about seafood and the ocean and most importantly, showcase the incredible people working in the seafood sector, share their journeys, examine the challenges they face and the triumphs they've achieved. Today, we are so excited to have an amazing guest joining us, Stephanie Harris-Uyidi. Stephanie is a chef, TV show host, and cookbook author and is known online as the Posh Pescatarian. Welcome and thank you, Stephanie, for joining me today on The Conch. Let's get this party started.

**Stephanie Harris-Uyidi** [00:00:42] Woohoo! Let's get started. Thank you for having me. I'm excited to be here.

**Julie Kuchepatov** [00:00:45] Thank you for joining me. I'm really excited you're helping us kick off season three of The Conch. So we already have two seasons under our belt and we're just getting started. I'm so excited.

**Stephanie Harris-Uyidi** [00:00:54] You know, that's interesting. So you're starting season three of your show, I'm starting season three of my show. So we are running parallel paths. So this is all good vibes.

**Julie Kuchepatov** [00:01:03] That's amazing. So I want to hear more about that. If we could just start with a little bit about your backstory. What road did you take to get here to where you are today and how did you become the Posh Pescatarian?

**Stephanie Harris-Uyidi** [00:01:14] Yeah. That's interesting. What road did I take to get here? "Here" is the optimal word. Where am I exactly? So many things going on for me in my world. I'm a producer, I'm a TV host and I'm a cookbook author. And ultimately, I started my path about ten, 12 years ago, seriously, with this sort of brand as the posh Pescatarian. I went to film school. I love cooking. I had a challenge getting into the traditional television world based on my platform, so I decided to do it myself. I did it scared and just produced my own show and it was wildly successful coming out of the gate.

**Julie Kuchepatov** [00:01:53] So that's interesting because we're going to talk about doing it scared and we're going to talk a little bit about your TV show. I really want to hear more. It's called Appetite for Adventure. And so how did that come to be? I mean, you said you had to do it yourself. So I'm also doing things myself over here specifically with this podcast and with Seafood and Gender Equality. So I'd love to hear a little bit about your journey to get to that point where you actually launched Appetite for Adventure.

**Stephanie Harris-Uyidi** [00:02:19] Yeah, I mean, this whole idea of doing it scared. I tell people that all the time because they wonder how you can do things as a one woman show with a supporting cast. I don't have a full-time staff. It's just me and a handful of really fantastic freelancers and folks who love me and support me. So doing this show was a matter of getting support from the universe. So I wanted to do the show. I knew that I wanted to combine some of my favorite things. I wanted to talk about travel. I wanted to talk about sustainable seafood. I wanted to show people that they could harvest their own food and cook really fantastic things in a really simple way. So I started this idea. I did a pilot for the show. I got lots of interest even from the Food Network initially.

**Julie Kuchepatov** [00:03:02] Wow.

**Stephanie Harris-Uyidi** [00:03:02] The interest from the Food Network is what gave me that spark that said, Oh, you've got something here. I did a demo for them and we were in conversation. They had a different idea for what they wanted my image to be, and I said, Oh no, I've got a little cash. I'm going to do it myself. And I did.

**Julie Kuchepatov** [00:03:21] That's amazing. So tell me, where can we see your TV show Appetite for Adventure? And I really apologize because I did read this and I want our listeners to know where they can catch you on this adventure.

**Stephanie Harris-Uyidi** [00:03:32] Your timing is really interesting because we just got picked up by a couple of different networks. I will know in a few days what those networks are. I have a distributor who does all that work for me and they said, Hey, we got new buyers. So season one of the show, which most people have seen, was on a network called Z Living. Z Living went bye bye about a year and a half ago and they are no longer around. So I have season one that most people have seen and you can see those episodes or at least parts of those episodes on YouTube, at least the two minute trailers. And season two will be released in the middle of November. So we're probably a couple of weeks away.

**Julie Kuchepatov** [00:04:09] Okay, that's great. We have enough time between recording this podcast and the release of the podcast that we'll know and be sure to put where we can see this in the show notes so people will be able to find you easily.

**Stephanie Harris-Uyidi** [00:04:20] Okay, that's fantastic. I'm looking at my notes here. It's November 14th is when the network is supposed to let me know when we go live. And I can't say it until I know for sure.

**Julie Kuchepatov** [00:04:29] For sure. And I'm super excited to continue following your adventure and your appetite as well. So I mentioned also in your short bio that you're a cookbook author and I read that you created your cookbook Going Coastal over the pandemic. So could you tell us, well, tell us about the cookbook, but also tell us about the process and how that kind of all came about and happened during the pandemic. You know, there's huge challenges, right, for anything and I would just love to hear how you managed to navigate those.

**Stephanie Harris-Uyidi** [00:04:57] Thank you for asking. The cookbook Going Coastal was a labor of love and actually took about three and a half years to produce and it's about 600 pages.

**Julie Kuchepatov** [00:05:05] Wow.

**Stephanie Harris-Uyidi** [00:05:07] It's huge.

**Julie Kuchepatov** [00:05:08] It's amazing.

**Stephanie Harris-Uyidi** [00:05:10] I started it prior to the pandemic. It started out just as a book that was based on my cooking show, Appetite for Adventure. So coastally inspired recipes from around the world.

**Julie Kuchepatov** [00:05:21] Wow.

**Stephanie Harris-Uyidi** [00:05:22] So I pulled in my experiences from Belize and Spain and, you know, Washington, which is where I am now, California, which is where I'm from, all of these coastal cities. And I tried to represent every coastal city on the planet, which was a major undertaking with research and also just connecting with people. So when you asked me about it being during the pandemic, this was the fun part. I got to email folks and talk to people from other parts of the world who were as holed up as I was and ready for conversation.

**Julie Kuchepatov** [00:05:52] Yeah.

**Stephanie Harris-Uyidi** [00:05:53] And they wanted to talk about their recipes. So Portugal, for example, called my friends in Portugal. I wanted to confirm that my recipes were legit and on point based on my experience there for cataplana, one the famous dishes. So that was a lot of fun. There were lots of fun things. One of the challenges, however, producing a cookbook during the pandemic is the resources. So I was having a really difficult time finding different types of seafood to photograph and to cook with.

**Julie Kuchepatov** [00:06:23] Right? Sourcing.

**Stephanie Harris-Uyidi** [00:06:25] Sourcing, seafood sourcing. So at one point I was able to just walk into the store and buy an octopus. This time around, not so much.

**Julie Kuchepatov** [00:06:33] Right?

**Stephanie Harris-Uyidi** [00:06:34] I had to rely on frozen seafood sources, and this was another thing that I fell in love with and fell further in love with as I met people from around the world who are shipping me things.

**Julie Kuchepatov** [00:06:45] So when you say another thing that you fell in love with, are you referring to frozen seafood?

**Stephanie Harris-Uyidi** [00:06:49] Yes.

**Julie Kuchepatov** [00:06:50] So before that, then you had a different feeling about frozen seafood?

**Stephanie Harris-Uyidi** [00:06:54] Before that I was into frozen seafood but tended to be a little bit snobby about it.

**Julie Kuchepatov** [00:06:58] Yeah.

**Stephanie Harris-Uyidi** [00:06:59] Yeah. I was on the West Coast. I can get most things that I needed whenever I wanted.

**Julie Kuchepatov** [00:07:04] Yeah.

**Stephanie Harris-Uyidi** [00:07:05] As I started traveling, this was years ago where I considered myself to be a little bit of a snob. As I started traveling, I'm like, Hey, you know what? I'm in Utah. I'm not getting fresh clams right now. You learn to adapt. And it also made me a lot more sensitive to the middle of America because that's my primary audience. And I thought, gosh, I'm speaking to the folks on the coast. And oftentimes I

would forget about people who were not on the coasts and how they were accessing seafood.

**Julie Kuchepatov** [00:07:33] Yeah, that's a really great point, because frozen fish and frozen seafood is so important, not only from a quality standpoint. Right. You know, if it's done well, it really captures the moment of freshness that is just unbelievable, right?

**Stephanie Harris-Uyidi** [00:07:48] Yes.

**Julie Kuchepatov** [00:07:48] And then also from a climate standpoint. So flying fresh fish around the planet is super unsustainable. Yeah, to be honest.

**Stephanie Harris-Uyidi** [00:07:58] Yeah.

**Julie Kuchepatov** [00:07:59] Well, that sounds like an amazing challenge. You know, I agree. Everyone's holed up during the pandemic. Let's expand our conversations and our lines of contact. So it sounds like you really took advantage of that opportunity because literally that's what everybody was doing. We were just reaching out and trying to create connections virtually. Right?

**Stephanie Harris-Uyidi** [00:08:15] That's right.

**Julie Kuchepatov** [00:08:16] That's awesome. So I read another quote where you say, "harvesting your own seafood and produce will give you a whole new perspective. I'm part of a community that believes in eating the whole fish from nose to tail. It's exhilarating to experience catching your own fish, and this process will make you really appreciate the gift from nature and enjoy every edible piece." So tell us about harvesting your own seafood in your experience and how does this work? Like do you go on a charter or what's your process usually? Or does it depend on what you're harvesting.

**Stephanie Harris-Uyidi** [00:08:47] When it comes to harvesting my own seafood, I grew up in a family who was one of the original California farm-to-table families. My grandparents harvested seafood, clams, oysters, those sorts of things. They also had their own garden. They had pigs and chickens and those kinds of things. My grandparents had a farm, so I was able to see the circle of life and gain a better appreciation for the things that were coming out of the earth. So it wasn't just, you know, going to the store and buying a fish. It was grandpa just came back or grandma just came back with a fish, and you get to see how this fish gives its life to you so that you can eat. Scaling it, gutting it, cooking it. Okay. This thing was once alive. Now it's in my belly. Different mindset.

**Julie Kuchepatov** [00:09:31] Also that nose to tail cooking and that experience can speak to how eliminating food waste is another really great tool in the arsenal against frozen seafood, against climate change. I mean, you want to really be able to eat everything that you harvest or grow, right? Yes. I think that's amazing. And I love the story about your family. I mean, harkening back to those old times where people were farming the land, fishing in the ocean and the rivers. I mean, that's the real sustainability speaking right there, right?

**Stephanie Harris-Uyidi** [00:10:02] It is. My family still does that, and I still do that. So my sisters are avid gardeners and my uncles still go out fishing. I spend my time between coastal California and coastal Washington, and here you can actually go and harvest your own razor clams and things are really fun. And just getting out and just exploring. The

whole nose to tail thing is also something that I'm very passionate about and I really appreciate you bringing it up. This idea of only eating filets of fish is obnoxious and we really need to get out of the habit of doing that.

**Julie Kuchepatov** [00:10:36] I totally agree. We're going to have someone on the show a little later who is the owner of Seven Leagues shoes, and she makes shoes out of salmon skin using salmon leather, of all things. That's the ultimate using the entire animal, right? And keeping the offcuts and all that stuff out of the waste streams.

**Stephanie Harris-Uyidi** [00:10:56] Yeah. And those offcuts, you know what people consider offcuts, those are also things that are great. I have a lot of recipes on YouTube and on my website about this. They're called Salmon Parts and Pieces. You can make soups and stews and broths from these. You can roast bones and they eat like ribs.

**Julie Kuchepatov** [00:11:12] Wow.

**Stephanie Harris-Uyidi** [00:11:12] And you can fry up salmon skin and they kind of taste like chicharon if you're into pork.

**Julie Kuchepatov** [00:11:17] Yes.

**Stephanie Harris-Uyidi** [00:11:20] It's all fun stuff. You know, you just have to be creative and have time, right? This whole slow food movement that's been in the universe for the last 20 years, where you just don't get in the kitchen all the time and cook for 10 minutes, you take this fish and there's like, things you can do with it. You just need to take your time.

**Julie Kuchepatov** [00:11:37] Yeah, I think talking about the pandemic again, I think a lot of the consumers in general, they started buying more seafood, experimenting, and cooking at home. And now the next step could be they start buying whole fish and experiment with all the things that they haven't traditionally eaten in the past.

**Stephanie Harris-Uyidi** [00:11:54] That's right. And cooking styles.

**Julie Kuchepatov** [00:11:56] Yeah.

**Stephanie Harris-Uyidi** [00:11:56] So when I work on crews around the world, there are some people who are actually on my crew who don't like fish. Oh, I question them. It's typically because they had a really bad experience at home with their parents or their guardian sticking a piece of cod in the oven for 20 hours, overcooking it. It's terrible.

**Julie Kuchepatov** [00:12:16] Yeah.

**Stephanie Harris-Uyidi** [00:12:16] And the only thing that they'll come close to eating is fish sticks.

**Julie Kuchepatov** [00:12:20] Yeah, I agree. I'm really, you know, again, a lot of the pandemic was not good at all, but there were a few silver linings that came out of that.

**Stephanie Harris-Uyidi** [00:12:27] Yeah.

**Julie Kuchepatov** [00:12:28] We've talked a little bit about nose to tail eating and frozen seafood from a real sustainability standpoint. And I'm curious, how do you navigate seafood sustainability when you're shopping for seafood? And do you share these tips to how to find sustainable seafood with your viewers? Do you rely on certain advisors or certain sustainability guidelines around the sustainability of seafood when you are sourcing seafood?

**Stephanie Harris-Uyidi** [00:12:55] Sustainable seafood has been my thing the entire time. Look at an old video on YouTube that I posted, and it was a really passionate version of me back in the day. I'm like, Oh wow, yeah, that's kind of cool. But seriously, the idea of eating the very last red snapper on the planet really got to me. And I thought, well, why couldn't we just eat in a more sustainable fashion? So I started doing research and once I got good research, good sources. One of the sources that's very popular here in the United States is the Monterey Bay Seafood Watch program. That's a big legit organization. They have backing by the folks at Scripps and Food Network and Discovery and all those things. You can go to a \$300 seafood dinner at one of those parties if you're interested, and it's a legit organization. There are also other sources that can be found. I supply all of those sources on my website. I have an entire chapter of my book dedicated to this.

**Julie Kuchepatov** [00:13:48] That's amazing. That's great. Again, we'll make sure to link to the book and to your other products that you're releasing to make sure that the listeners here know exactly where to find your recommendations.

**Stephanie Harris-Uyidi** [00:14:02] I just will say that, you know, outside of those sources, so you can download these apps, just look for sustainable seafood apps. One of the top ones, like I said, is the Seafood Watch program by the Monterey Bay Aquarium. You should also be going to seafood markets that are reputable and that actually post where their seafood is sourced.

**Julie Kuchepatov** [00:14:21] Yes.

**Stephanie Harris-Uyidi** [00:14:21] The big thing for me, this book that I wrote is about 600 pages. The first third of the book is about seafood, education, and shopping for seafood. And that's.

**Julie Kuchepatov** [00:14:29] Amazing.

**Stephanie Harris-Uyidi** [00:14:30] a really big deal. There's another thing called fish fraud that you also have to be careful about. But that's a topic for another discussion. I got fooled once and that's a fun story. I ended up paying about 28 bucks for what I thought was halibut and not because I saw. It's because it was wrapped up in a package and it was actually a product called swai. It goes on the market between a buck or two bucks a pound.

**Julie Kuchepatov** [00:14:51] Yeah and isn't that farmed fish?

**Stephanie Harris-Uyidi** [00:14:53] It's farmed.

**Julie Kuchepatov** [00:14:54] Yeah. You were told or you thought you were buying a wild halibut and you were given a farmed swai and you paid the halibut price?

**Stephanie Harris-Uyidi** [00:15:01] I sure did. It was at a farmer's market in San Clemente, California. And I ripped those guys a new one. When I got home and opened up that package, I was like, Sorry. They ignored me. I fought it for a while and thought, okay, well guess what? This is my new mission. I'm going to let people know about this thing and we should be asking questions.

**Julie Kuchepatov** [00:15:18] Yeah. Fish fraud is an actual issue, especially in the U.S. I mean, there's studies about it.

**Stephanie Harris-Uyidi** [00:15:23] Yeah.

**Julie Kuchepatov** [00:15:24] Again, it's a sustainability issue. You want to make sure that not only are you getting what you paid for, but if it's something that you didn't think it was, you don't know how it was harvested. You don't know where it was harvested. You don't know how the people were treated who harvested it. So all of these questions come down to really getting the true story.

**Stephanie Harris-Uyidi** [00:15:42] Right.

**Julie Kuchepatov** [00:15:42] Of your fish and where it's from and the provenance. So we're going to change gears a little bit here. And I asked you this question before we came on the air. And I'm curious, you clearly wear a lot of hats. You're a sustainable seafood educator. You're a communicator. You are a TV host and a cookbook author. SAGE is about building gender equality and empowering women in the seafood industry, in the seafood sector. I think you are and I think you consider yourself part of the seafood sector, which you absolutely should. So I was hoping that you could share one or two aspects of the industry in your experience and its culture that may contribute to inequality in the sector. And what are some things that the industry can do to lessen these inequalities.

**Stephanie Harris-Uyidi** [00:16:24] To keep things light, here's what I'll say. On my TV show, I go out and I do some pretty robust things. I go out with anglers. Most of these are men, right? So I'm going out. And I went to a shellfish farm in Mexico. I went out deep sea fishing in San Diego and caught about 20 mahi mahi. So when I go out as a woman, as a black woman, people see me and they kind of tip their head. Who's this girl coming out here? Who do you think you are? Just in terms of inequality, I get the sense that it's like I'm a new species sometimes in the shoes that I'm in. And so I often have to combat that with proving that anything you can do, I can do.

**Julie Kuchepatov** [00:17:06] Yeah.

**Stephanie Harris-Uyidi** [00:17:07] One example, you know, when I talk about inequality is people thinking, oh, I can reel in that 30 lb fish for you now. No, I can feel it in myself. In fact, I'm going to reel in all 15 that I just caught. Little things like that. I have not been subjected to a whole lot of that, but I do see bits and pieces of it.

**Julie Kuchepatov** [00:17:27] And you started your career in the entertainment industry. Do you find some similarities between the seafood space and the entertainment industry in terms of inequalities that you may have experienced or witnessed?

**Stephanie Harris-Uyidi** [00:17:39] Being a woman of color in the seafood space. One of the reasons why my show didn't work for these traditional networks is because I didn't fall

into a very specific niche. I wasn't the Southern girl cooking up macaroni and cheese and frying fish, so to speak. So I got a lot of that.

**Julie Kuchepatov** [00:17:56] Wow.

**Stephanie Harris-Uyidi** [00:17:56] Wait, you're cooking branzino? I don't know.

**Julie Kuchepatov** [00:18:00] The math didn't equate in their brains.

**Stephanie Harris-Uyidi** [00:18:02] In their brains. Does your audience eat branzino? Yeah, of course. Are you kidding me? So they saw me in a very different space. Based on the way that I present myself in my particular area of expertise, so seafood. So a lot of people think of seafood as being someone looking a lot different than me and presenting a different way.

**Julie Kuchepatov** [00:18:22] How can SAGE support you as a woman in seafood and experiencing these types of experiences?

**Stephanie Harris-Uyidi** [00:18:28] That's an excellent question. The old saying was to write to your local congressman. I mean, it's just a matter of telling people, hey, the next black lady that I see on television, can she not be from Georgia cooking up a pot of macaroni and cheese in the back of her grandparent's farm? And there's nothing wrong with that. And I probably shouldn't have even said that. But that's really the energy that I was getting, was, Oh, you're not Southern, you're black, you're Southern, you're a woman. We do seafood, but it's guys going out fishing. I just didn't fit. I didn't fit anybody's mold. Now, luckily, I have an audience who loves me, and they support me, so I fit.

**Julie Kuchepatov** [00:19:04] Right.

**Stephanie Harris-Uyidi** [00:19:04] But for those other folks who are making decisions at these networks, like I mentioned, having an earlier experience at Food Network, it didn't make sense to them.

**Julie Kuchepatov** [00:19:12] Yeah, we could have a conversation about that for another 20 hours. I'm sure it's not that, for years. Yeah, I think that's a really interesting observation and I think that goes back to what you said about doing it scared, where they're telling you you don't fit into some sort of mold. And so you're like, okay, well, I'm going to go do this on my own. And you did. Obviously, you were scared.

**Stephanie Harris-Uyidi** [00:19:33] Yes.

**Julie Kuchepatov** [00:19:33] Tell us about that. Just saying, okay, I'm going to go do this myself.

**Stephanie Harris-Uyidi** [00:19:37] Yeah, I'm going to go do this myself. I'm going to finance it myself and oh, my gosh, what am I doing?

**Julie Kuchepatov** [00:19:44] Yeah.

**Stephanie Harris-Uyidi** [00:19:44] So I had people who said, do it. Are you kidding me? Do it, do it, do it. I had people say, Oh, my gosh, hang on, do you have offers? Are you sure? So I had to hedge that and luckily I went to film school. I had connections, small



connections, and sort of knew what I was doing. So this wasn't just off the cuff, no experience. I kind of knew the lay of the land. And so I started pitching distributors and I found a lot of people who were not actually based in the U.S. My show was on the air in like 20 countries before they even got here in the U.S.

**Julie Kuchepatov** [00:20:16] Wow.

**Stephanie Harris-Uyidi** [00:20:17] I suspect that that's what's happening with season two and with season three. But Asia loves me. The Caribbean loves me. If you go into a couple of hotel chains in Asia, you'll find my show still on the air.

**Julie Kuchepatov** [00:20:29] Wow.

**Stephanie Harris-Uyidi** [00:20:29] That's what gave me encouragement. People said, Yeah, we like this. What's going on with those folks in your part of the world? We want this show.

**Julie Kuchepatov** [00:20:36] That's really great that you were able to actually find your people and the support system that encouraged you to go do this. And then you found the people that enjoyed it and loved it because I did the same thing with SAGE. I was really scared. I'm still scared, to be honest. I invested in myself. Here I am today. We share a lot of in common in that way and I'm really just super.

**Stephanie Harris-Uyidi** [00:20:56] Yeah. Yeah.

**Julie Kuchepatov** [00:20:56] On the one hand you know think about what they missed that the Food Network but on the other hand so exciting that you continued to persevere and did it yourself because I think that's a real amazing achievement. So congratulations.

**Stephanie Harris-Uyidi** [00:21:07] Thank you. And ultimately, the benefit of me producing and owning my own content, that's another thing that I'm into. I own my own content, so I get all of the revenue from these things. And I'm not just paid as talent as a lot of folks are on some of the networks.

**Julie Kuchepatov** [00:21:23] Yeah.

**Stephanie Harris-Uyidi** [00:21:24] And nothing wrong with that. But that wasn't my goal. I wanted to be able to not have anybody tell me if I needed to change my hair or if I needed to wear a different color dress or whatever. I make that decision.

**Julie Kuchepatov** [00:21:37] Yeah, that's amazing. And that was a big driver for me too, because I was working for the same type of person throughout my career, and I ultimately decided I didn't want to work for that type of person anymore. In fact, I don't want to work for anyone anymore. So I started this.

**Stephanie Harris-Uyidi** [00:21:51] Yeah.

**Julie Kuchepatov** [00:21:51] It's worked out so far. So knock on wood, I recognize that we have a little bit of time left. And so I wanted to continue with another couple of questions. This podcast, The Conch, is to inspire people working in or thinking about starting a career in seafood, in the seafood sector. And, you know, you really represent the woman that I envision as the listener of The Conch and I really am grateful that you are a listener

because I was very excited when I reached out to you and you're like, Yes, of course. So what advice would you give to women or people already in the business or thinking about starting a career in this exciting sector?

**Stephanie Harris-Uyidi** [00:22:27] A couple of things. Find your support team, keep small, keep it intimate, and make sure that you're always communicating with them what the goal and the vision is. Also choose a project, whatever it is. If you're going to sell salmon meatballs, that's a new project of mine. If you're going to start a TV show or a podcast or seafood line, make sure that you love it because you're going to be living with it for a while. Am I right?

**Julie Kuchepatov** [00:22:51] Yes. Yes. And you might have to end up eating all of it if it doesn't sell.

**Stephanie Harris-Uyidi** [00:22:57] My friends at basketball or seafood, they do a salmon jerky. Clarice and her husband, they've given me really great advice about that, right. You start something and I didn't work out quite so well. But stay the course, stay focused, making sure that you're around people who are not just feeding you a line but also encouraging you. It's the idea of doing it scared, right? Because there's some people who are going to support you and they love you. They're also going to be some people who love you, who won't support you because they're afraid for you.

**Julie Kuchepatov** [00:23:26] Right.

**Stephanie Harris-Uyidi** [00:23:26] And so you've got to learn how to make your own decisions and decide, yeah, I know you love me, but I'm going to do it anyway. I went to Belize with \$20,000 cash in my purse.

**Julie Kuchepatov** [00:23:37] What?

**Stephanie Harris-Uyidi** [00:23:38] For an episode.

**Julie Kuchepatov** [00:23:39] Wow.

**Stephanie Harris-Uyidi** [00:23:39] Because they want cash in Belize. And so what I told my friends what I was doing, some people said, okay, just make sure you put the money in the bottom of your shoe. They'll never find it. And then I had some people say, why are you going to Belize?

**Julie Kuchepatov** [00:23:53] Well, it all worked out, right?

**Stephanie Harris-Uyidi** [00:23:54] All worked out. I was protected. Great people there, by the way. It's one of those things about perception. So I found my crew. It was the right team. I was supported. I got it done.

**Julie Kuchepatov** [00:24:05] That's amazing. Those are great tips. Thank you for sharing those.

**Stephanie Harris-Uyidi** [00:24:08] Yeah.

**Julie Kuchepatov** [00:24:09] Another question I have SAGE is about uplifting and amplifying diverse voices in the seafood industry. And this podcast is one of the main ways

we're doing this. And so this is your opportunity to uplift someone. So who would you like to uplift and why?

**Stephanie Harris-Uyidi** [00:24:23] I would like to uplift a woman by the name of Clarice Owens, one of the founders of a company called Pescavore. They make a tuna jerky product. Clarice was and is a really fantastic businesswoman. She's strategic. She encouraged me earlier in my career. Three, gosh, I've known Clarice for a while now. She's just a good friend. When I needed someone to talk to in the industry, she was far more advanced than I was in terms of starting a product line, in terms of moving forward, in terms of doing shows in Fiji and meeting fishermen. Clarice was a fantastic resource and made me feel like I was welcomed in the community, and I was legitimately a part of the community and just came into my life at a really great time.

**Julie Kuchepatov** [00:25:11] Well, that's an incredible shout out, and we'll make sure to include a link to Pescavore in our show notes. So what's next for the Posh Pescatarian?

**Stephanie Harris-Uyidi** [00:25:19] Oh, my gosh. What's next for me? It's season three of my show.

**Julie Kuchepatov** [00:25:23] Yes.

**Stephanie Harris-Uyidi** [00:25:24] And I'm really excited about that. And I shared earlier that my husband and I are now sort of living in two places. We just bought a really beautiful beachfront property here in Washington.

**Julie Kuchepatov** [00:25:34] Oh, amazing.

**Stephanie Harris-Uyidi** [00:25:35] We're on the Kitsap Peninsula. I'm sitting here looking at the water now as I'm talking to you. All that to say that I'm looking forward to being able to continue not just creating content that's going to be on broadcast television, but just smaller video recipes that help introduce people to seafood in a more engaging and approachable way.

**Julie Kuchepatov** [00:25:57] Well, we certainly look forward to that. And, you know, waiting with anticipation for season three. And I just want to let our listeners know before we say goodbye, how can they find you online?

**Stephanie Harris-Uyidi** [00:26:09] Okay. My favorite ways for folks to reach me would be Instagram and my website [Poshpescatarian.com](http://Poshpescatarian.com).

**Julie Kuchepatov** [00:26:15] Great.

**Stephanie Harris-Uyidi** [00:26:16] I do go on Facebook on occasion. I'm working on that and YouTube is slowly fizzling out. But you can also find some good stuff from me on YouTube.

**Julie Kuchepatov** [00:26:24] Awesome. Yeah, it's really hard to keep all those things up current and it's really, really hard, and I've come to figure that out too. So I really appreciate that. Well, Stephanie, this is where we say goodbye. I can't even believe how fast the time went. And I'm so excited and honored to have you on The Conch and I really wish you all the best in your future endeavors. And I mean, the Kitsap Peninsula is stunning and amazing and I'm so thrilled for you and your new home. So thank you.

**Stephanie Harris-Uyidi** [00:26:54] Thank you. You are so welcome. Thank you again for having me. Congratulations on getting season three started and I look forward to future opportunities to chat with you.

**Julie Kuchepatov** [00:27:04] Absolutely. Thank you. Thank you for tuning into the Conch podcast. It would be amazing if you could take just 2 seconds to leave a review and share this podcast with your ocean loving friends. Thank you.

**Speaker 3** [00:27:20] The Conch podcast is a program of Seafood and Gender Equality, or SAGE. Audio production, engineering, editing, mixing, and sound design by Crystal Sanders-Alvarado for Seaworthy. The theme song "Dilation" is written and performed by Satan's Pilgrims. Funding for The Conch podcast is generously provided by the David and Lucile Packard Foundation and Builders Initiative.