



THE SEAFOOD GUIDE

A comprehensive guide
to fish and shellfish available
in the UK

SEAFISH

the authority on seafood



With thanks to

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Dear Colleague

Welcome to our revised and updated 'Seafood Guide'. This is a comprehensive manual covering the wonderful selection of fish and shellfish available in the UK. Our aim is that it provides insight and inspiration to help chefs, retailers and caterers to better use and promote seafood on menus and in store.

Seafood is still one of the UK's most popular food sectors. Consumers know and understand that fish and shellfish are a natural, versatile and healthy food; it is up to us as an industry to help them enjoy a wider variety of seafood dishes and make more use of different species.

This publication covers all the key aspects of seafood in the UK: where it comes from; information on the seafood industry in the UK; nutritional guidance; and a comprehensive section covering species and availability – as well as hints and tips on storage, preparation, presentation and promotion.

We have also included a section designed to help demystify the issues around responsible seafood sourcing. Consumers are increasingly interested in the quality and provenance of their food, so understanding and communicating issues about responsible sourcing and traceability are vitally important to provide reassurance as well as being a strong marketing tool for seafood.

And remember, Seafish is here to help you. As an organisation we work with all sectors of the seafood industry to help ensure a sustainable and profitable industry for the future. As well as developing training, undertaking research, supporting responsible sourcing and boosting industry best practice, we also aim to encourage consumers to make more of the fantastic seafood available in the UK. We can better succeed in that task with the support of people like you and we hope this Guide will provide a useful tool to help you in that mission.

The Seafish Team

If you have any questions or wish to find out more about the work that Seafish does, contact us through our website at www.seafish.org

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ENJOY THE BEST OF THE WORLD'S CATCH

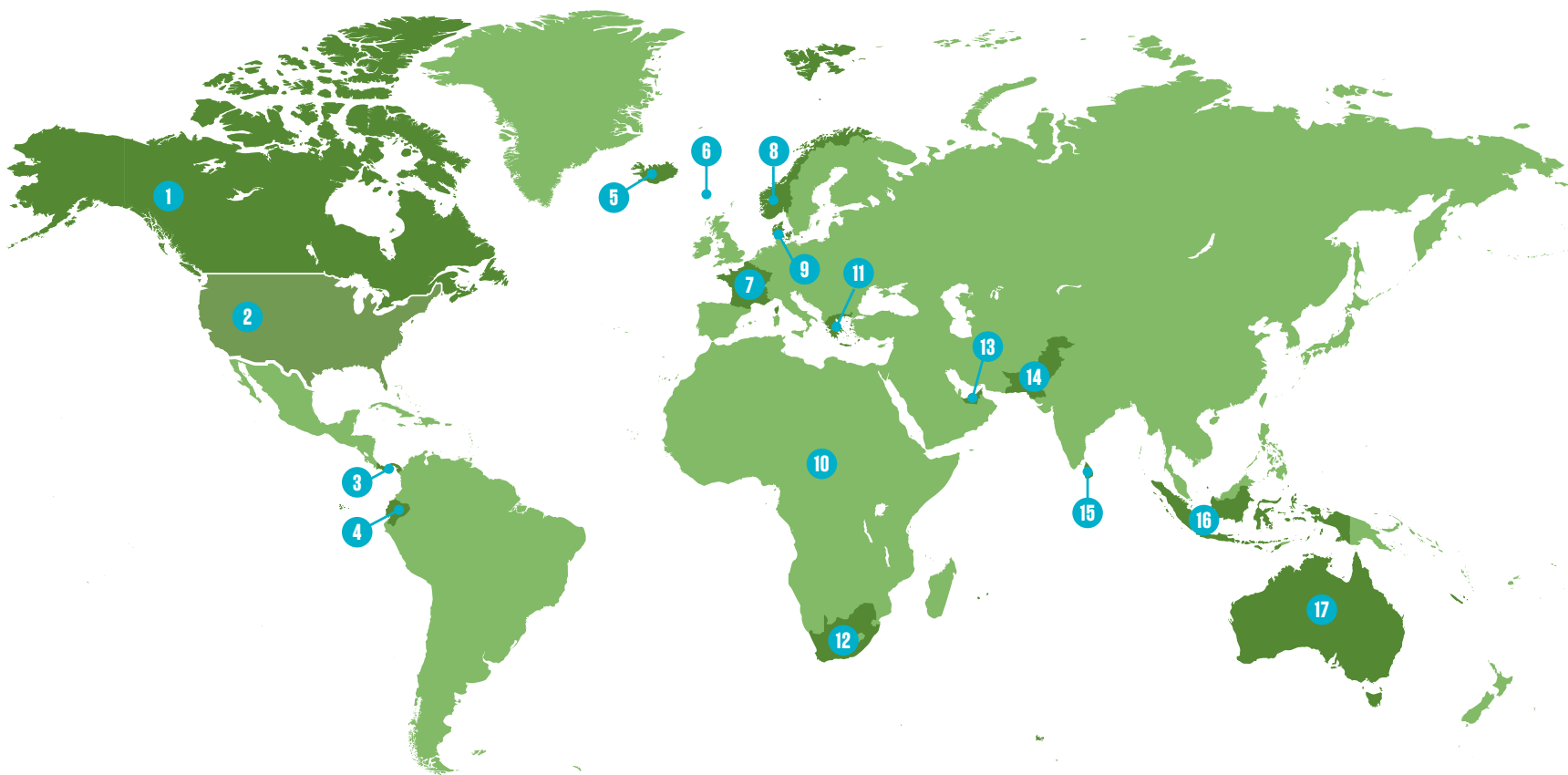


UK

- Brill
- Cod
- Coley
- Conger eel
- Crab
- Dab
- Dover sole
- Gurnard
- Haddock
- Hake
- Halibut
- Herring
- John Dory
- Langoustine
- Lemon sole
- Ling
- Lobster
- Mackerel
- Monkfish
- Mussel
- Oyster
- Plaice
- Pollack
- Red mullet
- Salmon
- Scallop
- Sea bass
- Sea trout
- Squid
- Trout
- Tuna
- Turbot
- Whiting
- Witch

KEY LANDING PORTS





1 CANADA & ALASKA

Halibut
Lobster
Sablefish
Salmon
Trout

2 USA

Lobster
Monkfish
Striped bass
Tilapia

3 PANAMA

Mahi mahi
Marlin
Tuna

4 ECUADOR

Escolar
Mahi mahi
Tuna

5 ICELAND

Catfish/wolffish
Cod
Gurnard
Haddock
Hake
Halibut
Herring

Lemon sole
Ling
Monkfish
Plaice
Pollack
Salmon (wild & farmed)
Sea trout
Trout
Whiting

6 FAROE ISLES

Catfish/wolffish
Cod
Gurnard
Haddock
Hake
Halibut
Lemon sole
Ling
Monkfish
Plaice
Pollack
Salmon (wild & farmed)
Sea trout
Whiting

7 FRANCE

Mahi mahi
Marlin
Tuna

8 NORWAY

Catfish/wolffish
Cod
Dover sole
Gurnard
Haddock
Hake
Halibut
Herring
Lemon sole
Ling
Mackerel
Monkfish
Plaice
Pollack
Salmon (wild & farmed)
Sea trout
Turbot
Whiting

9 DENMARK

Brill
Catfish/wolffish
Cod
Dover sole
Gurnard
Haddock
Hake
Halibut
Herring
John Dory
Lemon sole

Ling
Mackerel
Monkfish
Plaice
Pollack
Red mullet
Salmon (wild & farmed)
Sea trout
Sprat
Trout
Turbot
Whiting

10 AFRICA

Tilapia

11 GREECE

Gilthead bream
Grey mullet
Marlin
Red mullet
Sea bass (wild & farmed)
Snapper
Tuna

12 SOUTH AFRICA

Hake
Kingfish
Monkfish
Red mullet
Snapper
Tuna

13 UNITED ARAB EMIRATES

Barracuda
Barramundi
Emperor
Gilthead bream
Kingfish
Mahi mahi
Marlin
Red mullet
Snapper
Tuna

14 PAKISTAN

Barracuda
Barramundi
Kingfish
Mahi mahi
Marlin
Red mullet
Snapper
Tuna

15 SRI LANKA & MALDIVES

Barracuda
Barramundi
Kingfish
Tuna

16 INDONESIA

Barracuda
Barramundi
Emperor
Kingfish
Mahi mahi
Red mullet
Snapper
Tuna

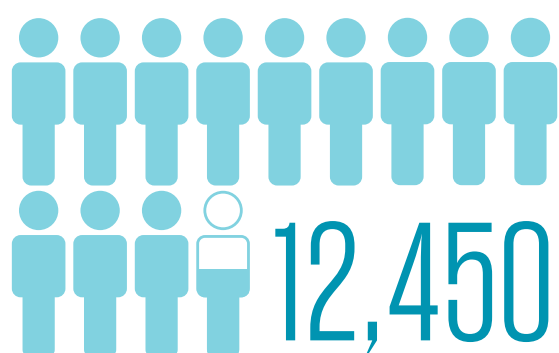
17 AUSTRALIA

Barramundi
Emperor
Goatfish
Kingfish
Rudderfish
Snapper
Threadfin bream

THE UK SEAFOOD INDUSTRY – AN OVERVIEW

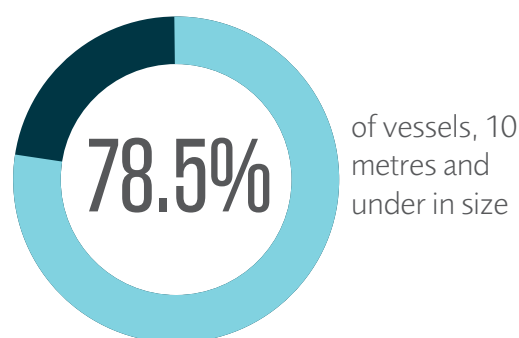
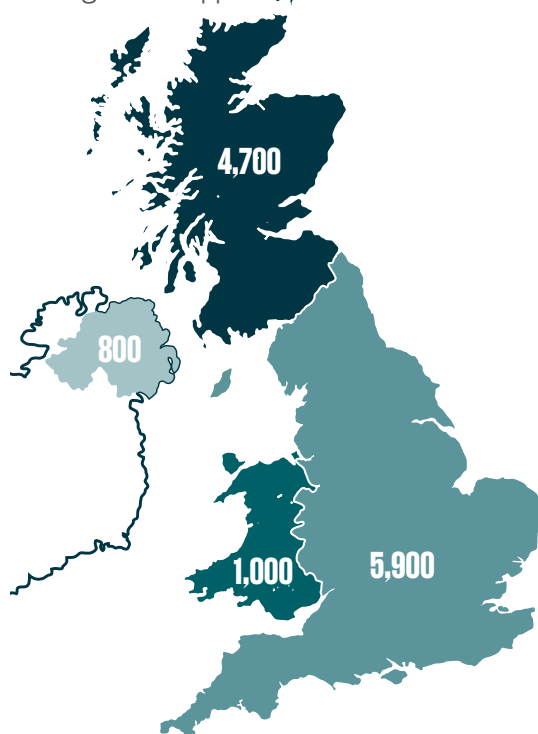
There is a huge variety – over 100 species – of seafood regularly available in the UK. Some of it is caught domestically, much imported. To demystify some of the key features of seafood in the UK, on these pages we provide an overview of the way the industry operates, together with some key statistics.

OUR CATCHING SECTOR



fishermen employed in the industry in 2012

Fishermen per UK country
These figures are approximate



£770 million

Total value of seafood landed in the UK in 2012



Seafood (including shellfish) landed by UK fishing vessels in 2012

Largest UK ports
(by volume of seafood)



Peterhead,
Scotland

Plymouth,
England

Ardglass,
Northern Ireland

Milford Haven,
Wales

UK RETAIL SECTOR

357,000 tonnes of seafood products purchased in 2012 worth

