THE SEAFOOD GUIDE

A comprehensive guide to fish and shellfish available in the UK

SEAFISH
the authority on seafood
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

---

CONTENTS

04 Enjoy the best of the world’s catch
06 The UK seafood industry — an overview
09 Species and availability
14 Responsible sourcing
16 Processing and techniques
18 Handling and storage
19 Fish quality indicators
20 Cooking guide
22 Menus and marketing
23 Nutrition
24 Yields
26 Cuts and portions
27 Species pages
28 Flatfish
32 Roundfish — coldwater
40 Roundfish — warmwater
46 Game fish
50 Shellfish — crustacea and molluscs
56 Cephalopods
58 Salmon and trout
62 Freshwater fish
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: 12,450
- Fishermen per UK country:
  - Scotland: 4,700
  - Wales: 1,000
  - Northern Ireland: 800
  - England: 5,900

**LARGEST UK PORTS**

- Peterhead, Scotland
- Plymouth, England
- Ardglass, Northern Ireland
- Milford Haven, Wales

**UK RETAIL SECTOR**

- 357,000 tonnes of seafood products purchased in 2012 worth £3bn
- £770 million total value of seafood landed in the UK in 2012
- 627,000 tonnes of seafood landed by UK fishing vessels in 2012

- 78.5% of vessels, 10 metres and under in size
# SPECIES AND AVAILABILITY

Here is a guide to the availability and price of over 100 species

<table>
<thead>
<tr>
<th>Commercial name</th>
<th>Other commercial names</th>
<th>Latin name or family</th>
<th>Form</th>
<th>Alternatives</th>
<th>Commercially farmed</th>
<th>Rough price</th>
<th>Page number</th>
<th>Availability guide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anchovy</td>
<td></td>
<td>All species of <em>Engraulidae</em></td>
<td>Round, warmwater, oily, small</td>
<td>Sardine, herring</td>
<td>LOW</td>
<td>36</td>
<td>Preserved fillets available year round</td>
<td></td>
</tr>
<tr>
<td>Barracuda</td>
<td></td>
<td>All species of <em>Sphyraena</em></td>
<td>Round, warmwater</td>
<td>Kingfish</td>
<td>MED</td>
<td>41</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Barramundi</td>
<td>Giant sea perch</td>
<td><em>Lates calcarifer</em></td>
<td>Round, warmwater</td>
<td>Large wild sea bass</td>
<td>Y</td>
<td>MED</td>
<td>41</td>
<td></td>
</tr>
<tr>
<td>Bonito</td>
<td>Tuna</td>
<td>All species of <em>Sarda, Auxis, Euthynnus (except Euthynnus (Katswonus) pelamis)</em></td>
<td>Round, warmwater, oily</td>
<td>Tuna, mackerel, kingfish</td>
<td>MED</td>
<td>47</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bream (freshwater)</td>
<td>Amenis brama</td>
<td><em>Abramis brama</em></td>
<td>Round, freshwater</td>
<td>Carp</td>
<td>Y</td>
<td>LOW</td>
<td>63</td>
<td></td>
</tr>
<tr>
<td>Bream (sea)</td>
<td>Gilthead bream, royal bream, black bream, black banded bream, red sea bream, Ray’s bream, porgy</td>
<td>All species of <em>Sparidae</em> (except <em>Boops boops</em>)</td>
<td>Round, warmwater</td>
<td>Snapper, emperor, sea bass</td>
<td>Y</td>
<td>LOW</td>
<td>42</td>
<td></td>
</tr>
<tr>
<td>Brill</td>
<td><em>Scophthalmus</em></td>
<td>Flat, coldwater</td>
<td>Turbot</td>
<td>MED</td>
<td>29</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carp</td>
<td>Common carp, grass carp, mirror carp</td>
<td>All species of <em>Cyprinidae</em></td>
<td>Round, freshwater</td>
<td>Perch, pike</td>
<td>Y</td>
<td>LOW</td>
<td>63</td>
<td></td>
</tr>
<tr>
<td>Catfish (freshwater)</td>
<td>*All species of <em>Anarhichas</em></td>
<td><em>Clariidae</em>, <em>Siluridae</em> and <em>Bagridae</em></td>
<td>Round, freshwater</td>
<td>Any cod-like species</td>
<td>LOW</td>
<td>37</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Catfish (sea)</td>
<td>Wolfish, rockfish</td>
<td>*All species of <em>Anarhichas</em></td>
<td>Round, coldwater</td>
<td>Any cod-like species</td>
<td>LOW</td>
<td>37</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clam</td>
<td>Razor clam, venus clam, hard shell, amande, praire</td>
<td>All species of <em>Enis and soleni, Mercenaria mercenaria, Venus verrucosa</em></td>
<td>Molluscs (bivalves)</td>
<td>Cockle, mussels</td>
<td>LOW</td>
<td>55</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clam (palourdes)</td>
<td>Carpet shell clam</td>
<td><em>Venerupis decussata</em></td>
<td>Molluscs (bivalves)</td>
<td>Other clam</td>
<td>HI</td>
<td>55</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cockle</td>
<td><em>All species of Cerasobderma</em></td>
<td><em>Molluscs (bivalves)</em></td>
<td>Clam</td>
<td>LOW</td>
<td>54</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cod</td>
<td><em>All species of Gadus</em></td>
<td>Round, coldwater</td>
<td>Haddock, any cod-like species</td>
<td>Y</td>
<td>LOW</td>
<td>33</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coley</td>
<td><em>Saithe, coalfish</em></td>
<td><em>Pilchus veirens</em></td>
<td>Round, coldwater, cod-like</td>
<td>Any cod-like species</td>
<td>LOW</td>
<td>34</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conger</td>
<td>Conger eel</td>
<td><em>All species of Conger</em></td>
<td>Round, coldwater</td>
<td>Ling</td>
<td>LOW</td>
<td>n/a</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crab</td>
<td>Brown crab, velvet crab, king crab, spider crab</td>
<td>All species of the order <em>Brachyura and Lithodidae</em></td>
<td>Crustacean</td>
<td>MED</td>
<td>52</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crawfish</td>
<td>Spiny lobster, rock lobster</td>
<td>*All species of <em>Panulirus, Palinurus and Jasus</em></td>
<td>Crustacean</td>
<td>Lobster</td>
<td>HI</td>
<td>51</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crayfish</td>
<td><em>All species of Astacidae, Parastacidae, Austrostacidae, Cambaridae</em></td>
<td><em>Crustacean</em></td>
<td>Langoustine, king prawn</td>
<td>Y</td>
<td>HI</td>
<td>51</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Croaker</td>
<td>Drum, jewfish</td>
<td><em>All species of Sciaenidae</em></td>
<td>Round, warmwater</td>
<td>Snapper</td>
<td>MED</td>
<td>41</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Availability guide**
- **Good**: Species without any dots are of consistent quality all year
- **Varying**: Species that vary in availability throughout the year
- **Poor**: Species that are generally not available
- **•**: Time of best quality

Preserved fillets available year round
Preserved tail meat available year round
As a rule of thumb, when pan frying, griddling, grilling, barbecuing, baking or roasting: allow 4–5 minutes cooking per side for a portion of fish 2cm thick and 8–10 minutes per side for 3cm thick. Add an extra 2–3 minutes per side if the fish is on the bone.

**Pan frying**

This is a great method for any whole pan-ready fish, any fillets, portions and also for scallop.

**Griddling**

Good for suprême portions, where searing the outside produces attractive bar-marks and leaves the centre of the portion more moist and succulent. Perfect for tuna, which should always be served slightly rare in the centre. Good also for whole king prawn, but not a suitable method for thin, flaky fillets.

**Grilling**

Better suited to whole fish and flaky fillets. Particularly suitable for oily fish such as mackerel and herring and for halved lobster.

**Barbecuing**

Suprêmes of meaty game fish are perfect for marinating in citrus, salt, pepper and olive oil and then barbecuing. Whole portion-size fish such as snapper and sea bass are also great, as are whole king prawn and langoustine.

**Deep frying**

This method is good for fillets, goujons, very small round fish (e.g. whitebait) and langoustine tails (scampi). Fish is either coated in flour, egg and breadcrumbs, or dipped in a batter and then fried in hot oil (180°C) until golden. Lighter tempura batters are also becoming popular.
Like halibut, turbot is a highly prized species – often regarded as the best of the flatfish with great flavour and firm, white flesh. It has an almost circular outline, studded with bony tubercles on its dark side. Colour varies from light to dark brown, spotted with green or black and a white blind side. Turbot ranges in size from 400g–10kg. The texture is similar to halibut, but it has a slightly more pronounced ‘fishy’ taste, so requires little to enhance the flavour. It is also a chef’s dream, retaining plenty of moisture during cooking, which means it doesn’t readily dry out (ideal for functions). Availability has improved now turbot are also being farmed successfully. Farmed turbot are usually distinguished by their lighter skin.

Brill is similar to turbot and cheaper. It has an almost oval body, a grey-brown dark side with light and dark freckles (but no tubercles) and ranges from 400g–4kg. Like turbot, skin colour varies according to where the fish is caught – lighter brill are found on sandy seabeds, with darker, richer colours found on muddier beds. Brill has a sweeter flavour than turbot – try a Sauvignon Blanc reduction sauce, garnished with a spoonful of avruga and chopped chives. Smaller turbot and brill (under 500g) are appreciated on the bone while larger fish (over 3kg) yield great steaks.

Atlantic halibut \textit{Hippoglossus hippoglossus}

The largest of the flatfish, halibut have been known to grow as large as 300kg and 4m long in deeper waters. This is a highly esteemed and very tasty fish, with creamy-white, firm, meaty flesh. It has a compressed oval body with a large mouth. The dark eye side is a greenish dark brown and the blind side is pure white. Smaller fish of 1–3kg are known as ‘baby’ or ‘chick’ halibut, and usually found in shallower waters. The best-quality fish and largest (3–70kg) fish are usually caught by line, so the catch is limited, making them more expensive. As well as being found in the North Atlantic, North Sea and the Pacific, halibut is now also being successfully farmed, ensuring this exquisite, nutritious species is available year round.

Atlantic halibut is not to be confused with mock, black or Greenland \textit{(Reinhardtius hippoglossoides)}, which is an inferior species and less easily identified – dark brown on both sides and with a slightly gelatinous texture.

Most people agree the best way to cook halibut is simply: poached in a good fish stock or white wine, with the cooking liquors used as a base for a superb sauce (delicate flavours work best). Suprêmes are also good pan fried – but take care not to over-cook and dry out.

\textbf{Quick guide to halibut}

<table>
<thead>
<tr>
<th>Flesh flavour</th>
<th>Medium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flesh texture</td>
<td>Medium</td>
</tr>
<tr>
<td>Oil content</td>
<td>Low</td>
</tr>
<tr>
<td>Price guide</td>
<td>Low</td>
</tr>
</tbody>
</table>

\textbf{Availability}

All year round

\textbf{Wild season runs from}

May–Mar, farmed all year

\textbf{Alternatives}

Turbot, brill

\textbf{Pan fry} | \textbf{Griddle} | \textbf{Grill} | \textbf{Deep fry} | \textbf{Bake} | \textbf{Poach} | \textbf{Steam} | \textbf{Boil} | \textbf{Microwave}
\hline
Whole | | | | | | | | |
Fillets | | | | | | | | |
Suprêmes | | | | | | | | |
Steaks | | | | | | | | |
Pavés | | | | | | | | |

\textbf{Quick guide to turbot}

<table>
<thead>
<tr>
<th>Flesh flavour</th>
<th>Medium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flesh texture</td>
<td>Medium</td>
</tr>
<tr>
<td>Oil content</td>
<td>Low</td>
</tr>
<tr>
<td>Price guide</td>
<td>Low</td>
</tr>
</tbody>
</table>

\textbf{Availability}

All year round

\textbf{Wild season runs from}

Apr–Feb, farmed all year

\textbf{Alternatives}

Atlantic halibut, brill

\textbf{Pan fry} | \textbf{Griddle} | \textbf{Grill} | \textbf{Deep fry} | \textbf{Bake} | \textbf{Poach} | \textbf{Steam} | \textbf{Boil} | \textbf{Microwave}
\hline
Whole | | | | | | | | |
Fillets | | | | | | | | |
Suprêmes | | | | | | | | |
Steaks | | | | | | | | |
Pavés | | | | | | | | |

\textbf{Brill \textit{Scophthalmus rhombus}}

Brill is similar to turbot and cheaper. It has an almost oval body, a grey-brown dark side with light and dark freckles (but no tubercles) and ranges from 400g–4kg. Like turbot, skin colour varies according to where the fish is caught – lighter brill are found on sandy seabeds, with darker, richer colours found on muddier beds. Brill has a sweeter flavour than turbot – try a Sauvignon Blanc reduction sauce, garnished with a spoonful of avruga and chopped chives. Smaller turbot and brill (under 500g) are appreciated on the bone while larger fish (over 3kg) yield great steaks.