

# Commercial scallops



Undercook slightly, leaving the centre still translucent and they'll be perfect when served.

## Fishery

Sustainably and wild-caught in cool southern Australian waters of the Bass Strait Central Zone Scallop Fishery.

## Buying

Find commercial scallops at your local fish shop / market.

Cost range: \$\$-\$\$\$

## Recipe idea

**BBQ scallops with sake butter**

## More information

Commercial scallops are caught in the Bass Strait between Tasmania and Victoria, between July and December.

### Industry associations

Bass Strait Scallop Industry Association

Scallop Fishermen's Association of Tasmania Inc



Australian Government

Australian Fisheries Management Authority



# Bigeye tuna



The cooked flesh is creamy brown in colour and breaks into large flakes; there are very few bones to worry about.

## Fishery

Sustainably and wild-caught in the Eastern Tuna and Billfish Fishery and the Western Tuna and Billfish Fishery.

## Buying

Find bigeye tuna at your local fish shop / market.

Cost range: \$-\$\$

## Recipe idea

**Fish satay**

## More information

Bigeye tuna are found in the tropical waters of the Pacific, Atlantic and Indian Oceans. Bigeye tuna are highly migratory and travel long distances. They are a pelagic species that can be found in depths of up to 250 metres.

### Industry associations

Tuna Australia



**Australian Government**

**Australian Fisheries Management Authority**



# Gould's squid



Look for intact bright skin, with a light brown to purple mottled appearance, intact head, arms and tentacles and a pleasant, fresh sea smell.

## Fishery

The Southern Squid Jig Fishery is located off NSW, VIC, TAS, SA, southern QLD, with the majority of fishing effort taking place off Victoria.

## Buying

Find Gould's squid at your local fish shop / market.

Cost range: \$

## Recipe idea

**Fried squid with garlic and parsley**

## More information

Caught in Bass Strait and western Victoria by jigging (using lights to attract the squids to the water's surface at night).

They tend to gather near the seabed during the day and spread out at night throughout the water, coming to the surface to feed.



**Australian Government**

**Australian Fisheries Management Authority**



# Royal red prawn ✓

An affordable and delicious option for dishes calling for prawn meat or mince.

## Fishery

Predominantly caught in waters at a depth of approximately 400-500 metres in the Southern and Eastern Scalefish and Shark Fishery.

## Buying

Find royal red prawns at your local fish shop / market.  
Cost range: \$

## Recipe idea

**Thai pork and prawn money bags**

## More information

Targeted using bottom trawls (also known as demersal trawl) to catch the prawns that live on or near the sea floor.

### Industry associations

South East Trawl Fishing Industry Association



**Australian Government**

**Australian Fisheries Management Authority**



# Deepwater flathead



A superb table fish, with finely textured flesh and relatively few bones.

## Fishery

Sustainably caught in the Southern and Eastern Scalefish and Shark Fishery.

## Buying

Find deepwater flathead at your local fish shop / market.

Cost range: \$\$-\$\$\$

## Recipe idea

**Flathead with cherry tomato sauce**

## More information

Appropriately named bottom-dwelling marine fish, it is endemic to Australia and closely related to tiger flathead, but lacks their distinctive spots.

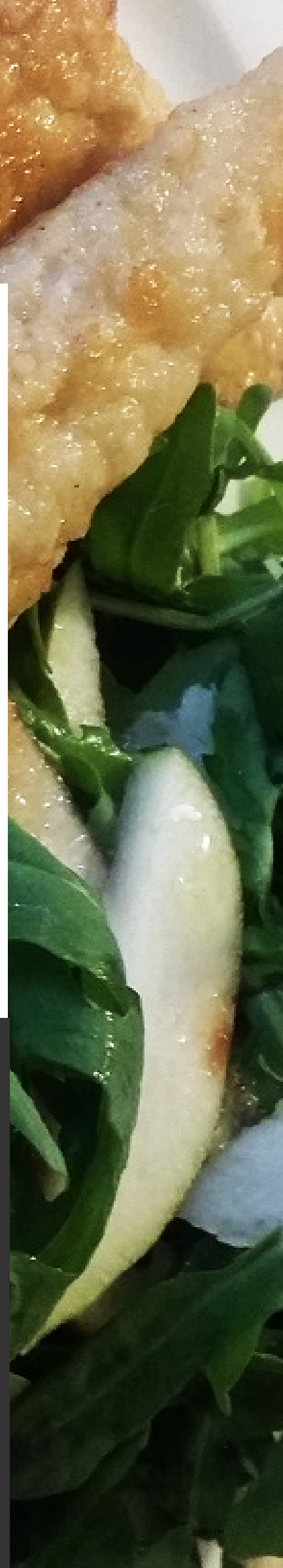
### Industry associations

Great Australian Bight Fishing Industry Association Inc



**Australian Government**

**Australian Fisheries Management Authority**



# Prawns



Caught, packed and snap frozen at sea from Australia's tropical and sub-tropical waters.

## Fishery

Banana, endeavour and tiger prawns are caught in the Marine Stewardship Council (MSC) certified Northern Prawn Fishery.

## Buying

Find wild-caught prawns at your local supermarket.  
Cost range: \$-\$\$

## Recipe idea

[Singapore Chilli Prawns](#)

## More information

If you love prawns then you should follow [@LoveAustralianPrawns](#) for great info and scrumptious recipes.

### Industry associations

Northern Prawn Fishery Industry Pty Ltd



Australian Government

Australian Fisheries Management Authority



# Patagonian toothfish



Snow-white flesh and broad scalloping flakes display a clean and sweet flavour.

## Fishery

Caught in the icy Antarctic waters of the Heard Island and McDonald Islands Fishery and the Macquarie Island Toothfish Fishery.

## Buying

Patagonian toothfish can be found in select specialty stores.  
Cost range: \$\$-\$\$\$

## Recipe idea

**Neil Perry's miso glazed glacier toothfish with sesame dressing**

## More information

Patagonian toothfish is also known as Chilean sea bass, mero and black hake and is found in sub-Antarctic waters on shelves around islands and submarine banks. They are primarily bottom-living, in depths of 300 to 2000 metres, although move off the bottom on occasion to feed.



Australian Government

Australian Fisheries Management Authority



# Albacore tuna



Sold whole, but more commonly as cutlets or steaks and sometimes as smoked fillets.

## Fishery

Targeted by fishers in the Eastern Tuna and Billfish Fishery. Albacore tuna is a tropical tuna species preferring warmer oceanic waters.

## Buying

Find albacore tuna at your local fish shop / market.  
Cost range: \$\$-\$\$\$

## Recipe idea

**Albacore tuna, tomato and cucumber salad with dill and olives**

## More information

Albacore tuna is a highly migratory species, swimming continuously over large distances. They are found commonly in eastern Australian waters, but they are also found in the waters of other countries within the Pacific and Indian Oceans.

### Industry associations

Tuna Australia



**Australian Government**

**Australian Fisheries Management Authority**





# Blue grenadier

A very popular fish, also known as 'hoki' in New Zealand.

## Fishery

Sustainably caught in Southern and Eastern Scalefish and Shark Fishery.

## Buying

Find blue grenadier at your local fish shop or supermarket.  
Cost range: \$-\$\$

## Recipe idea

**Roast fish with broccolini, lemon and burnt butter**

## More information

A deepwater fish found in NSW, VIC, TAS, SA and southern WA however they are mainly caught by trawl off western and eastern Tasmania.

### Industry associations

South East Trawl Fishing Industry Association



**Australian Government**

**Australian Fisheries Management Authority**



# Pink ling



A great fish for home cooking with large, boned-out fillets and thick steaks that hold their shape.

## Fishery

Sustainably caught in the Southern and Eastern Scalefish and Shark Fishery.

## Buying

Find pink ling at your local fish shop / market.

Cost range: \$-\$\$

## Recipe idea

**Pan-roasted ling with sweet potato chips and avocado yoghurt**

## More information

Pink ling are lovely tasting fish with many uses, well suited to grilling, frying, barbecuing, baking and curries.

### Industry association

South East Trawl Fishing Industry Association



Australian Government

Australian Fisheries Management Authority



# Yellowfin tuna



Has a mild, meaty flavour and when cooked is firm and moist, with large flakes.

## Fishery

Sustainably and wild-caught in the Eastern Tuna and Billfish Fishery.

## Buying

Find yellowfin tuna at your local fish shop / market.

Cost range: \$-\$\$

## Recipe idea

### **Poke bowl**

## More information

Yellowfin tuna is a highly mobile species caught by many countries. The Western and Central Pacific Fisheries Commission and the Indian Ocean Tuna Commission are responsible for managing the world's tropical tuna catch.

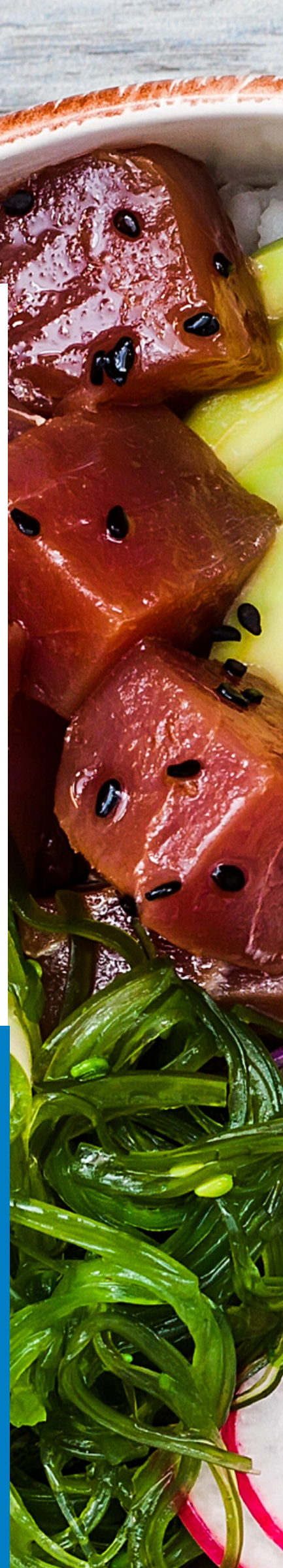
### **Industry associations**

Tuna Australia



**Australian Government**

**Australian Fisheries Management Authority**



# Gummy shark



Commonly known as flake at the fish n' chip shop but can hold up to versatility in cooking.

## Fishery

Caught in the Southern and Eastern Scalefish and Shark Fishery across the waters of southern Australia, extending from Bunbury in WA to Jervis Bay in NSW.

## Buying

Find gummy shark at your local fish shop / market.  
Cost range: \$-\$\$

## Recipe idea

**Gummy shark in a tomato broth with broad beans and garlic**

## More information

Gummy sharks are caught using gillnets, longlines and sometimes trawl nets.

### Industry associations

South East Trawl Fishing Industry Association  
Southern Shark Industry Alliance  
Sustainable Shark Fishing Association



Australian Government

Australian Fisheries Management Authority



# Australian sardine



Sardines are one of the world's highest sources of essential omega 3 oils.

## Fishery

Fishing for sardines in Small Pelagic Fishery has historically taken place off Iluka in Northern NSW and Eden in Southern NSW.

## Buying

Find Australian sardines at your local fish shop / market.  
Cost range: \$-\$\$

## Recipe idea

**Butterflied Australian Sardines with herb & olive stuffing**

## More information

Australian sardines are found in temperate waters between Rockhampton in QLD to Shark Bay in WA. The sardine fishery in SA is one of the biggest in Australia.

### Industry associations

Small Pelagic Fishery Association Inc.



**Australian Government**

**Australian Fisheries Management Authority**



# Blue-eye trevalla



Considered by many people to be one of the finest table fish caught in southern waters.

## Fishery

Sustainably caught in the Southern and Eastern Scalefish and Shark Fishery.

## Buying

Find blue-eye trevalla at your local fish shop / market.

Cost range: \$\$\$

## Recipe idea

**Blue-eye trevalla with chermoula and potatoes**

## More information

Blue-eye trevalla is found from Perth to the NSW/QLD border and is also caught in the high seas.

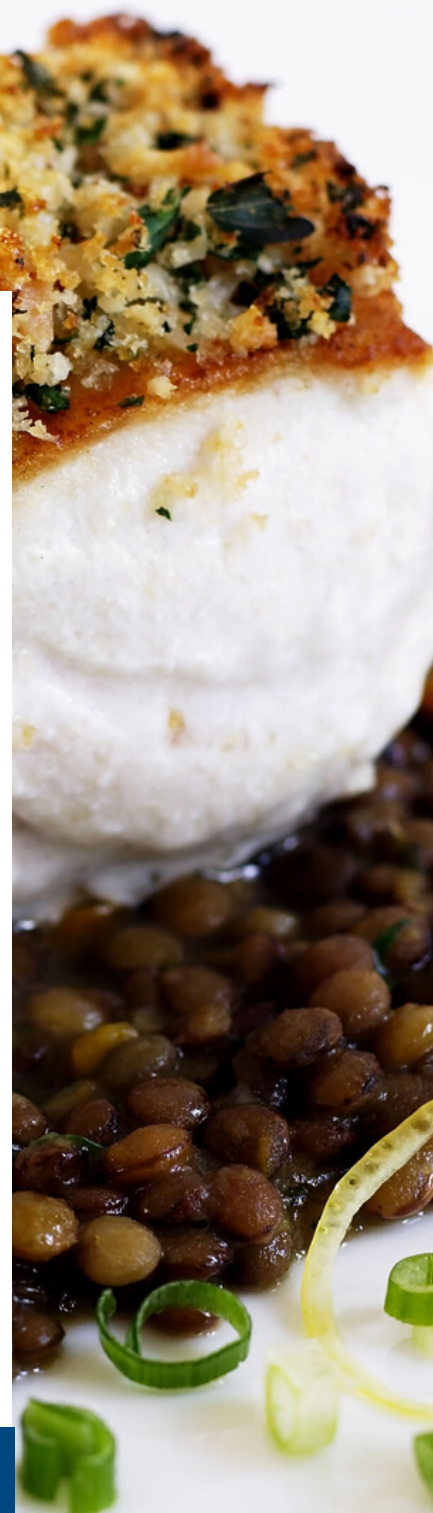
### Industry association

South East Trawl Fishing Industry Association



Australian Government

Australian Fisheries Management Authority



# Eastern school whiting



Prized for its sweet, delicate flavour and versatility, remember to handle with care.

## Fishery

Sustainably caught in the Southern and Eastern Scalefish and Shark Fishery.

## Buying

Find eastern school whiting at your local fish shop / market.  
Cost range: \$

## Recipe idea

**Tempura whiting**

## More information

Eastern school whiting are a benthic species found from shallow tidal flats down to depths of 180 metres on the continental shelf.

### Industry associations

South East Trawl Fishing Industry Association



**Australian Government**

**Australian Fisheries Management Authority**



# Ocean Perch



With its white flesh and delicate flavour, ocean perch can be prepared in many ways.

## Fishery

Sustainably caught in the Southern and Eastern Scalefish and Shark Fishery.

## Buying

Find ocean perch at your local fish shop / market.

Cost range: \$\$

## Recipe idea

**Steamed whole ocean perch with ginger and soy**

## More information

Ocean perch are a benthopelagic species that inhabits flat, hard seabeds on the continental shelf and upper slope.

### Industry associations

South East Trawl Fishing Industry Association



Australian Government

Australian Fisheries Management Authority

