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
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.

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.
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
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.
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
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
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
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
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.
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
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
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