

Get **Fresh** with Fish 

RECIPES



28 Pages of fresh ideas, tips and
Recipes from Sydney Fish Market's
'Get Fresh With Fish' demonstrations

NOT FOR SALE

Contents

Introduction.....	03
Species Information	04
Spiced Yoghurt Kingfish with Almond Couscous	08
Bonito With White Bean Tomato Salad & Caper Mayonnaise.....	08
Snapper With Lemon Myrtle Rocket Pesto & Caramelised Lemons.....	09
Ocean Jackets With Olives & Pistachios	09
Kaffir Lime Sea Mullet With Mango Salsa	12
Char-Grilled Salt And Pepper Gould's Squid with Carrot Radish Salad.....	12
Silver Warehou with Fennel Salad & Beetroot Yoghurt	13
Gould's Squid Apple Salad with Roasted Peanuts	13
Australian Sardines with Herb & Black Olive Stuffing.....	16
Ribaldo Sweet Potato Fish Cakes with Dill Yoghurt Mayonnaise	16
Silver Warehou with Dukkah & Watercress Salad.....	17
Char-Grilled Albacore Kebabs & Vegetables with Lime Mayonnaise	17
Char-Grilled Grey Morwong Fillets with Pine Nut Parsley Salad & Tahini Sauce.....	19
Blue Swimmer Crab Salad with Witlof & Snow Peas	19
Marinated Australian Sardines Fried in a Crisp Coating.....	20
Ocean Jackets In Mediterranean Sauce	20
Moules Mariniere (Blue Mussels In White Wine).....	23
Vietnamese Salad with Eastern School Whiting	23
Bonito Fillets with Tomato & Cannellini Bean Salad.....	26
Tiger Flathead Fillets with Pear & Walnut Salad	27
Barbecued Chilli Cuttlefish with Red Capsicum & Tzatziki	27
Barbecued Baby Octopus with Cherry Tomato & Sprout Salad.....	28
Blackened Crimson Snapper with Lime Butter	28
Teriyaki Silver Warehou Fillets with Sesame & Zucchini.....	30
Barbecued Blue Mackerel with Tomato, Fennel & Capers ..	30





Introduction

In August 2008 Sydney Fish Market launched Aussie Seafood – Brought to You by Our Fishermen, the first ever campaign to raise the profile and appreciation of Australia's commercial fishermen and their catch.

Speaking to the community through the stories of four of our fishers from New South Wales, the campaign sought to highlight the everyday excellence of our commercial fishermen and link them to Australia's fantastic locally caught seafood.

Each of our four fishermen was then teamed up with seafood demonstrators Brigid Treloar, Julie Ray and Coralie Riordan for entertaining free cooking demonstrations in Sydney and regional NSW under Sydney Fish Market's Get Fresh with Fish™ program. This program is aimed at encouraging seafood lovers to embrace their locally caught seafood species and become more confident with cooking and preparing seafood.

Get Fresh with Fish™ uniquely focuses on lesser known species which are more affordable for consumers, once again highlighting the fantastic range and value offered by locally caught seafood. The addition of fishermen to the mix has been an overwhelming success. Consumers have fallen in love with these characters of the sea and gained valuable knowledge of life and practices on our oceans.

An initiative of Sydney Fish Market, the Aussie Seafood – Brought to You by Our Fishermen campaign has been proudly supported by the Department of Agriculture, Fisheries and Forestry, together with funding and in-kind support from NSW Department of Primary Industries and Seafood Experience Australia. For more information visit www.aussiese seafood.com.au.



Species Information



Yellowtail Kingfish:

Available both wild-caught and farmed. It is a free-swimming marine fish found mainly near the coast and around offshore islands and reefs in warm temperate waters from Rockhampton, QLD, to Shark Bay, WA, including Bass Strait and the Tasmanian coast. Mainly caught off NSW and QLD, by handlines with lures or live bait and occasionally by droplines and demersal trawls. Also farmed in Spencer Gulf, SA, and marketed under its Japanese name: 'hiramasa'. The yellowish (rather than olive green or greyish) tail distinguishes it among related fish and gives it its name.

Average Yield: 55%

Cooking Methods: Deep-fry, pan-fry, stir-fry, bake, braise, grill, BBQ, smoke, raw (sashimi) and pickle. It can

be wrapped in foil or banana leaves if baking or BBQ, to prevent drying out. The firm flesh holds together well in soups, curries and casseroles and can be cubed for kebabs.

Bonito: Available wild caught, from the same family as Tunas, live in schools in open waters over the continental shelf off the eastern, southern and south-western coasts of Australia from Cape York, QLD to Exmouth, WA. Australian Bonito, which makes up the bulk of the commercial catch, is caught using lines and purse seines and sold mostly in Sydney.

Average Yield: 70 - 75%

Cooking Methods:

Pan-fry, bake, grill, BBQ, smoke, raw (sashimi) and pickle.

Snapper: Available mainly wild-caught, though some juveniles are farmed, it is a marine fish found near reefs and rocky bottoms, mainly near the coast and on the continental shelf from Townsville, QLD, southern to the central WA coast (including the Bass Strait and around TAS), with juveniles mainly found in estuaries. It is caught in traps, trawling, longlines, handlines and gillnets.

Average Yield: 45%

Cooking Methods: Steam, poach, deep-fry, pan-fry, stir-fry, bake, braise, grill, BBQ, smoke, raw (sashimi), pickle. A good plate-sized fish cooked whole.

Silver Warehou: Available wild-caught, it is a bottom-dwelling marine fish found off the south-eastern coast,

including TAS and Bass Strait, on the continental slope from 450-650m, and caught mainly by bottom trawlers, sometimes as bycatch of Blue Grenadier, with juveniles sometimes caught in bays and estuaries in haul nets.

Average Yield: 45%

Cooking Methods: Steam, poach, deep-fry, pan-fry, stir-fry, bake, braise, grill, BBQ, smoke. It is best wrapped in foil or banana leaves if baking or barbecuing, to prevent it drying out.

Gould's Squid: Available wild-caught, these marine cephalopods have smooth, light brownish-pink skin with a purpley-blue stripe running down the tube, 8 shorter arms and 2 longer tentacles. They are found around the southern half of Australia (including TAS) on the continental shelf and slope between the surface and 825m, most commonly at 50-200m.

Average Yield: 80%

Cooking Methods: Steam, poach, deep-fry, pan-fry, stir-fry, bake, braise, grill, BBQ and raw (sashimi). To be tender, Squid must be cooked very quickly over high heat or very slowly over low heat. The ink can be used to flavour and colour risotto or pasta.

Australian Sardines:

Available wild-caught, it is a free-swimming marine fish found mainly offshore to the edge of the continental shelf from Hervey Bay, QLD and, south to Shark Bay, WA, where inshore schools are more common.

Caught mainly by purse seine off NSW, and in Bass Strait, though most of the catch comes from WA and, increasingly, SA. It has a distinctive narrow silver stripe along the side of its body with dark blue spots underneath it.

Average Yield: 42%

Cooking Methods: Pan-fry, bake, grill, BBQ, smoke, pickle. Their strong flavour makes them good in fish paste, pâté and spreads. Handle carefully as their soft flesh falls apart easily.

Ribaldo: Available wild-caught, this deep-water, bottom-dwelling marine fish is found mainly on the continental slope at depths of 300m to at least 1200m off the southern coast of Australia between Brisbane, QLD and Geraldton, WA, and usually caught as bycatch of trawled fish, but also sometime by droplines.

Average Yield: 25 – 30%

Cooking Methods: Steam, poach, deep-fry, pan-fry, stir-fry, bake, braise, grill, BBQ. When fresh, the flesh holds together well in soups, curries and casseroles.

Albacore: Available wild-caught, it is a free-swimming marine fish found in open ocean around the Australian coast except from Darwin to the tip of Cape York Peninsula (usually in water above 13°C). Caught mainly by longline as bycatch of large Tunas, although it has also been targeted for sale to canaries in recent years.

Average Yield: 70 – 75%

Cooking Methods: Poach, pan-fry, stir-fry, bake, braise, grill, BBQ, smoke, pickle. Best wrapped in foil or banana leaves if baking or BBQ, to prevent in drying out. The firm flesh holds together well in soups, curries and casseroles and can be cubed for kebabs.

Grey Morwong: Available wild-caught, it is a bottom-dwelling marine fish that occurs from Brisbane, QLD south to Perth, WA, including Bass Strait and around the TAS coast, on the continental shelf and upper slope from shallow waters to depths of around 360m often near reefs or rocky bottoms, with smaller fish found near the coasts of VIC and TAS.

Average Yield: 38%

Cooking Methods: Steam, poach, deep-fry, pan-fry, stir-fry, bake, braise, grill, BBQ. It is best wrapped in foil or banana leaves if baking or barbecuing, to prevent it drying out. A good plate-sized fish cooked whole. The firm flesh holds well together in soups, curries and casseroles and can be cubed for kebabs.

Tiger Flathead: There are approximately forty species of Flathead in Australian waters; the various species are caught close to the coast as well as in bays and estuaries. It is available all year but is more abundant from October to May.

Average Yield: 60%

Cooking Methods: Steam, poach, deep-fry, shallow-fry, bake, grill and BBQ.

Eastern School

Whiting: Available wild-caught, they are marine fish found from Noosa, QLD south to Port Lincoln, SA and mainly caught in eastern Bass Strait by Danish seines, as well as with otter trawls off QLD, NSW and WA. They are often found schooling close to sandy bottoms, usually from 0-70m, with juveniles in estuaries or close to the coast.

Average Yield: 30%

Cooking Methods: Steam, poach, deep-fry, pan-fry, stir-fry, bake, braise, grill, BBQ, raw (sashimi). Thin fillets are best wrapped in foil or banana leaves to protect them when barbecuing or grilling. Flesh has good gelling characteristics and works well in mousseline.

Baby Octopus: Available wild-caught, these marine dwelling cephalopods are found right around the Australian coast, from shallow tidal pools to depths of over 3000m, though generally caught closer inshore among seagrass and on muddy, sandy or reefy bottoms at less than 200m on the continental shelf. Mainly caught off south-eastern Australia, from southern QLD to the Great Australian Bight, often as bycatch, using trawlers, dredges, pots and nets.

Average Yield: 90%

Cooking Methods: Deep-fry, pan-fry, stir-fry, bake, braise, grill, BBQ, smoke and raw. To be tender, it must be cooked very quickly over high heat or very slowly over low heat. It is suitable for a wide variety of preparations and responds well to being marinated to both tenderise and flavour. To tenderise before using quick

cook methods, place in bowl and cover with boiling water, allow to stand for 30 seconds to 1 minute, depending on size, drain and rinse under cold water.

Crimson Snapper:

Available wild-caught, it is a saltwater and estuarine fish often found around coral reefs but also over shallow to deep rocky and soft bottoms to about 100m from Sydney, north to Shark Bay, WA. Mainly caught off Queensland, WA and NT by trawling, droplines, handlines and longlines, it has a pink, crimson or red body.

Average Yield: 38%

Cooking Methods: Grill, poach, deep-fry, pan-fry, stir-fry, bake, braise and BBQ.

Blue Mackerel: Available wild-caught, it is a marine fish found mainly near the surface of temperate waters, but sometimes in tropical waters. Caught mainly from southern QLD to southern WA, including TAS, as a bycatch of Jack Mackerel (with which it often schools) off south eastern Australia and as a targeted species of purse seine fishing in NSW. It is used as both live and dead bait in domestic Tuna fisheries. The juvenile fish inhabit inshore waters while the adults can be found at depths of up to 200m over the continental shelf.

Average Yield: 50%

Cooking Methods: Pan-fry, bake, grill, BBQ, smoke and pickle. It makes excellent rollmops.

Cuttlefish: Available wild-caught, these marine and estuarine dwelling cephalopods

have an almost oval body with very narrow fins around the edges, 8 short arms and 2 much longer tentacles. They are found right around the Australian coast.

Average Yield: 80%

Cooking Methods: Steam, poach, deep-fry, pan-fry, stir-fry, bake, braise, grill, BBQ and raw (sashimi). To be tender, Cuttlefish must be cooked very quickly over high heat or very slowly over low heat. The flesh of the mantle, arms and tentacles is suitable for a wide variety of preparations, strips can be dusted in seasoned flour and deep-fried or marinated and char-grilled or stir-fried.

Ocean Jacket: Available wild-caught, these marine fish are mainly found inshore near the sea bottom on the continental shelf and upper slope often near reefs and sponge beds to about 200m. They are caught mainly in the Great Australian Bight in traps or by trawlers.

Average Yield: 30%

Cooking Methods: Steam, poach, pan-fry, stir-fry, bake, braise, grill, BBQ and smoke. A good plate-sized fish cooked whole (head off), best left whole for baking and grilling (and wrapped in foil or banana leaves to prevent it drying out). Thin fillets are also best wrapped in foil or banana leaves when barbecuing or grilling. Flesh works well in mousseline or minced for fish cakes and fish balls. The firm flesh holds together well in soups, curries and casseroles.



Sea Mullet: Has a strong flavour, oily, moist, soft to medium-textured flesh with few bones, which are easily removed. Remove the skin, and fatty tissue underneath, for a milder flavour. Remove the lining of the stomach cavity and scrape away any fat along the cavity wall.

Average Yield: 45%

Cooking Methods: Bake, grill, BBQ, smoke and pickle. Works well in fish pastes and pâté.

Blue Swimmer Crab:

The male's shell is a distinctive mottled bright blue to purple when uncooked, while the female's tends to be more mottled brown; like all crustaceans, they turn orange when cooked (with the male's shell remaining brighter).

Average Yield: 35%

Cooking Methods: Steam,

poach, deep-fry, pan-fry and stir-fry. The flesh is translucent when raw and white when cooked, it has a mild, sweet, nutty flavour, low oiliness and is moist, evenly textured and firm (claw meat is firmer than that found in body and legs). Some people enjoy the stronger-tasting 'mustard' or brown meat (internal organs) in the body. Do not recook cooked Crabs, pick out the meat and use it in salads, sandwiches, as a garnish for soups, or in dishes where it is just gently warmed, such as pasta, risotto, Crab cakes and omelettes.

Blue Mussel: Before cooking, remove the 'beards' (byssal threads) by pulling them sharply towards the pointy end of the shell. Lightly scrub shells with a

plastic scourer to remove any sediment or barnacles. They have a rich, strong flavour, high oiliness and moist, juicy, medium-textured flesh. Remove from the heat as soon as they open, as they quickly shrivel and become chewy if over cooked. While traditional wisdom was to discard shells that don't open when cooked, you can pry them open, away from the plate, and, if they smell good, eat them; if they're bad, they'll have a distinctly 'off' aroma. All of the flesh is edible, females tend to be more orange in colour, whereas males are paler.

Average Yield: 30%

Cooking Methods: Steam, poach, deep-fry, pan-fry, stir-fry, bake, grill, BBQ, smoke, raw (sashimi), pickle. The firm flesh holds together well in soups, curries and stir-fries.

Spiced Yoghurt Kingfish with Almond Couscous

Ingredients (Serves 4)

650g Kingfish fillets, de-boned, skinned, diced into 2cm pieces

½ cup natural yoghurt

2 tablespoons lemon juice

2 teaspoons paprika

1 teaspoon ground cumin

½ teaspoon cinnamon

Generous pinch cayenne

½ teaspoon salt

Cracked black pepper

Bamboo skewers

Almond Couscous

2 cups boiling chicken stock or water

2 cups couscous

⅓ cup currants

½ cup chopped flat leaf parsley

½ cup chopped mint

2 tablespoons (40g) melted butter

1 tablespoon lemon juice

1 teaspoon salt

⅓ cup slivered almonds, toasted

Soak bamboo skewers in water for 20-30 minutes.

Thread diced Kingfish onto skewers.

Combine yoghurt, lemon juice, paprika, cumin, cinnamon, cayenne, salt and pepper in a flat dish. Pour over fish kebabs, turning until well coated and marinate 20-30 minutes.

Preheat BBQ or char-grill to medium.

Make couscous by bringing stock or water to the boil. Pour in couscous and currants. Cover and stand 10 minutes or until all the liquid has absorbed.

Fluff couscous with a fork and add parsley, mint, melted butter, lemon juice, salt and half the almonds.

Oil the BBQ plate and cook kebabs on a moderate heat, 1-2 minutes each side or until cooked. Be careful not to burn.

Serve kebabs with almond couscous and garnish with almonds.

Notes: Vegetables, such as capsicum or zucchini, could also be added to skewers but be sure they are the same size as fish pieces to ensure even cooking.

Alternative Species: Tuna, Jackass Morwong, Warehou, Mackerel, Pink Ling.

Bonito with White Bean Tomato Salad & Caper Mayonnaise

Ingredients (Serves 4)

4 x 185g Bonito fillets

Juice of 1 lemon

1 tablespoon olive oil + extra for cooking

Salt and cracked black pepper

Caper Mayonnaise

⅓ cup mayonnaise

2 tablespoons lemon juice

1 tablespoon baby capers, rinsed

White Bean Salad

1 punnet cherry tomatoes, halved

220g canned cannellini beans, drained and rinsed

70g snow pea sprouts

¼ cup small black olives

1 tablespoon baby capers, rinsed

2 anchovy fillets, finely chopped

2 tablespoons chopped flat-leaf parsley

1 tablespoon chopped basil

2 tablespoons lemon juice

2 tablespoons olive oil

1 small clove garlic, crushed

Salt and cracked black pepper

If a milder taste is preferred remove the dark flesh of the Bonito by cutting the fillets in half lengthways, following the line of bones down the centre. Cut away the bones, trim and discard any dark meat. Make 2-3 diagonal cuts through the flesh.

Whisk lemon juice, oil, salt and pepper and pour over Bonito fillets, turning until well coated. Marinate for 15 minutes.

Preheat BBQ or char-grill.

Prepare salad by combining tomatoes, cannelloni beans, sprouts, olives, capers, anchovy fillets and herbs. Whisk lemon juice, oil, garlic, salt and pepper. Toss dressing through salad until well combined.

Whisk mayonnaise, lemon juice, capers, salt, pepper in a medium bowl.

Oil the BBQ. Cook Bonito, skin side down, over a moderate heat, 2-4 minutes each side or until the flesh flakes easily when tested with a fork.

Serve Bonito with salad or break fillets into large chunks and toss with salad. Drizzle with caper dressing.

Alternative Species: Tuna, Yellowtail Kingfish, Atlantic Salmon, Blue-eye Trevalla.

Snapper with Lemon Myrtle Rocket Pesto and Caramelised Lemons

Ingredients (Serves 4)

4 x 175g Snapper fillets, de-boned
¼ cup olive oil + extra for cooking
2 clove garlic, crushed
2 lemons, quartered
Baby salad greens, to serve

Lemon Myrtle Rocket Pesto

¼ cup (40g) chopped macadamia, toasted
2 clove garlic, coarsely chopped
100g baby rocket
1 teaspoon ground lemon myrtle
2 tablespoons lemon juice
2 tablespoons extra virgin olive oil
Salt and cracked black pepper

Make 2-3 diagonal slashes through the skin of each Snapper fillet.

Combine ¼ cup oil and garlic and brush over both sides of fillets.

Preheat BBQ or char-grill.

Make Lemon Myrtle Rocket Pesto: Puree nuts and garlic in a food processor. Add rocket and lemon myrtle and puree until well mixed. With motor running add lemon juice, oil, salt and pepper, to taste.

Oil the BBQ and cook Snapper over a moderate heat, 3 minutes each side or until just cooked. Cook lemon wedges until caramelised.

Serve Snapper with salad and caramelised lemon wedges. Drizzle with pesto.

Notes: To toast macadamia: Spread nuts on a baking tray lined with baking paper and cook in a moderate oven (180°C) for 10 minutes or until golden. Fish fillets could also be marinated in pesto before cooking.

Alternative Species: Goldband Snapper, Mulloway, Red Emperor, Blue-eye Trevalla.

Ocean Jackets With Olives & Pistachios

Ingredients (Serves 4)

4 small (350g each) Ocean Jackets, skinned, heads off (see notes)
½ cup white wine vinegar or verjuice
⅓ cup chopped coriander leaves
2 teaspoons ground cumin
1 teaspoon cinnamon
1 tablespoon olive oil
2 large red onions, peeled, halved, thinly sliced
⅓ cup sultanas
1 teaspoon saffron threads soaked in ½ cup boiling water
Salt and cracked black pepper
4 large green olives, pitted & thinly sliced
⅓ cup (140g) pistachios, toasted (see notes)
Couscous, to serve (see notes)

Score both sides of each fish by making diagonal cuts through the thickest part of the flesh. Trim the fins and tail off each fish, using kitchen scissors, pat dry with paper towel. Place in a large shallow dish.

Combine half the vinegar, half the coriander, cumin and cinnamon. Pour over the fish and leave to marinate for 15 minutes, turning once.

Heat oil in a large frying pan. Add onions and cook over a moderate heat for 6-8 minutes until softened and slightly caramelised.

Pour marinade into frypan and add remaining vinegar, sultanas, saffron and water, salt and pepper.

Arrange the fish in a single layer in the frying pan and spoon over some of the onion mixture.

Cover and cook over moderately low heat for 6 - 8 minutes, depending on size. Gently turn fish and cook, covered, for a further 5 minutes, or until the flesh flakes easily when tested with a fork. Stir in the sliced olives.

Sprinkle with pistachios and remaining coriander. Serve with couscous.

Notes: If using large Ocean Jackets, cut in half with a cleaver or simply cut through the flesh on either side and bend the fish with your hands to snap the central bone.

Toast pistachios in a dry frying pan or under a grill until lightly browned, stirring occasionally.

Be careful they do not burn.

To prepare couscous – Pour 1 ½ cups boiling water over 1 ½ cups couscous in a large bowl. Cover and stand for 10 minutes. Flake with a fork to break up any lumps. Drizzle with 1-2 tablespoons melted butter or extra virgin olive oil, if preferred.

Alternative Species: Ocean Perch, Morwong, Gemfish, Snapper, Yellowfin Bream

THERE'S MORE TO FISHING THAN JUST CATCHING FISH

I fish the estuaries and beaches around Coffs but there's a lot more to what I do than just get up early and throw a net in the water.

I'm proud to be a commercial fisherman and I'm proud of what I catch. I'm committed to keeping the Australian seafood industry sustainable, and making sure what I catch is top quality.

That's why I'm on the Board of OceanWatch Australia - a not-for-profit group working to protect our fish habitats, improve water quality and promote sustainability.

We're building a future for Australian seafood by strengthening partnerships with government, resource managers, business and the community.

We've got the best seafood in the world Right here in Australia... and we're making sure it stays that way.

Geoff Blackburn
Commercial Fisherman
Coffs Coast NSW

For more info visit www.aussieseafood.com.au

PROUDLY SUPPORTING OUR COMMERCIAL FISHERMEN



Aussie Seafood
Brought to you by our fishermen



Kaffir Lime Sea Mullet with Mango Salsa

Ingredients (Serves 4)

4 x 200g Sea Mullet fillets,
skinned
2 tablespoons lime juice
1 teaspoon grated fresh ginger
4 – 8 large kaffir lime leaves
1 tablespoon olive oil
baby rocket, to serve

Mango Salsa

1 large mango, finely diced
1 green onion, green part only,
finely sliced
1 tablespoon chopped
coriander leaves
1 tablespoon lime juice

Place fish in a shallow non-metallic dish with lime juice and ginger.
Leave to marinate for 15 minutes.

Make the salsa by combining all ingredients.

Discard the marinade and pat the fish dry with paper towel.

Place each piece of fish on 1 or 2 kaffir lime leaves, depending on fish fillet size or cut into appropriate lengths, if preferred.

Heat a large frying pan, grill plate or BBQ. Lightly oil and cook Sea Mullet, leaf side down, over a moderate heat for 3 minutes. Carefully turn using a spatula and tongs and cook a further 1-2 minutes or until cooked through.

Serve fish with mango salsa and baby rocket.

Notes: Removing the skin from Sea Mullet reduces the oiliness and the stronger flavour.

The kaffir lime leaves not only add flavour but protect the fish from direct heat allowing it to cook more gradually. Lime or lemon leaves could also be used.

Alternative Species: Australian Salmon, Tailor, Blue Mackerel, Silver Trevally and Pilchard.

Char-grilled Salt & Pepper Gould's Squid with Carrot Radish Salad

Ingredients (Serves 4)

750g Gould's Squid, cleaned
1 tablespoon Szechuan
peppercorns
2 teaspoons sea salt
½ teaspoon chilli flakes,
medium heat
¼ teaspoon black peppercorns
vegetable oil

Carrot Radish Salad

¼ cup finely shredded daikon
(white radish)
or small red radish
2 cups finely shredded carrot
1 tablespoon rice vinegar
1 teaspoons caster sugar
generous pinch salt

Soak shredded daikon and carrot in separate bowls of chilled water for at least 15 minutes.

Make salad dressing by combining vinegar, sugar and salt, stirring until sugar dissolves.

Heat Szechuan peppercorns, salt, chilli and black peppercorns in a dry frying pan over a moderate heat until salt is lightly browned, stirring constantly to prevent burning. Pound to a fine powder in a mortar and pestle.

Drain carrot and daikon well. Toss together with salad dressing.

Pat the Squid dry with paper towel.

Heat a large frying pan, grill plate or BBQ. Lightly oil and cook Squid over a high heat for 1 – 2 minutes, turning once.

Sprinkle with salt and pepper mix. Serve with salad.

To prepare Squid: Grasp the arms and pull firmly to separate head from tube (try not to break the ink sac, as the ink stains), cut below the eyes and discard head and guts, push beak (mouth) out from between the arms. Remove quill, peel skin off by grasping side fins and peeling around the tube. Side fins can be peeled and used; tentacles can also be washed and used.

Cut tubes open, lay out flat and wipe the inside clean with paper towel. Slice into strips, or score with diagonal cuts to make a diamond pattern, then cut into larger chunks. Trim any hard suckers from the tentacles or drop legs into boiling water for 60 seconds. Drain and strip suckers off with the back of a knife or with paper towel. Cut thick legs in half lengthways.

Note: Large Squid can benefit from being tenderised by gently hitting with a meat mallet before cooking.

Alternative Species: Baby Octopus (omit scoring, cut into quarters), Cuttlefish, other Squids and Calamari.

Silver Warehou with Fennel Salad & Beetroot Yoghurt

Ingredients (Serves 4)

4 x 180g Silver Warehou fillets, skinned

2 tablespoons lemon juice

2 tablespoon olive oil

Salt and cracked black pepper

1 tablespoon chopped flat-leaf parsley

Fennel Salad

2 small fennel bulbs, trimmed and finely shredded

4 red cabbage leaves, finely shredded

1 tablespoon lemon juice

1 tablespoon olive oil

Salt and cracked black pepper

Beetroot Yoghurt

1 medium beetroot, peeled and coarsely grated

½ cup thick natural yoghurt

2 teaspoons lemon juice

1 teaspoon orange zest

1 teaspoon ground cumin

Cut down the centre of the fish fillets on either side of the bones. Discard the bones and any dark meat.

Place fish in a shallow non-metallic dish with lemon juice, oil, salt and pepper. Leave to marinate for 10-15 minutes.

Meanwhile make salad by combining shredded fennel and cabbage. Whisk lemon juice, oil, salt and pepper and toss through fennel mix.

Combine Beetroot Yoghurt ingredients in a large bowl. Season to taste.

Discard the marinade and pat the fish dry with paper towel.

Heat a large frying pan, grill plate or BBQ. Lightly oil pan and cook fish fillets over a moderate heat for 2-4 minutes each side, depending on thickness.

Scatter parsley over fish and serve with Fennel Salad and Beetroot Yoghurt.

Notes: Fish fillets could be wrapped in baking paper and baked in a moderately hot oven (190°C/170°C fan forced) for 8-10 minutes or until cooked through when tested with a fork.

Alternative Species: Silver Trevally, Yellowtail Kingfish, Pearl Perch, Red Emperor, other Emperors and Blue-eye Trevalla.



Gould's Squid Apple Salad With Roasted Peanuts

Ingredients (Serves 4-6 as an entrée)

650g Gould's Squid, cleaned

Zest and juice of 1 lime

1 medium red chilli, seeded and sliced

1 clove garlic, sliced

Peanut oil

1 Granny Smith apple

1 cup bean sprouts, trimmed

¼ cup coarsely chopped coriander leaves

¼ cup coarsely chopped mint leaves

½ cup roasted unsalted peanuts or cashews, coarsely chopped

2 green onions, thinly sliced

12 baby cos or iceberg lettuce leaves

Salad dressing

1 tablespoon lime juice

1 tablespoon fish sauce

1 tablespoon palm sugar

Cut cleaned Squid tube open, lay flat and score the flesh (on the inside) and flaps with angled cuts, turn the Squid and repeat to form a crosshatched or diamond pattern. Cut into bite size pieces. Cut thick legs in half lengthways then into bite size pieces. (See notes)

Combine lime zest and juice, chilli and garlic. Pour over Squid, cover and refrigerate for 20-30 minutes.

Heat BBQ or char-grill plate.

Combine salad dressing ingredients in a large bowl.

Brush BBQ with peanut oil and cook Squid, in batches if necessary, over a high heat until just cooked, when the flesh changes from translucent to white.

Remove Squid from heat, toss with dressing. Set aside to cool.

Cut unpeeled apple into thin slices, about 5mm thick. Stack slices and cut into thin strips 5mm thick, discarding the seeds.

Combine squid and dressing, apple strips, bean sprouts, coriander, mint, peanuts and green onions.

Spoon into lettuce cups and serve.

Alternative Species: Baby Octopus (omit scoring, cut into quarters), Cuttlefish, Calamari.



FOR ME, FISHING'S A WAY OF LIFE

If you're born a Bagnato,
you're born a Fisherman.

Before my father Vincenzo and his six brothers moved to Australia in the late 1950s, my family were fishing in Calabria, Italy. For us it's not just a job, it's what we live for.

There's thousands of people working in the Australian seafood industry - 4000 in NSW alone - and plenty of them are working in family-run local businesses like ours.

We're all 110% committed to making sure people keep getting fresh, top-quality local seafood on their plates today, tomorrow and in the future.

Paul Bagnato
Commercial Fisherman
Sydney NSW



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Australian Sardines With Herb & Black Olive Stuffing

Ingredients (Serves 4)

16 Sardines, cleaned & butterflied
Juice of 1 lemon
1 clove garlic, crushed
Plain flour
Olive oil
2 large tomatoes, finely diced
1 tablespoon chopped flat leaf parsley
Lemon wedges, to serve

Herb stuffing

8 slices white bread, crusts removed
2 green onions, finely sliced
1 cup chopped flat leaf parsley
1 tablespoon chopped fresh oregano
2 tablespoon grated parmesan
8 black Kalamata olives, pitted & coarsely chopped
Salt and cracked black pepper
1 egg, lightly beaten

Combine lemon juice and garlic. Pour over Sardines, turning until well coated. Marinate for 10-15 minutes.

Make herb stuffing: coarsely tear bread and put in a food processor and pulse until finely chopped. Add green onions, parsley, oregano, parmesan, olives, salt and pepper and pulse until well combined. Add only enough egg to combine ingredients.

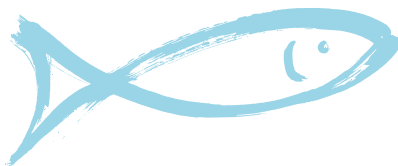
Place half the Sardines, skin side down, on a chopping board. Spoon stuffing on top and gently flatten the mixture to stick. Top each one with another Sardine, skin side up, to make a 'sandwich'. Press gently to ensure it sticks. (This can be done early, covered and refrigerated until required.)

Heat BBQ or frypan to moderately high heat. Brush generously with oil.

Dust Sardines with flour and cook 2 minutes each side or until flesh just changes colour.

Serve with diced tomato, parsley and lemon wedge.

Alternative Species: Garfish, School Whiting.



Ribaldo Sweet Potato Fish Cakes with Dill Yoghurt Mayonnaise

Ingredients (Makes 12)

600g Ribaldo fish fillets
450g kumara (orange sweet potato)
2/3 cup chopped flat leaf parsley
2 green onions, thinly sliced
Tabasco
Cracked black pepper
1/2 cup plain flour
2 eggs, lightly beaten
2 cups fresh breadcrumbs, finely crumbed
Vegetable oil
Baby rocket, to serve

Dill Yoghurt Mayonnaise

1/2 cup natural yoghurt
1/3 cup mayonnaise
2 tablespoons lemon juice
2 tablespoons chopped fresh dill
Salt and cracked black pepper

Peel and dice kumara and steam, boil or microwave until cooked. Drain and mash.

Cut fish into large chunks, pulse in a food processor, in batches if necessary, until coarsely chopped.

Place fish in a bowl and add parsley, green onion, Tabasco and pepper.

Wet hands and divide mixture into 12 patties. Flatten slightly and lightly dust with plain flour, shaking off any excess.

Dip fish cakes in beaten egg, draining any excess, then breadcrumbs. Place on a flat plate and refrigerate.

Heat BBQ or char-grill.

Make mayonnaise by whisking all ingredients.

Brush BBQ plate with oil and cook fishcakes on moderate heat for 3 minutes. Brush fish cakes lightly with oil, turn over and cook 3 minutes or until golden and cooked through. Be careful not to break fishcakes when turning.

Serve fish cakes with baby rocket and yoghurt mayonnaise.

Alternative Species: Redfish, Silver Warehou, Barramundi, Pink Ling, Jackass Morwong.

Silver Warehou With Dukkah & Watercress Salad

Ingredients (Serves 4)

4 x 175g Silver Warehou fillets

Dukkah Mix

4 teaspoons sesame seeds

2 teaspoons coriander seeds

2 teaspoons cumin seeds

2 tablespoons slivered almonds

¼ teaspoon chilli flakes
(optional)

Watercress Salad

1 Lebanese cucumber, thinly
peeled lengthways

1 bunch watercress, washed

50g snow pea sprouts

⅓ cup lemon juice

2 tablespoons olive oil + extra
oil for cooking

Salt and cracked black pepper

Prepare dukkah: heat the seeds and almonds separately in a dry frypan over a moderate heat until fragrant and golden. Alternatively, they can be lightly roasted in a hot oven.

Combine seeds, almonds and chilli flakes in a spice grinder or mortar and pestle and grind to coarse consistency.

Prepare salad: Peel cucumber lengthways with a vegetable peeler to make thin slices. Combine cucumber, watercress and snow pea sprouts.

Whisk 2 tablespoons lemon juice, 2 tablespoon oil, salt and pepper and toss with salad.

Heat a BBQ or char-grill plate.

Remove dark flesh from along the sides of fillets for a milder flavour. Make 2-3 diagonally slashes through the fish fillet skin to score.

Brush with oil and cook fish fillets on a moderately high heat, 3 minutes each side or until just cooked through, when flesh turns white. Drizzle with remaining lemon juice.

Sprinkle fillets with dukkah and serve with salad.

Alternative Species: Snapper, Bream, Red Emperor, Big-Eye Ocean Perch.

Char-grilled Albacore Kebabs & Vegetables with Lime Mayonnaise

Ingredients (Serves 4)

750g thick Albacore fillet, skin
off (see notes)

½ cup extra virgin olive oil

Salt and cracked black pepper

8 bamboo skewers, soaked in
water for at least 1 hour

⅓ cup whole-egg mayonnaise
(see notes)

1 tablespoon lime juice

3 zucchini, trimmed, sliced
lengthways into 5mm-thick
strips

3 jap eggplants, trimmed, sliced
lengthways into 5mm-thick
strips (see notes)

1 red capsicum, seeded and cut
into thick slices

2 small red onions, quartered

Soak bamboo skewers in water for 20-30 minutes.

Cut fish into large even cubes, place in a bowl and toss with a little olive oil, salt and pepper. Thread the cubes onto the skewers, cover and refrigerate until ready to cook.

Combine mayonnaise and lime juice; you may not need all of the juice, but it should taste lightly tangy. Set aside.

Heat a BBQ or char-grill plate. Brush the zucchini, eggplants, capsicum and onions with remaining olive oil, salt and pepper, and cook for 2-4 minutes each side, until well coloured. Remove and set aside.

Cook the skewers for a minute or so on each side, until the flesh is just opaque all the way to the centre.

Arrange the vegetables in the centre of each plate with the skewers on top. Drizzle with some of the lime mayonnaise.

Notes: If you don't want to make your own mayonnaise, use one made from whole eggs such as S&W or Thommy. Jap eggplants are the long thin purple eggplants, sometimes also called slipper, or baby, eggplants.

Alternative species: Atlantic Salmon, Bonito, Mackerel, Marlin, Swordfish, Tuna.



Char-Grilled Grey Morwong Fillets with Pine Nut Parsley Salad & Tahini Sauce

Ingredients (Serves 4)

4 x 180g pieces Grey Morwong fillet, skin on, bones removed

Salt and cracked black pepper

2 tablespoons extra virgin olive oil

2 rounds Lebanese bread, quartered

Tahini Sauce

2 tablespoons tahini

2 tablespoons lemon juice

30ml water

½ teaspoon crushed garlic

Pine Nut Parsley Salad

⅓ cup pine nuts, toasted

¼ cup currants, soaked in hot water for 10 minutes then drained and dried

¾ cup roughly chopped flat-leaf parsley

3 golden shallots, finely sliced

1 tablespoon lemon juice

2 tablespoons extra virgin olive oil
skin on, bones removed

Make Tahini Sauce: combine all ingredients and mix well; the tahini will become very thick when the water is first added, continue stirring and it will become the consistency of pouring cream.

Make Pine Nut Parsley Salad: combine all ingredients and mix well.

Heat a BBQ or char-grill plate.

Cut several slashes into the skin of the fish, sprinkle with salt and pepper and brush well with olive oil. Cook, skin-side down, for 2-3 minutes on one side, then turn and cook for a further minute or 2, until opaque and flesh flakes easily when tested with a fork.

Divide salad between plates, place fish on top, drizzle with tahini sauce and serve with Lebanese bread.

Alternative species: Mackerel, Mahi Mahi, Marlin, other Morwongs, Silver Trevally, Swordfish, Tuna, Yellowtail Kingfish.



Blue Swimmer Crab Salad With Witlof & Snow Peas

Ingredients (Serves 4)

250g cooked Blue Swimmer Crab meat

1 avocado

1 lemon, juiced

1 head witlof

1 head butter lettuce, inner leaves separated, washed and dried

125g cherry tomatoes, halved

20 snow peas, topped, tailed and cut into thin strips

1 tablespoon extra virgin olive oil

½ cup shelled walnuts, roughly chopped

Salt and cracked black pepper

Creamy Mustard Dressing

1 egg yolk

1 teaspoon Dijon mustard

1 tablespoon white wine vinegar

100ml extra virgin olive oil

Salt and cracked black pepper

Cut the avocado into fine slices and dip in lemon juice to prevent discolouration. Set aside.

Trim the ends off the witlof, discard any damaged outer leaves, slice the remainder into thin strips and pull apart.

Make the Creamy Mustard Dressing: whisk the egg yolk and mustard until it starts to thicken slightly. Whisk in the vinegar, then, slowly add the olive oil, whisking all the time until the mixture is thick, light and creamy. Taste and add salt and pepper.

Gently mix the crabmeat, witlof, half the walnuts and dressing together.

In a separate bowl, combine the lettuce, cherry tomatoes, snow peas, olive oil, salt and pepper.

Arrange lettuce mixture in the centre of a platter or plates, top with the avocado then the crab mixture and sprinkle with remaining walnuts.

Marinated Australian Sardines Fried in a Crisp Coating

Ingredients (Serves 4 as an entrée)

12 Australian Sardines, butterflied
¼ cup lemon juice
2 cloves garlic, crushed
1 teaspoon grated ginger
¾ cup plain flour
1 teaspoon sweet paprika
Salt and cracked black pepper
2 eggs, lightly beaten with 2 tablespoons of water
1 cup fresh breadcrumbs (see notes)
Vegetable oil, for shallow-frying
1 lemon, quartered
1 punnet cherry tomatoes, halved, to serve

Combine lemon juice, garlic and ginger and use to marinate fish for 20-30 minutes. Then drain fish well and pat dry with paper towel.

Place flour, paprika, salt and pepper in a large freezer bag, add the fish and shake well to coat. Place fish in a colander and shake well to remove excess flour. Dip into egg mixture, then roll in breadcrumbs.

Heat oil in a frying pan and shallow-fry the fish for a minute or 2 each side, until crisp and golden.

Serve with lemon quarters and tomatoes.

Notes: To make fresh breadcrumbs, pulse day-old bread in a food processor until crumbed. It's a great way to use up stale bread and you can keep them in the freezer to use whenever breadcrumbs are required.

Alternative Species: Mullet, Eel, Tailor, Australian Salmon.

Ocean Jackets in Mediterranean Sauce

Ingredients (Serves 4)

4 medium-sized Ocean Jackets, heads and skin off
½ cup extra virgin olive oil
1 small red onion, finely chopped
Salt and cracked black pepper
2 cloves garlic, finely chopped
¼ cup black olives, pitted and chopped
1 tablespoon capers in brine, rinsed, dried and chopped
¼ cup red wine
800g canned tomatoes, diced
½ cup flat-leaf parsley, chopped
Couscous or steamed rice, to serve

Heat olive oil in a large frying pan over medium heat, add the onion, salt and pepper and cook until onion is translucent. Add garlic and cook for a further minute, then add olives and capers, cook for 2 minutes.

Add red wine, bring to the boil and cook until wine is reduced by half. Add tomatoes, reduce heat and simmer for 5-10 minutes until a thick saucy consistency.

Meanwhile, trim the fins and tail off each fish using kitchen scissors and pat dry with paper towel.

Stir most of the parsley through the sauce, reserving some for garnish. Place the fish in the sauce in a single layer and turn to coat well. Reduce heat to low, cover and cook for about 20 minutes, until the flesh flakes easily when tested with a fork.

Sprinkle with remaining parsley and serve with couscous or steamed rice.

Alternative species: Gemfish, Morwong, Snapper, Red Mullet, Rockcod, other Leatherjackets, or any of the Dory species.







Moules Mariniere (Blue Mussels in White Wine)

Ingredients (Serves 4)

2.5kg Blue Mussels, debearded and scrubbed
100g cold butter, diced
4 golden shallots, finely chopped
2 parsley stalks
1 sprig thyme
1 bay leaf
a few white peppercorns
1 cup dry white wine
½ cup finely chopped flat-leaf parsley leaves
Salt and cracked black pepper
Crusty bread, to serve

Melt half the butter in a large frying pan, add the shallots, parsley, thyme and bay and cook until shallots have softened.

Add wine and peppercorns, increase heat and, when boiling, add Mussels and cover. Cook, shaking vigorously for 1 minute, then remove any open Mussels and place in a large warm serving bowl. Continue cooking, removing Mussels as they open.

When all Mussels are open, strain cooking liquid, and return to wiped out pan. Simmer over a low heat and whisk in the butter, piece by piece, to thicken.

Stir in chopped parsley, taste and add salt and pepper if needed (remember the Mussel liquor is salty).

Serve with plenty of crusty bread to soak up the sauce, finger bowls and large serviettes.

Alternative Species: Pipi, Sand Cockle, Surf Clam, Sydney Cockle.

Vietnamese Salad with Eastern School Whiting

Ingredients (Serves 6 as an entrée)

700g Eastern School Whiting fillets, skin off, bones removed, cut into 6cm strips
½ cup plain flour
Salt and cracked black pepper
Peanut oil, for shallow frying
Steamed rice, to serve

Vietnamese Salad

⅓ cup rice vinegar
¼ cup white sugar
2 tablespoons fish sauce
½ teaspoon freshly ground white pepper
1 small red onion, halved and sliced into thin slivers
½ Chinese cabbage, finely shredded
1 large carrot, cut into fine strips
1 stick celery, cut into fine strips
1 bunch green asparagus, chopped into 5cm pieces, blanched (see notes)
⅓ cup roughly chopped peanuts, toasted (see notes)
1 tablespoon finely shredded Vietnamese mint leaves
2 tablespoons shredded mint leaves
1 large onion, thinly chopped
2 tablespoons peanut oil

Start the Vietnamese Salad: Combine rice vinegar, sugar, fish sauce and pepper. Add the onion and leave to marinate. Combine cabbage, carrot, celery, asparagus, peanuts and both mints in a large bowl and set aside.

Place flour, salt and pepper in a large freezer bag, add the fish strips and shake well to coat. Place fish in a colander and shake well to remove excess flour.

Heat a large heavy-based frying pan, BBQ or chargrill over a medium heat, add just enough oil to cover the base of the pan. Add fish pieces in a single layer (you may need to cook in batches), turn gently after 1 minute and cook for a further 30 seconds. Remove and drain on paper towel.

Finish the Vietnamese salad: add peanut oil, onion and their marinade to the vegetable mixture and gently toss to combine.

Place salad on a platter, top with fish and serve with steamed rice.

Notes: If asparagus spears are thick and woody, snap off and discard the bottom section and use a potato peeler to peel the spears; if they are thin, you may only need to cut off the very end and not need to peel them. Blanch asparagus in well-salted boiling water for 30 seconds to 1 minute, then refresh in ice water, or cold running water, to stop the cooking.

Toast peanuts in a dry frying pan for a couple of minutes, tossing gently to prevent them burning, or in a moderate oven (180°C) for 5-10 minutes.

Alternative Species: Flathead, Pink Ling, Snapper, Tarwhine, Threadfin Bream.



THEY'RE CALLED KING PRAWNS FOR A REASON

When it comes to prawns, you can't top these freshly caught Eastern Australian King Prawns.

They're not called King Prawns for nothing. They're the best you can get, they really are. And I should know... I go out fishing for prawns in the pristine waters off Ballina about 170 nights a year to make sure people get 'em as fresh as possible.

At certain times of the year I catch huge ones, just four of them to the kilo. People can't believe their eyes when they see them, let alone how good they taste.

Most people buy their prawns already cooked, but you should try cooking fresh ones yourself on a barbie... they're fantastic. However you buy them, however you cook them, you'll never beat them!

Shane Castle
Commercial Fisherman
Ballina NSW

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Bonito Fillets with Tomato & Cannellini Bean Salad

Ingredients (Serves 4)

- 4 x 180g Bonito fillets
- 1 cup extra virgin olive oil
- $\frac{1}{3}$ cup lemon juice
- $\frac{1}{3}$ cup chopped coriander
- 2 cloves garlic, chopped
- 1 teaspoon ground cumin
- 1 teaspoon sambal oelek (see notes)
- 2 rounds Lebanese bread, quartered

Tomato & Cannellini Bean Salad

- 1 400g can cannellini beans, rinsed and drained
- $\frac{1}{3}$ cup extra virgin olive oil
- 2 tablespoons lemon juice
- 1 tablespoon chopped coriander
- 1 teaspoon ground cumin
- 1 red onion, chopped
- 2 tomatoes, peeled and chopped
- Salt and cracked black pepper

Place fish in a shallow non-metallic dish. Combine olive oil, lemon juice, coriander, garlic, cumin and sambal oelek and pour over the fish. Mix well and leave to marinate for 30 minutes.

Meanwhile, make Tomato & Cannellini Bean Salad: combine salad ingredients and mix well.

Heat BBQ or char-grill plate.

Drain fillets and cook for 3-4 minutes each side, until flesh flakes easily when tested with a fork.

Arrange salad and fish on plate. Serve with Lebanese bread.

Notes: Sambal oelek is an Asian paste of salt and chillies, a quick way to get a chilli kick into any dish, not just Asian ones; substitute with $\frac{1}{4}$ teaspoon dried chilli flakes or 1 small red chilli finely chopped if you prefer.

Alternative Species: Mackerels or Blue-Eye Trevalla, fillets of Trevalla, or steaks of Tuna, Marlin, or Swordfish.

Tiger Flathead Fillets with Pear & Walnut Salad

Ingredients (Serves 4)

4 x 180g Tiger Flathead fillets,
skin off, bones removed
½ cup extra virgin olive oil
2 teaspoons horseradish cream
or freshly grated horseradish
A squeeze lemon juice
2 large pears, sliced, no skin
1 bunch watercress, picked and
washed (see notes)
1 cup bean sprouts, tailed
125g shelled walnuts
Salt and cracked black pepper

Combine horseradish cream, lemon juice and half the olive oil in a large bowl. Add the pears, watercress, bean sprouts, walnuts, salt and pepper and gently toss to combine. Divide the mixture between plates.

Pat the fillets dry on some paper towel. Sprinkle with salt and pepper.

Heat a heavy-based frying pan, BBQ or chargrill over a medium heat, add remaining olive oil and fry fillets, in a single layer, turning once, until they are opaque and flesh flakes easily when tested with a fork.

Arrange the fillets on top of the salad and serve immediately.

Notes: 100g wild or baby rocket, washed and dried, can be substituted for the watercress.

Pears could be lightly pan fried on BBQ before adding to salad.

Alternative Species: Hussar, Morwong, Tarwhine, Whiting.

Barbecued Chilli Cuttlefish with Red Capsicum & Tzatziki

Ingredients (Serves 4 as an entrée)

500g Cuttlefish, cleaned
½ cup extra virgin olive oil
2 cloves garlic, finely sliced
3 small red chillies, seeded and
finely chopped
1½ teaspoons chopped oregano
leaves
2 red capsicums, seeded and cut
into chunks

Tzatziki

1 small Lebanese cucumber
1 clove garlic, crushed
200g Greek-style plain yoghurt
Salt and cracked black pepper

Cut Cuttlefish hoods down one side and open out flat. Score the inside of the flesh with angled cuts, turn hoods around and repeat so that the cuts form a crosshatched pattern. Slice into wide strips.

Combine the olive oil, garlic, chilli, oregano, and capsicum in a bowl. Add Cuttlefish, cover and marinate for at least 30 minutes.

Make the Tzatziki: halve the cucumber, discard the seeds and grate coarsely. Place in a clean tea towel and squeeze to remove any excess moisture. Combine with garlic, yoghurt, salt and pepper. Refrigerate until ready to serve.

Heat a BBQ, frying pan or char-grill plate.

Arrange the capsicum on the grill, skin-side down. Cook until the skin starts to blister, turn, cook for another minute or 2 until it colours, then remove and set aside. Remove the Cuttlefish from the marinade and cook on the grill for 2-5 minutes, turning occasionally, until the skin is brightly coloured.

Arrange capsicum on a serving platter, pile the Cuttlefish on top and serve with Tzatziki on the side.

Alternative Species: Calamari, Octopus or Squids (cut into strips), large green Prawns.



Barbecued Baby Octopus with Cherry Tomato & Sprout Salad

Ingredients (Serves 6 as an entrée)

650g Baby Octopus, cleaned

Spicy Orange Marinade

2 cloves garlic, crushed

2 teaspoons ground cumin

2 teaspoons ground cinnamon

1 teaspoon mild chilli powder

2 teaspoons brown sugar

1 large orange, zested and juiced

Cherry Tomato & Sprout Salad

1 punnet cherry tomatoes, halved

250g bean sprouts, tailed

70g snow pea sprouts

2 ripe avocados, sliced and dipped in lemon juice

¼ cup extra virgin olive oil

Make Spicy Orange Marinade: combine all ingredients and stir until sugar has dissolved.

Cut Baby Octopus into bite size pieces.

Pour marinade over Baby Octopus, cover and refrigerate for 30 minutes.

Heat a BBQ, fry pan or char-grill plate.

Make Cherry Tomato & Sprout Salad: combine all ingredients and toss gently to combine.

Remove Baby Octopus from the marinade and cook over a high heat for 1-2 minutes, turning occasionally, until it turns opaque.

Toss Baby Octopus through salad and serve.

Alternative Species: Gould's Squid, Cuttlefish, Calamari.



Blackened Crimson Snapper with Lime Butter

Ingredients (Serves 4)

4 x 200g Crimson Snapper fillets

½ cup vegetable oil

Green salad, to serve

Cajun Spice Mix

1 tablespoon fennel seeds

1 tablespoon coriander seeds

1 tablespoon cumin seeds

½ tablespoon dried garlic

4 dried chillies, coarsely chopped (see notes)

½ tablespoon salt flakes

½ cup sweet paprika

Lime Butter

1 lime, zested and juiced

125g butter, softened

Salt and cracked black pepper

Make Lime Butter: combine all ingredients well. Roll butter into a cylinder shape, 3-4cm in diameter, in plastic wrap, refrigerate until firm (see notes).

Make Cajun Spice Mix: dry roast all the seeds for a few minutes, until aromatic. Grind to a fine powder in a spice grinder. Add garlic, chillies and salt and grind until fine, then stir in paprika.

Place spice mix on a flat plate. Pat the fish dry with paper towel. Brush both sides with vegetable oil and roll in the spice mixture, ensuring they are evenly coated.

Heat remaining oil in a frying pan, BBQ or char-grill plate over medium heat. Cook the fish for 4-6 minutes each side, until spices begin to blacken and the flesh flakes easily when tested with a fork.

Put fish on plates and place a thin disc of Lime Butter on top of each one. Serve with a green salad.

Notes: Remove seeds from chillies before chopping for a milder flavour. This recipe only uses a small amount of the Lime Butter, the remainder can be frozen and pieces cut off as needed to melt over fish or vegetables. This recipe can also be cooked on a BBQ or char-grill plate.

Alternative Species: Leatherjacket, Morwong, Redfish, or any of the Bream or Dory species.



Teriyaki Silver Warehou Fillets with Sesame & Zucchini

Ingredients (Serves 4)

4 x 180g Silver Warehou fillets,
skin off, bones removed
¼ cup teriyaki sauce
2cm piece ginger, finely grated
1 large clove garlic, crushed
1½ teaspoons white sugar
1½ teaspoons sesame oil
2 teaspoons sesame seeds,
toasted (see notes)
3 zucchinis
1 tablespoon extra virgin olive oil
3 green onions, finely sliced on
the diagonal
Steamed rice, to serve

Combine the teriyaki, ginger, garlic, sugar, sesame oil and sesame seeds in a bowl. Add the fish, cover and marinate for 10-20 minutes.

Trim the ends off the zucchini and quarter lengthways. Heat a non-stick frying pan, BBQ or char-grill plate over a high heat and add the oil. Add the zucchini and cook for about 2 minutes, until they begin to colour. Remove to a warm plate.

Remove fillets from marinade, reserving marinade.

Return the pan, BBQ or char-grill to the heat, add the fillets, and cook for 1-2 minutes, until the edges have turned opaque. Turn the fillets, add the zucchini and the reserved marinade and cook for a further 1-2 minutes, adding a few teaspoons of water if the marinade begins to caramelise.

Arrange the zucchini on plates, top with fillets and garnish with green onion. Serve with steamed rice.

Notes: Toast sesame seeds in a dry frying pan for a couple of minutes, tossing gently to prevent them burning, or under a griller (but watch them closely).

Alternative Species: Blue Warehou, Gemfish, Ling, Luderick, Morwong, Queenfish, Silver Perch, Trevally, Snapper.

Barbecued Blue Mackerel with Tomato, Fennel & Capers

Ingredients (Serves 4)

1 x 800g Blue Mackerel fillet,
skin on (see notes)
2 teaspoons chopped thyme
leaves
2 teaspoons finely grated
lemon zest
Salt and cracked black pepper
½ cup extra virgin olive oil
1 clove garlic, finely chopped
1 golden shallot, finely sliced
1 small red chilli, seeded and
finely chopped
1 tablespoon salted capers,
rinsed and dried
1 bulb baby fennel, diced
3 small tomatoes, peeled,
seeded and diced
2 tablespoons chopped
flat-leaf parsley
½ lemon

Cut the fillet in half lengthways, following the line of bones down the centre, cut away the bones, trim and discard any dark meat.

Cut the pieces in half. Place on a plate, sprinkle with thyme, lemon zest, salt and pepper, drizzle with half the olive oil and turn well to coat, cover and refrigerate until ready to cook.

Heat a BBQ, frying pan or char-grill plate.

Meanwhile, heat remaining olive oil in a heavy-based pan, add garlic, shallot, chilli, salt and pepper, and fry until the shallot is translucent.

Add the capers and fennel and cook until the fennel has softened slightly. Stir in the tomatoes, parsley and a squeeze of lemon juice and remove from the heat.

Place the fillets skin-side down on the BBQ, frying pan or char-grill and cook for 2-4 minutes, until the skin is very crisp, then turn and cook the other side for a further minute or 2, until flesh flakes easily when tested with a fork.

Arrange fillets on plates and spoon sauce over the top.

Alternative Species: Albacore, Atlantic Salmon, Bonito, Marlin, Swordfish, Tuna.





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