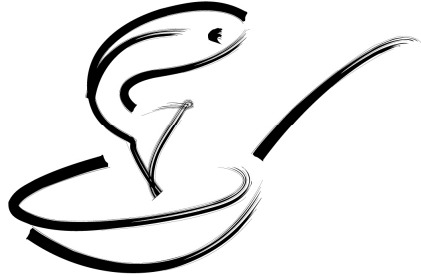


SYDNEY SEAFOOD SCHOOL



sydney fish market

HOW MUCH SEAFOOD TO BUY

SEAFOOD	PER PERSON as a main course unless otherwise specified
Whole Fish	350 – 600g
Fish Fillets or Steaks	150 – 220g
Fish Cutlets	200 – 300g
Smoked Salmon	100g as an entrée
Prawns	300 – 400g
- small	40 – 60 prawns per kg
- medium	30 – 40 prawns per kg
- large	17 – 30 prawns per kg
- extra large	16 or less prawns per kg
Crab – Blue Swimmer	1 x 400g
Crab – Mud	½ x 1kg crab (500g/person)
Balmain/Moreton Bay Bugs	800g (2-4 bugs/person)
Rocklobsters	½ x 1kg (500g/person)
Yabbies or Redclaws	700g (about 10/person)
Marrons	500g (about 2/person)
Oysters	6-12 as an entrée
Blue Mussels	600g (about 18/person)
Octopus, Squid, Cuttlefish	200g per person