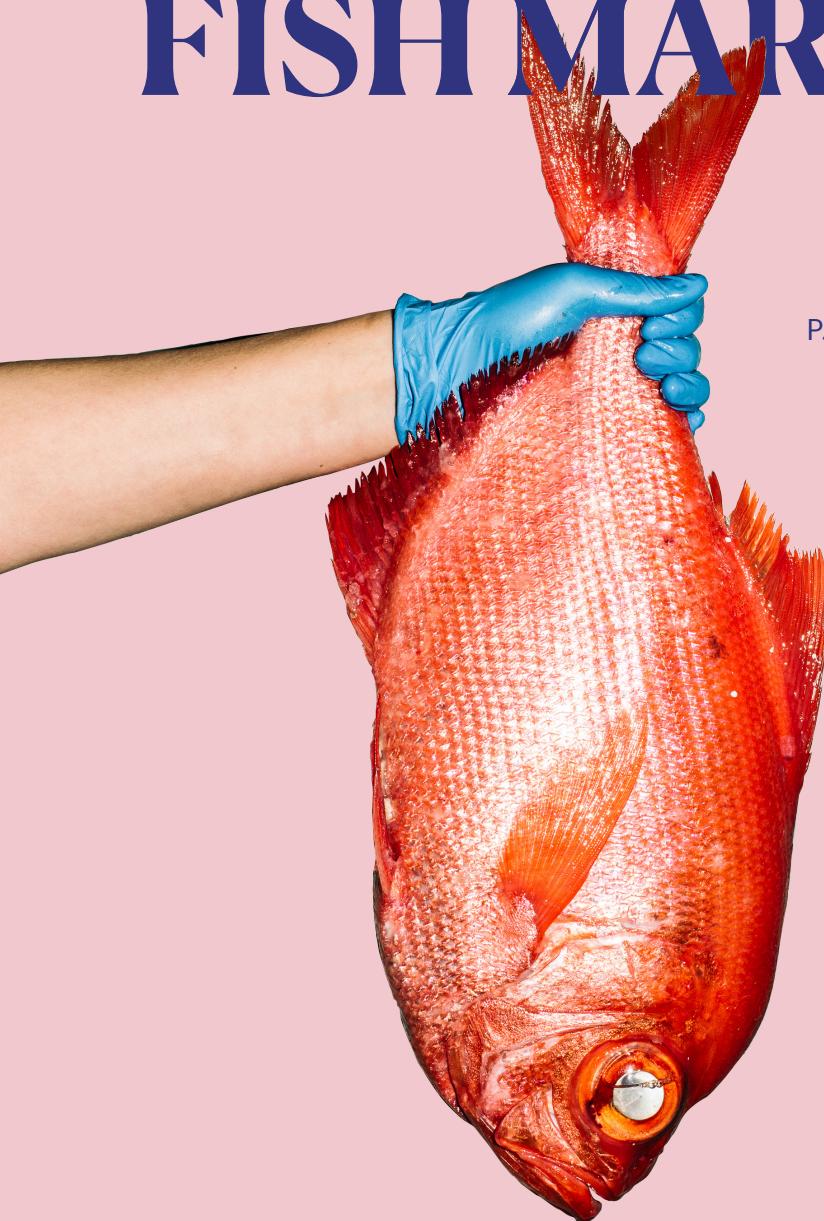


AUTUMN
REVIEW

SEASONAL GUIDE

#001

MORE THAN JUST A FISH MARKET



P.08:

A Seafood Recipe
for Every Day of
the Easter Long
Weekend

SYDNEY
FISH
MARKET

SYDNEY FISH MARKET

MORE THAN JUST A FISH MARKET



Welcome to the very first edition of More Than Just a Fish Market – a seasonal broadsheet designed to keep you up to date on all the latest seafood tips, tricks, recipes, and trends.

We reckon we're the right people to keep you on top of the goss...We are Australia's Home of Seafood after all.

We hope this inspires you to get more seafood on your plate this Autumn.

TOP SEAFOOD SPECIES FOR AUTUMN

Summer may be over, but that doesn't mean you should stop enjoying seafood! In fact, many Australian species come into their prime in Autumn, and paying attention to seasonality is guaranteed to get you the freshest seafood and the best prices.

SFM tour guide Alex Stollznow has pulled together a list of Autumn recommendations for you. Try one of these species over the next couple of months to discover the best seasonal seafood Australia has to offer.

WILD-CAUGHT BARRAMUNDI

While farmed Barramundi is available year-round (thanks to Australia's fantastic aquaculture sector), wild-caught Barramundi peaks in supply between February and May.

Large Barramundi are usually sold as fillets; when purchasing these, look for lustrous, firm, moist white-pinkish flesh without any brown markings or oozing water. Small Barramundi is sold whole; get up close and personal to find one with firm flesh that springs back when touched, and a pleasant fresh sea smell.

Barramundi is great barbecued or baked, wrapped in paper or banana leaves to protect the delicate flesh.

YELLOWFIN BREAM

Autumn is the absolute peak season for Yellowfin Bream – you'll regularly spot them on special in Sydney Fish Market retailers around this time of the year. They are usually sold whole (gilled and gutted), and we reckon whole is the best way to cook them.

Don't be daunted by the idea of cooking a whole fish – it is deceptively simple and infuses it with incredible flavours (not to mention the extra deliciousness imparted by the bones).

SOUTHERN GARFISH

Found in shallow, coastal waters almost everywhere in Australia, the Garfish is one of the few species in Australia that could be said to have lost popularity over time. This is almost certainly due to their preponderance of very fine bones coming off the spine - even though they're so fine that they can be eaten with no discomfort.

We can guarantee, however, that Garfish haven't lost their unique flavour over time, and in fact remain one of Australia's sweetest, finest fish, highly prized by top chefs. John Niland, for example, has been known to crumb butterflied garfish and serve them with a yoghurt tartare and herb salad. You can also try crumbing and frying just one side of the fillet, allowing the natural presentation of the fish as well as a moreish crunch.



BANANA AND ENDEAVOUR PRAWNS

These are two slightly lesser-known prawn species, but those in the know will tell you that they are absolutely delicious when they are in season!

Endeavour prawns have a sweet flavour that is stronger than most other prawns (sometimes with a slight iodine taste); this stronger flavour means they perform beautifully paired with punchier flavours like coriander and black pepper.

Banana prawns have a taste that is closer to your classic Tiger or King, but they are most commonly used in hot dishes, rather than bought cooked and served cold. Their firm flesh holds together well in soups and curries, and they're also stunning threaded on skewers.

MORETON BAY BUG

These delicious crustaceans are available year-round, but because they're usually caught as bycatch in northern prawn fisheries, supply tends to peak alongside these prawns in Autumn. They have a reddish-brown shell, broad flat head with eyes at either edge, a short narrow tail, and 5 pairs of small legs.

Bugs can be cooked on the BBQ in the shell, or removed from the shell and pan-fried, poached, or baked. Chef Joel Bickford from Shell House in Sydney's CBD makes a delicious tomato pasta topped with pan-fried bug meat, and a sea vegetable called Samphire (for an extra hit of ocean-y salt).



3 TIPS FOR CHOOSING THE FRESHEST SEAFOOD THIS EASTER

The upcoming Easter long weekend provides the perfect excuse to get together with family, and seafood is the ultimate family feast, whether you're firing up the BBQ or sitting down to a roast...

Sydney Fish Market is stocked and waiting to supply you with Australia's freshest seafood for the special occasion. We are continuing the tradition of offering extended trading hours on Good Friday, with retailers opening their doors from 5am-5pm on Friday 7th April. Business will continue as usual over the remainder of the long weekend, with retailers open from 7am-4pm daily.

If you're planning on getting some Aussie seafood on the table this Easter, here are some of our top tips for choosing the freshest product.

BUY LOCAL

Australian product is the freshest at the Market, for obvious reasons. But you can take your seafood purchasing skills one step further by asking your fishmonger where in the country a certain species comes from. The closer its catch location is to home, the fresher the product will likely be!

If you're visiting Sydney Fish Market, keep your eyes peeled for products from NSW suppliers, including fishers cooperatives like Newcastle, Nowra, Ulladulla, Bermagui, Wallis Lake, Port Macquarie, and Coffs Harbour.

Some locally-supplied species that will be in great form at Easter time include:

- Octopus (from Coffs Harbour, Macleay, and Bermagui).
- Mud and Blue Swimmer Crabs (from Wallis Lake, Newcastle, Coffs Harbour, Macleay, Ballina, and the Hawkesbury).
- Yellowfin Bream (from the Clarence River and Wallis Lake).
- Grey Mackerel (from Ulladulla, Coffs Harbour, and the Clarence River).

GET UP CLOSE AND PERSONAL

To choose the freshest seafood, you need to use all of your senses. Don't be afraid of getting close to the product to check it out – staff at Sydney Fish Market will happily provide you with a pair of gloves!

Look for shiny, lustrous-looking skin or scales, firm, intact flesh (with no marks or tears), and bright, pink-red gills. Make sure all mussel or pipi shells are closed, or close when gently tapped.

Touch the flesh of fish to ensure it feels firm, and springs back when pressed. Make sure crabs feel heavy for their size.

Listen to make sure there is no sound of sloshing water inside crabs when gently shaken.

Taste the prawns you are thinking of purchasing – the staff will give you one to try! And most importantly, smell

everything you are hoping to purchase. If something's wrong, your nose will tell you!

ASK YOUR FISHMONGER

Fishmongers spend all day, every day working with fresh Australian seafood. They know which species have come in fresh that morning, and what is in season. So, ask them!

The best part about this method of seafood shopping is that you might be recommended something you've never tried before, and lesser-known species are not only more sustainable, but also often the cheapest. Don't worry if you're not a kitchen whiz; your fishmonger can also give you some tips on how to cook your picks!

We hope to see you down at Sydney Fish Market over the Easter long weekend, utilising these freshness tips for your own seafood shopping.

Remember: We offer extended trading hours on Good Friday, with retailers opening their doors from 5am-5pm on Friday 7th April. Business will continue as usual over the remainder of the long weekend, with retailers open from 7am-4pm daily.

DELICIOUS SEAFOOD RECIPES FOR EVERY DAY OF THE EASTER LONG WEEKEND

This Easter long-weekend means we've all got some much-needed time to relax up our sleeves. If you're looking to kick back, spend time with family, and enjoy some delicious food over the next few days, we've got a delicious recipe for every single day of the long weekend ready for you to try.

Pop down to Sydney Fish Market any time over the weekend (perhaps taking advantage of our extended trading hours on Good Friday), pick up some of Australia's freshest seafood, and use your extra leisure time to experiment in the kitchen.

GOOD FRIDAY

Level up your traditional breakfast of Hot Cross Buns with this tasty breakfast:



SALMON SCOTCH EGGS

It wouldn't be Easter without some boiled eggs on the breakfast table. Why not make them a little more interesting by making some old-school Scotch Eggs! Our seafoodie version of this popular UK picnic fare uses salmon mince (which is exceedingly good value) to level up the classic recipe.

INGREDIENTS

24 quail eggs	2 cups fresh breadcrumbs
1 teaspoon caraway seeds, lightly crushed	Vegetable oil, for deep-frying
700g piece Salmon fillet, skin off, bones removed, chopped	Whole-egg mayonnaise, for serving
Salt flakes, to taste	

METHOD

Boil eggs for 2 minutes then refresh in iced water and peel them.

Fry caraway seeds in a dry frying pan for a few minutes until aromatic. Place in food processor with Salmon and salt and blend into a coarse paste. Divide paste into 24 pieces and wrap each piece around a quail egg. Roll in breadcrumbs.

Heat oil in a wok or deep-fryer to 180°C.

Deep-fry eggs, in batches, for 3-4 minutes, until golden. Drain on paper towel, sprinkle with salt and serve with mayonnaise.

It's lunchtime, and the family might already be over and ready to celebrate together. Keep everyone fed and happy with this quick and easy recipe:

SNAPPER TARTARE WITH RUBY GRAPEFRUIT

This is a delicious introduction for people uncertain about eating raw fish, as Snapper has a mild taste and the herbs and citrus provide most of the flavour. It is important to use fresh fish, which is why we recommend making this one early in the weekend, right after you've done your Good Friday shop at Sydney Fish Market.

INGREDIENTS

1 baguette	1 teaspoon finely chopped French tarragon
½ cup extra virgin olive oil	1 teaspoon finely chopped chervil
400g sashimi-grade Snapper fillet, skin off, bones removed	1 teaspoon finely chopped dill
2 golden shallots, finely diced	1 ruby grapefruit, segmented and diced
1 bulb baby fennel, finely diced	Salt flakes and freshly ground black pepper, to taste
1 Lebanese cucumber, seeded and finely chopped	18 sprigs chervil, to garnish
1 tablespoon snipped chives	
1 tablespoon finely chopped flat-leaf parsley	

METHOD

Preheat the oven to 160°C.

Using a serrated knife cut the baguette on the diagonal into thin slices. Brush with a little olive oil, spread in a single layer on a baking tray and bake for 6-8 minutes, until crisp and lightly coloured. Allow to cool on the tray (see notes).

Cut fish into 5mm dice, place in a large bowl, add ¼ cup olive oil, shallots, fennel, cucumber, chives, parsley, tarragon, chervil, dill, grapefruit, salt and pepper and mix gently.

Spoon mixture onto toasted baguette, drizzle with remaining olive oil, sprinkle with salt and top with a chervil sprig.



EASTER SATURDAY

You're going to want to keep it lazy and relaxed on Saturday, as you settle into the weekend. These brunch recipes don't require any cooking at all:

COLD-SMOKED SALMON WITH DILL CRÈME FRAÎCHE

It doesn't get much simpler than this: strips of smoked Salmon and a creamy, herby spread atop crisp crotons. Another easy way to use a packet of cold Smoked Salmon, these classic little nibbles are perfect for snacking on throughout the morning as you relax with a good book.

INGREDIENTS

500g crème fraîche or sour cream	Salt flakes, to taste
2 teaspoon finely chopped dill, plus extra sprigs for garnish	Sourdough baguette, thinly sliced, for serving
500g cold-smoked Salmon, cut into small pieces	
2 teaspoon lemon juice	

METHOD

Preheat oven to 180°C.

Combine crème fraîche, dill, lemon juice and salt.

Place baguette slices on an oven tray and place in the oven for about 15 minutes, until crisp on both sides. Spread crème fraîche mixture on baguette slices and top with a piece of smoked Salmon.

Garnish a platter with dill sprigs, arrange crotons on top and serve.

Toasted baguette slices (crotons) can be stored in an airtight container for 2-3 weeks.



SALADE NIÇOISE

This modern adaptation of the classical southern French salad replaces the more traditional canned Tuna with fresh ... although the original Salade Niçoise didn't contain any seafood, only vegetables. Kipfler or pink fir potatoes are ideal for this recipe.

INGREDIENTS

500g baby kipfler potatoes, skin on	1 punnet heirloom cherry tomatoes, halved
250g green beans, topped and tailed	1/3 cup Ligurian olives, pitted
600g Tuna steaks	1 baby cos lettuce, leaves separated
Salt flakes and freshly ground black pepper, to taste	3 softboiled boiled eggs, peeled and halved
1/2 cup extra virgin olive oil	12 Anchovy fillets, halved lengthways
1 1/2 tablespoons red wine vinegar	Microherbs, to garnish
3/4 teaspoon Dijon mustard	

METHOD

Steam potatoes for 10 minutes, until nearly tender. Add beans and continue steaming for a further 2 minutes.

Remove beans and refresh in a bowl of iced water. Drain and slice in half lengthways and again crossways. (If using baby beans, leave them whole.) Allow potatoes to cool and slice into 8-10mm rounds.

Meanwhile, season Tuna well with salt and pepper. Heat a non-stick frying pan over a medium heat, add a little of the oil and cook Tuna, for 2-3 minutes, depending on thickness, then turn over and continue cooking, for another 1-2 minutes until just seared. (Both sides of the tuna will be cooked and golden but the middle should still be ruby pink.)

In a small bowl, whisk vinegar, mustard, salt, pepper and remaining oil together and set aside.

Place potatoes, beans, tomatoes and olives into a bowl. Add dressing and toss gently to combine.

Cut Tuna into large cubes. Line a large platter or individual plates with torn lettuce leaves. Spoon salad onto the leaves and garnish with Tuna, eggs and anchovies.



EASTER SUNDAY

The traditional roast lamb is always going to be on the table on Easter Sunday, but why not add a point of difference to your lunch or dinner with one of these roasted seafood recipes?

BAKED BUTTERFLIED AUSTRALIAN SARDINES WITH PARMESAN SAGE CRUST

The rich, meaty flavours in this dish make it a great side for roast lamb, as well as a delicious replacement for it when paired with a lemony salad and some crusty bread.

INGREDIENTS

3 tablespoons extra virgin olive oil	3 tablespoons flat-leaf parsley, finely chopped
12 Australian Sardines, butterflied	1/4 cup freshly grated parmesan cheese
Salt flakes and freshly ground black pepper, to taste	1 lemon, zest finely grated
3 cups fresh breadcrumbs	75g unsalted butter, melted
3 cloves garlic, finely chopped	100g wild or baby rocket, washed and dried
4 tablespoons sage, finely chopped	1 lemon, quartered

METHOD

Preheat oven to 180°C.

Line a baking dish with baking paper and lightly brush with olive oil. Place fish in the dish in a single layer, skin-side down. Sprinkle with salt and pepper.

Combine breadcrumbs, garlic, sage, parsley, parmesan, lemon zest, salt and pepper. Stir melted butter through well to form a paste. Spread mixture over the top of the fish and bake for 8-12 minutes, until the crust is golden and the fish flakes easily when tested with a fork.

Toss rocket with remaining olive oil, divide between plates, place 3 fillets on top of each and serve with a lemon wedge.

WHOLE THREADFIN BREAM BAKED WITH OREGANO & CHILLI

Yellowfin Bream is in its peak season over Autumn, making Easter the perfect time to enjoy it as a whole roast. Purchase plate-sized fish so that they fit comfortably in your oven, and you're away!

INGREDIENTS

3 desiree potatoes, peeled and cut into small dice	2 teaspoons chopped oregano
2 lemons	2 small red chillies, seeded and finely chopped
1/2 cup extra virgin olive oil	2 cloves garlic, finely chopped
Salt flakes and freshly ground black pepper, to taste	1/4 cup dry white wine
2 x 400g Threadfin Bream, scaled, gilled and gutted	

METHOD

Preheat the oven to 220°C.

Drain potatoes on a clean tea towel to remove excess moisture.

Finely grate the zest of the lemons and cut the fruit into thin slices.

Heat a heavy baking dish over a high heat, add half the oil, the potatoes and a good pinch of salt and pepper. Cook for 2 minutes then stir and place in the oven and cook for a further 10-15 minutes until crisp and golden.

Wipe the belly cavity of the fish thoroughly with a clean damp cloth to remove any trace of blood. Score both sides of the fish with 3 or 4 angled cuts through to the bone.

Combine lemon zest, oregano, chilli, garlic, 1 teaspoon of salt and a good grind of pepper. Add half the remaining olive oil and spoon this mixture into the slashes on both sides of each fish. Arrange lemon slices inside the belly cavities of both fish.

Preheat another heavy baking dish over a medium heat. Add remaining olive oil and place both fish in the pan. Allow to cook for 2 minutes, then carefully turn fish over, splash on wine and place in the oven. Cook for 6-10 minutes, until flesh flakes easily when tested with a fork.

Place fish on plates, with potatoes on the side, and pour cooking juices over the top.

EASTER MONDAY

It's likely you've got some leftovers kicking around after a weekend of family fun and relaxation. Here are two ways to repurpose them on Easter Monday:

PRawn FRIED RICE

It doesn't get much simpler than this: strips of smoked Salmon and a creamy, herby spread atop crisp croutons. Another easy way to use a packet of cold Smoked Salmon, these classic little nibbles are perfect for snacking on throughout the morning as you relax with a good book.

INGREDIENTS

1/4 cup vegetable oil	1 cup bean sprouts, tailed
2 eggs, lightly beaten	1/2 teaspoon grated ginger
1/2 cup green peas	3 cups day-old cooked long grain rice
1 stalk celery heart, halved and finely sliced on the diagonal	2 tablespoons light soy sauce
1 carrot, diced	1 tablespoon Shaoxing
300g green prawns, peeled, deveined, chopped	1 x 100g piece cooked ham, finely diced
2 green onions, finely chopped	2 teaspoons sesame oil

METHOD

Heat a little oil in a wok, add egg and swirl to spread it into a thin layer. Cook, without turning, until just set, then remove from the wok and slice into thin strips.

Heat remaining oil, add peas, celery and carrot and cook for 2 minutes, then add prawn, green onion, sprouts and ginger and cook for a further 2-3 minutes until prawn is just opaque.

Stir in rice, soy sauce and Shaoxing and toss to combine well and heat through. Stir through omelette, ham and sesame oil and serve.

TUNA TARTARE

This simple recipe is a great way to use up the off-cuts of sashimi.

INGREDIENTS

1/2 teaspoon wasabi paste	2 teaspoons sesame seeds, toasted
1 tablespoon soy sauce	1/2 avocado, diced
1 teaspoon finely grated ginger	2 green onions, finely sliced
1 tablespoon mirin	2 radishes, finely sliced
2 teaspoons yuzu juice or lime juice	Toasted baguette slices, to serve
1/2 teaspoon sesame oil	Micro herbs, to serve
250g sashimi-grade tuna, cut into 1-1.5cm cubes	

METHOD

Combine the wasabi, soy sauce, ginger, mirin, yuzu, sesame oil and olive oil in a bowl. Add the tuna, sesame seeds, avocado and spring onion to the dressing, and stir to combine.

Serve with toasted baguette slices, and garnish with finely sliced radish and micro herbs.



KIDS CORNER

Draw your favourite seafood species in the space, share it on Instagram, and tag us @sydneyseafoodscool to win a \$100 Sydney Fish Market gift voucher!



FUN FACT

Did you know that we only know of one warm-blooded fish in the ocean?

It's called the Opah or Moonfish!

DINE IN

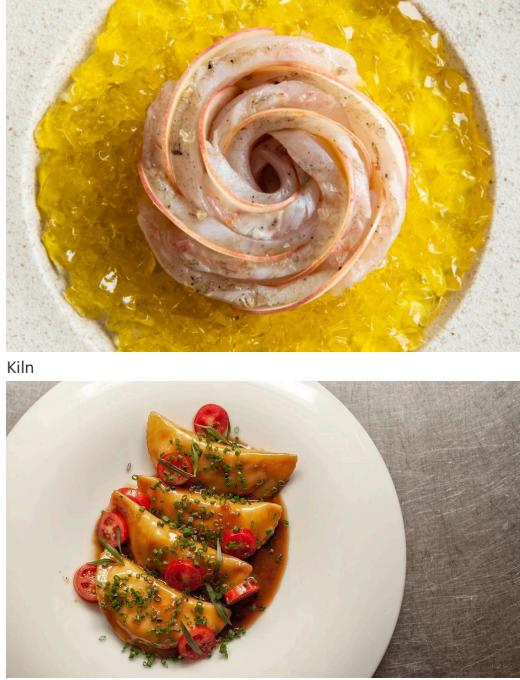


The Boatshed





Gildas



Kiln



Moxhe

SEAFOOD TRENDS TO WATCH IN 2023

One of the best ways to stay updated on food trends is to watch what hits the menus of top restaurants.

Today, we asked Sydney Seafood School for their expertise, so that we can give you a window into what's hot on restaurant menus in Sydney right now.

Read on to be inspired and learn how to recreate the restaurant experience at home.

ALFONSINO AT KILN

Led by Mitch Orr, this new restaurant at the Ace Hotel has taken the Sydney scene by storm since its opening late last year.

Mitch features a huge range of delicious local seafood species on his menu, but perhaps the most notable is his use of Alfonsino (in a crudo, served with peach and tomato jelly). This deep-sea fish was historically lesser-known, but it's started appearing more and more on restaurant tables... Fish king Josh Niland has even started dry-ageing it!

The Alfonsino uses its large mouth to take advantage of a huge variety of prey, including prawns, crabs, squid, and small fish; this diverse diet makes for a wonderfully neutral flesh that lends itself to a variety of cuisines. Excellent raw, baked, grilled, steamed, or fried, there isn't much this fish can't do.

MURRAY COD AT SHELL HOUSE

Shell House took home a bunch of accolades in the 2022 Good Food Awards, and for good reason. Culinary Director Joel Bickford has hosted a fantastic class at Sydney Seafood School in the past, so we can confirm that he knows his seafood stuff.

One of the species Shell House is leading the charge on is Murray Cod. As a fish solely harvested through aquaculture, it's an exceedingly sustainable choice that is always in strong supply. On top of that, it's absolutely delicious.

We love Murray Cod because it's so versatile: when a recipe calls for a firm white fish, it is generally a great pick. It can be pan-seared, baked, battered, steamed, and grilled. The world is your oyster!

SCHOOL PRAWNS AT GILDAS

If you're a foodie, you've certainly heard of Lennox Hastie. His Surry Hills wine bar Gildas has been working more and more seafood into its offerings, from Squid and Pipis to Spanner Crab and Skate.

Our pick from the Gildas menu for you to start using at home is the School Prawn. Deliciously sweet, these prawns are rarely bigger than a pinky finger, and as such are very affordable.

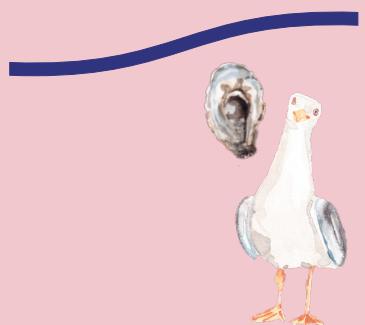
While you can buy them cooked and peel them and eat them at the table, this can be fiddly. Instead, make like Lennox and deep-fry them whole. We've even got a recipe for you.

SEASONAL SHOPPING AT MOXHE

Moxhe was the winner of Best Seafood Restaurant in Sydney Fish Market's 2022 Seafood Excellence Awards, so it's safe to say Chef David Coumont has got the tick of approval.

The amazing thing about Moxhe is that their menu changes every day, depending on what David finds and loves at the Market that morning.

In that sense, to channel Moxhe at home, the best thing you can do is come in and have a chat to a fishmonger! Ask what's fresh and in season, and start your meal from there. You can't go wrong.



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