

AUTUMN
REVIEW

#005

SEASONAL GUIDE

MORE THAN A FISH MARKET

P.08

Tasty and
Affordable
Species Swaps
for Easter

P.16:

Sydney Seafood
School Reveals
Autumn Series



SYDNEY
FISH
MARKET



All aboard: you're holding the key to unlocking the best of the current season.

This seasonal guide is 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 informed... We are Australia's Home of Seafood after all.

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

MORE THAN A FISH MARKET

OUR TOP SEAFOOD PICKS FOR AUTUMN



MORETON BAY BUG

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 not only the freshest produce, but also the best prices.

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).

Want to learn more about cooking with seasonal seafood? Book into a Sydney Seafood School class to learn from the experts!



Above: Sushi Tacos

Sushi Tacos

Fish Market Cafe's famous Sushi Donuts have been the talk of the town for years, but many people don't know that they also have these showstopping Sushi Tacos on the menu. Many locals even prefer them to the famous Sushi Donuts!

The freshest sashimi, micro herbs, and sushi rice are cradled in a crunchy nori casing, perfect for chomping down on while you sit in the sunshine.

Octopus Skewers

If you've only ever had chewy, rubbery calamari from the local pub, our retailers' Octopus Skewers (available at most hot food spots at SFM) will blow your mind.

Painted with a delicious teriyaki marinade and grilled on high heat, these skewers are such a satisfying mix of crunchy tentacles and soft flesh.

Lobster Rolls

Want to know the best place to get a quality Lobster Roll in Sydney?



10 TASTY TREATS TO TRY AT SFM THIS EASTER

Having some extra time up your sleeve over the Easter long weekend is the perfect excuse for a trip to Sydney Fish Market. Easter is a family-friendly event at the Market, with thousands of Sydneysiders coming down to enjoy the cooling weather and stock up on seafood for their Easter celebrations.

We even extend our trading hours on Good Friday for your convenience: our retailers' doors will be open from 5am-5pm on the special day.

If you're planning on popping in, we've got some delicious recommendations from our retailers for you to try. Sit down and join us for a snack while you're grabbing your Easter prawns!

Left: Lobster Roll, Right: Brunch at The Boatshed Pyrmont



Above: Poke Bowls, Right Top: Wagyu Kimchi Toastie, Right Bottom: Tarts

Look no further than the Aburi Bar at Peters Sydney Fish Market. Situated in the centre of the main arcade, this little stall is responsible for blowtorching to perfection any number of cheesy, crispy delicacies.

While the Aburi Scallops are probably their most famous dish (and are super delicious in their own right), their Lobster Rolls are also an absolute winner. Think fresh Lobster on a brioche bun, topped with golden, caramelised cheese, a drizzle of special sauce, and a sprinkle of zingy fish roe. Too good!

Tart of the Day

Our on-site bakery, Gregory's Bread, rotates through a huge range of sweet treats each day. From their Caramel and Cheese Tart to their White Chocolate and Sour Creme Brule, there is something to cure everyone's sweet tooth in this window.

A bonus? You can pick up your freshly baked bread for the week at the same time!



Brunch at The Boatshed Pyrmont

Popping in early? Take a load off at The Boatshed Pyrmont restaurant and tuck into one of their delicious breakfast and brunch options. We're partial to their deliciously umami XO Prawn Scramble and decadent Lobster Eggs Benedict, but if you're not a fan of seafood so early in the day, they've also got all the classics: sourdough toast, a bacon and egg roll, and eggs your way.

Salt and Pepper Squid

Ask one of the friendly fishmongers at Peters, Nicholas, or Christie's to help you select a glistening, fresh, Australian squid, then ask for it to be deep fried, Chinese salt and pepper style.

The result? Piping hot, crunchy morsels of squid that we have been told are superior to even the famed Tetsuya's. The servings here are huge, so make sure you've got the family gathered around to share it!

Wagyu Kimchi Toastie

Blackwattle Deli is famous for its incredible selection of artisanal deli products, from French cheeses to American hot-sauce to truffle butter, but they also have one of the best cafes in the market!

Their toasties are all to die for, but if you want something really unique, you have to try their Wagyu Kimchi Toastie. Rich and flavoursome, with just the right amount of spicy bite, this dish will keep you fuelled up for your seafood shopping adventures.

They also make a fantastic coffee!

Oyster Bento

Sydney Fish Market boasts a mind-blowing variety of oysters, but one of the best ways to enjoy these as a mid-shop snack is in an Oyster Bento! Six oysters, served with three different delicious dressings, in a handy little tray perfect for carrying around with you as you shop.

Our favourite style is seaweed salad and fish roe, but you can also get spicy tabasco and ginger-soy varieties.

Wagyu Brisket Burger

All seafood-ed out? Head over to Vic's Meat Market to find a real carnivore's cavern of delights! They've got every kind of quality meat you would ever think of throwing on your BBQ (as well as a few kinds you've never heard of!), as well as an on-site Smokehouse. Our pick from their Smokehouse menu is the Wagyu Brisket Burger,



featuring 10-hour smoked Wagyu Brisket, house made tangy slaw, and house made BBQ sauce. So satisfying!

Poke Bowl

If all the fried, grilled, and blowtorched options at our retailers aren't up your alley, a great lighter, fresher option are the Poke Bowls. Available at the sushi bars of most retailers, these convenient snacks are not only filling, but super healthy.

Choose from salmon, kingfish, or tuna sashimi, and you'll receive a bowl of the highest quality fish, sushi rice, fish roe, and veggies to perfectly satisfy your snackiness.

TASTY AND AFFORDABLE SPECIES SWAPS FOR EASTER



Blue Mackerel

for

Murray Cod

Blue Mackerel is a truly delicious (and visually beautiful) fish, but if you can't find it, a great readily available alternative is Murray Cod.

This species is solely farmed in the commercial arena (to prevent the overfishing of wild populations), which means it is almost always in strong supply, and is guaranteed to be responsibly sourced. It has a slightly more medium flavour and oiliness in comparison to Blue Mackerel, but is just as tasty, and suits many of the same cooking methods.

John Dory

for

Red or Mirror Dory

The upcoming Easter season is the perfect opportunity to give back and support local seafood suppliers, who work tirelessly to provide us all with Australia's freshest seafood, every day.

Our auction data from previous years suggests that a number of crowd-favourite species will be in strong supply this Easter (prawns, we're looking at you!)... But on any given day you can find over 100 seafood species at Sydney Fish Market, so we want to encourage you to be adventurous with your species choices over the long weekend.

Here are a few tasty and affordable species swaps to try this Easter, if you're keen to switch it up.

Did you know that Australia has around a dozen species of Dory? While – thanks to the influence of French cuisine – John Dory is the most popular and well-known, this means that there are so many other options to choose from!

Red and Mirror Dories are more affordable species in the same family that have a similarly mild flavour, and are perfect for steaming, poaching, deep-frying, pan-frying, baking, grilling, and barbecuing.



Tuna

for

Bonito

Tuna is a particularly popular species, but – for good reason – it can land on the pricier side. If you'd like to try something different, and save a buck, we recommend Bonito!

Bonito is in very strong form and supply at the moment, and is actually a family member of the Tuna, making it the perfect swap! Bonito is usually sold whole, though fishmongers will fillet it upon request, and it is also sometimes available as sashimi. Another bonus? They have very few bones to worry about!



Garfish

for

Eastern School Whiting

While Garfish is absolutely delicious, and in season right now, its popularity with the restaurant sector can result in its price being pushed up. Garfish is often cooked whole due to it being too small to fillet, making Eastern School Whiting (a similarly small fish), a great substitute!

Whiting comes into its best form as the weather gets colder, due to it putting on fat to keep warm. While Eastern School Whiting can be filleted, we implore you to try it whole! Deep-frying is the absolute best method, in our opinion... Then just pick them up and eat them like chicken wings.

Vongole

for

Mussels

In the bivalve arena, going for farmed species is a great way to ensure that your cooking plans aren't derailed by supply fluctuations. Vongole are harvested from tidal flats and estuary mouths, and as filter feeders, they can sometimes be impacted by adverse weather conditions due to increased sediment flow.

Blue Mussels are a fantastic alternative as they are solely an aquaculture species, meaning that their environment is kept much more stable, and they aren't susceptible to such weather events.

You can pretty much use Mussels in any recipe that you would originally use Vongole in, and know that the dish will turn out fantastically!

5 HEARTY AUTUMNAL SEAFOOD RECIPES

Seafood isn't usually connected with the autumn season – Australians most often associate it with sunny summer days by the beach – but there are so many delicious ways to use seafood in autumn cooking.

Despite popular belief, seafood is often cheaper than red meat if you choose the right species, and it provides a huge host of health benefits that we can all use at the change of the season!

Here are five of Sydney Seafood School's favourite autumnal seafood recipes to inspire you this season.



ROASTED ALFONSINO WITH CHERRY TOMATOES AND HERBS

SERVES 6

1 x 1.5-2 kg Alfonsino, cleaned
 2/3 cup extra virgin olive oil
 1 lemon cut into thick slices
 1 bunch parsley, ½ bunch left on the stalk and leaves picked from the other half
 6 sprigs of fresh oregano, plus extra leaves, picked, for garnish
 Salt flakes and freshly ground black pepper, to taste
 500g cherry truss tomatoes, left whole on stems (allow one stem of 6-7 tomatoes per person)
 Lemon cheeks, to serve

1. Place a large baking tray in the oven and preheat to 220°C (fan forced).
2. 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. Put lemon slices, parsley and oregano sprigs into the belly cavity. Season well with salt and pepper.
3. Once the oven has come up to temperature, remove the baking tray and drizzle with half of the olive oil. Quickly place the fish on the tray. Drizzle the top of the fish with remaining oil and put the tray in the oven.
4. Cook fish for 10 minutes, then add the cherry truss tomatoes to the same roasting pan.
5. Continue cooking for a further 10-15 minutes, depending on the size of the fish, until the thickest part of the fish is opaque and flakes easily when tested with a fork.
6. Serve fish on a large platter surrounded by tomatoes, scattered with fresh herbs and served with lemon cheeks on the side. Serve with roasted whole kipfler potatoes if desired.



1

This recipe is a fantastic way to start cooking whole fish at home – it's a true one-tray, set-and-forget wonder.

SNAPPER FILLET WITH LEMON AND CAPERS

SERVES 4

4 x 450g snapper, gilled and gutted
3 tablespoons extra virgin olive oil
2 lemons, cut into cheeks,
remaining lemon juiced
50g salted butter
½ cup chopped flat leaf parsley
2 tablespoons small salted capers,
rinsed and dried
2 tablespoons dry white wine
Salt flakes and freshly ground black
pepper

1. Pat fillets dry with paper towel. Heat olive oil and butter in a large frying pan over medium-high heat until butter is foaming.
2. Add fish, skin side down in a single layer (if pan isn't large enough you may need to cook in 2 pans, using half the ingredients for each batch or cook in 2 batches, keeping the first batch warm in a low oven while the second batch is cooking).
3. Cook for 3-5 minutes depending on thickness of fillets, until skin is crisp and flesh starts to turn white.
4. Turn fillets, then scatter parsley and capers into the pan, and add the wine and lemon juice.
5. Give the pan a shake to combine all ingredients and cook, over medium-high heat, for another 1-2 minutes, until fish is just cooked through.
6. Place fish on a platter, or individual serving plates, and pour capers, and cooking liquid over the top. Serve with a lemon cheek on the side.



2

3

This recipe is by chef Tom Walton, a regular Sydney Seafood School guest chef, from his book *More Fish, More Veg*. Leatherjacket is an affordable and sustainable seafood choice; be aware that they are normally sold as trunks (without their heads).



ROAST LEATHERJACKETS WITH LEBANESE SPICES

SERVES 4

3 x 400-500g leatherjackets
Sea salt flakes and ground black
pepper
1/3 cup pine nuts, toasted
1 cup flat-leaf parsley leaves
½ small red onion, thinly sliced
Flat bread or steamed rice, to serve

MARINADE
¼ cup (60ml) olive oil
Juice of 1 lemon, plus ½ lemon extra
sliced
2 tablespoons honey
1 teaspoon sweet smoked paprika,
plus extra to serve
2 tablespoons za'atar, plus extra to
serve
2 teaspoons sumac
1 teaspoon ground cinnamon
½ teaspoon mixed spice
4 cloves garlic, roughly chopped

1. Make three shallow cuts down both sides of each fish. Place in a wide shallow bowl or a deep baking dish and season generously with salt and pepper.

2. In a small bowl combine the marinade ingredients, then pour over each fish and into the cavities, making sure the fish is very well coated. Marinate for 20-30 minutes.
3. Preheat the oven to 220 C.
4. Place the fish and all the marinade in a large baking tray lined with baking paper and roast for 15-20 minutes, then allow it to rest for 2-3 minutes.
5. Sprinkle a little extra paprika and za'atar over the fish. Combine the pine nuts, parsley and red onion and scatter over the top. Serve with flatbread or steamed rice.

SEAFOOD AND VEGETABLE TEMPURA

SERVES 6

6 green prawns, peeled and deveined, tails intact
125g firm white fish, skin off
1 red onion, peeled and sliced into thick rings

6 green beans, trimmed
6 slices sweet potato (scrubbed but unpeeled)

Vegetable oil, for deep-frying
Plain flour, for dusting

TEMPURA DIPPING SAUCE

½ cup mirin
½ cup light soy sauce

1 teaspoon grated fresh ginger
1 teaspoon sugar

2 teaspoons lemon juice
1 tablespoon water

TEMPURA BATTER

1 cold egg yolk, lightly beaten
1 cup cold soda water

½ cup plain flour
½ cup cornflour

1. Make three shallow cuts on underside of each prawn, to prevent curling. Cut the fish into about 6 pieces, each about 10-12 cm long and 2 cm wide.

2. Make Tempura Dipping Sauce: mix all ingredients together in a small

bowl and whisk until the sugar has dissolved.

3. Make Tempura Batter: beat egg and water together, stir in plain and corn flours until just combined – it should still be a bit lumpy.

4. Heat oil to 180°C, if you don't have a thermometer, test by dropping in a small amount of batter, if it drops just below the surface of the oil, then bounces back to the surface, it's ready.

5. Working in batches, and skimming oil between batches to remove any batter, dust sweet potato lightly in flour, shaking off excess. Dip in batter, drain off excess, lower into oil, deep-fry for about 2½-3 minutes, until lightly golden, then drain well on paper towel.

6. Repeat with onion and beans, frying for about 1½ minutes, then prawns and fish, frying for about 1 minute.

7. Arrange on a platter and serve immediately with individual bowls of dipping sauce.

4

Almost any seafood or vegetables can be served as tempura. Only fry small amounts at a time, allowing the oil to come back to temperature before adding the next batch – and serve the tempura as soon as it's cooked.

5

This dish has featured in Sydney Seafood School's Italian Seafood Feast class for a couple of years now, and all of their guests agree that the best part of enjoying it is mopping up the garlicky olive-oil with some crusty bread.

Hungry yet?

CALAMARI, ALIO E ROSMARINO SQUID WITH GARLIC & ROSEMARY

SERVES 4

4 x 450g snapper, gilled and gutted
3 tablespoons extra virgin olive oil
2 lemons, cut into cheeks, remaining lemon juiced
50g salted butter

½ cup chopped flat leaf parsley
2 tablespoons small salted capers, rinsed and dried

2 tablespoons dry white wine
Salt flakes and freshly ground black pepper

1. Preheat oven to 200°C.

2. Slice squid hood into thick strips and quarter tentacles.

3. Place oil into a small cast iron, terracotta or other ovenproof dish, add garlic, rosemary and salt.

4. Arrange squid in dish, pressing down gently so that it's all submerged in the oil.

5. Place in oven for 10-12 minutes, until squid is just tender.

6. Remove from oven and place on a heatproof board.

7. Serve immediately with crusty bread to soak up all the garlic-flavoured oil.

SYDNEY SEAFOOD SCHOOL REVEALS AUTUMN SERIES

This season at Sydney's premier seafood cooking school, expect vibrant recipes featuring the best seasonal species and produce available, along with many talented guest chefs.

From indigenous ingredients, to nutritious autumnal salads, to how to fillet a fish, we have something for everyone. 2024 is the year to unleash your culinary potential!

Check out the highlights here...

FILLET-A-FISH

This class lives up to its name... In not much more than an hour, we'll teach you everything you need to know about filleting a fish: what tools you need, what kind of fish to buy, how differently-shaped fish need different treatments, and a host of essential filleting techniques.

Once we've shown you the ropes, we'll set you loose (with helpers, of course) to do it yourself!

You'll be testing your skills on the freshest daily market catch, which you'll then get to take home, together with plenty of recipe inspiration for how to cook your fillets to perfection.

Classes on:
Wednesday 1st May

FIRST NATIONS SEAFOOD WITH WARNDU

At Sydney Seafood School, we're proud to showcase some of Australia's most amazing Indigenous food talent - from chefs to producers to educators - in our First Nations Seafood series.

In autumn's class, we're delighted to welcome Warndu founders Damien Coulthard and Rebecca Sullivan. Damien is an Adnyamathanha and Dieri person of the Flinders Ranges, an international artist, cultural educator and high school teacher; Rebecca is a food educator, regenerative farmer, Yale World Fellow, food writer and TV presenter. Together they are the authors of Warndu Mai (Hachette) and First Nations Food Companion (Murdoch Books).

Inspired by these books, this hands-on masterclass will take a deep dive into native ingredients and how to incorporate these distinctive plants, nuts, seeds and proteins into dishes that are local and seasonal in the truest sense of these words.

Classes on:
Saturday 9th March

XO MUD CRAB

You've heard about Singapore Chilli Mud Crab, haven't you? It's our most popular class, for so many reasons, one of which being that our guests love the unique experience of handling a live Mud Crab.

So, we've upped the ante in the crustacean stakes this season with a brand new Mud Crab experience.

Named after luxurious XO Cognac, XO sauce first appeared in the early 1980s in high end Hong Kong restaurants and is often served with pipis. In this class, we're going to demystify XO as well as create a Mud Crab dish that will have your dinner guests swooning.

Classes on:
Saturday 9th March
Saturday 11th May

GUEST CHEF MASTERCLASSES



TOM WALTON

Tom Walton returns! For this, his third masterclass, our favourite mogul of nutrition is bringing a healthy and delicious autumn menu to Sydney Seafood School.

His approach to food is minimum fuss and maximum flavour... As well as using only the freshest ingredients. Tom will teach you that eating healthy is simply a matter of choosing the perfect ingredients and treating them right.

Thursday 21st March

SIMON SANDALL

Join Boronia Kitchen's Simon Sandall for a masterclass in seasonal cooking. Simon will be bringing his passion for Australia's best product, recipes from his new book 'The Cookbook', and a whole lot of fun to this hands-on class.

Simon is passionate about fresh produce and developing dishes for the new seasons. He is still deciding which of his delicious creations to share with you in this masterclass. Stay tuned!

Thursday 4th April

ALEX ELLIOT-HOWERY

Earlier this year we welcomed the fantastic Alex Elliot-Howery from Cornersmith into SSS to teach us how to make the perfect passata. This time, she's created a stunning menu of salads to share with you, using the best seasonal autumn produce.

Alex will teach you how to create her go-to cauliflower salad, as well as the tastiest carrot salad you'll ever try. You'll learn that the best salads are simple and showcase seasonal produce.

Saturday 13th April



EXPLORE
THE FULL
SCHEDULE
HERE

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 29th March. 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.

1. 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).

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!

2. GET UP CLOSE AND PERSONAL

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!

3. ASK THE 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.

A lot of marine species live a fairly sedate life. Herbivores can hide in the kelp, picking away, and filter feeders can chew through the sand as long as they like. But then there are the species that are full-time hunters. Developing specialised characteristics for their environments, they know how to stalk, ambush, chase, cut, and crush their way to a meal.

The good news for us is that many of them are also delicious! Here are five seafood predators to add to your plate next time you want to try a new fish.

1) GREY MACKEREL

This is our pick as the next of the tropical Mackerel family to make a name for themselves. This species lives in the warmer waters of northern Australia with four distinct populations spanning territory from Western Australia to northern New South Wales, with the bulk caught via line, trawl and netting in Queensland and the Northern Territory.

As indicated by their narrow mouth with sharp, fine teeth, this fish predominantly feeds on baitfish. This imparts a rich oiliness to the thick fillets, which allows a greater variety of cooking methods. Try marinating cutlets and grilling directly on your barbeque, or large pieces in a vibrant curry.

2) LONGFIN EEL

Born in tropical waters off the coast of New Caledonia, the first thing this species must do is manage to navigate thousands of kilometres, all the way back to freshwater streams, rivers,

and dams on the east coast of Australia. They then spend a few years maturing, enjoying a diet befitting of their status as apex predators - crustaceans, fish, molluscs, insects and even juvenile birds. Male Longfin Eel are capable of reaching lengths of over 1.7m and weights of over 22kg, with females smaller. But no matter what the size or gender, Longfin Eels possess one of the richest, most complex meats in seafood.

Though there are many ways to enjoy Eels, the best methods are ones that work with this richness, such as barbequing or hot-smoking. For something

5 SEAFOOD PREDATORS (That Also Taste Great!)

outrageously good, take boned fillets and just puncture the skin, with a pin or scalpel, and perforate it as much as you can bear. Take skewers and insert them perpendicularly through the fillet. Brush on a teriyaki marinade and grill over coals. Turn and baste, turn and baste, turn and baste - keep going until the fat under the skin renders and begins to bubble through. You will notice the skin frying in its own fat and dripping over the flesh side. Keep turning and basting for around twenty minutes - you won't dry it out. Serve with a punchy salad.

3) WAHOO

Wahoo are a bit of an outlier. They are one of the world's true international fish, with scientists being unable to genetically

differentiate between regional stocks. This is due in large part to how fast and far they swim. Wahoo are a schooling predator that can reach burst speeds of over 100km/h and can travel hundreds of kilometres in a day, feeding on small pelagic fish as they go. They are also known as one of the fastest growing species in the sea, reaching 15kg in their first year of life and growing up to 4mm every day! On top of all that, if handled properly, they also taste fantastic.

Fortunately, most Wahoo are line caught and as a result are dispatched and processed immediately upon capture, allowing for the best possible presentation of this remarkable fish. To cook it, treat it like Spanish Mackerel with a little more flavour. It's excellent as a bone-in cutlet (bone in = better) and barbequed.

The cutlets are also excellent baked. Place a layer of cutlets in an oven tray, scatter a few wedges of lemon, cloves of garlic and some oregano then drizzle with olive oil and white wine. Bake for 10-15 minutes, remove the fish and please, please, please... pour off the remaining liquid and reduce it until it forms a rich gravy. YUM!

4) KNIFEJAW

Found offshore in waters 50-400 metres deep, the Knifejaw sports one of the strangest mouths in Australian seafood. Their teeth have fused into a beak, which they use to crush the shells of crustaceans. As crustaceans make up the majority of their diet, the flesh of the Knifejaw is uncommonly sweet with a firm texture and rich flavour. This fish is usually encountered as a trawl

and trap bycatch in low numbers so you may have to hunt around to find one but when you do, buy it!

5) KING DORY

One of the deepest-dwelling members of the highly vaunted Dory family, the King Dory also possesses one of the most protrusible mouths in seafood, capable of extending nearly a third of its own length and

drawing in litres of water, along with whatever prey it was targeting. Usually sold filleted, in summer the flesh is very similar to John Dory - opaque white when cooked, slender, and lean.

In winter, King Dory develops squiggly veins of fat between the fillet and the bones that melt away when they hit a hot pan. Because of this, King Dory is a fish to get especially excited about during the coldest months

of the year. A good method to cook this fish is pan fried, flesh side down first, letting the fat render before flipping and finishing on the skin. You won't need to add any butter or oil as the fat in the fillet is more than enough to get the job done. Another ideal method is to roast a tray of winter vegetables, and with a few minutes left, place the fillets on top of the tray. They won't take long to cook and pair well with a variety of flavours.

KIDS CORNER

WORD SEARCH

Dive into our seafood-themed word search. Can you find all the words?

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| O | N | M | I | U | M | O | I | B | P | L | O | I | U |
| C | S | B | S | S | E | A | Y | O | Y | G | H | P | I |
| T | A | G | A | W | T | S | C | S | P | A | C | T | U |
| O | L | L | C | R | A | B | Q | K | T | R | O | E | R |
| P | M | A | B | E | R | L | R | U | E | E | A | Y | B |
| U | O | P | A | R | N | A | F | I | I | R | R | W | O |
| S | N | E | D | N | L | C | M | O | E | D | E | F | N |
| M | S | A | R | D | I | N | E | U | N | D | T | L | I |
| D | L | E | L | O | G | N | O | V | N | S | L | O | T |
| O | K | N | G | A | R | F | I | S | H | D | I | I | O |
| R | H | R | H | S | I | F | G | N | I | K | I | N | R |
| Y | S | C | A | M | P | I | S | E | M | H | O | E | O |
| E | N | B | R | E | A | M | H | K | S | S | N | U | C |
| Y | U | R | C | H | I | N | R | L | E | S | S | U | M |



- OYSTER
- KINGFISH
- SQUID
- SARDINE
- VONGOLE
- CRAB
- DORY
- OCTOPUS
- PRAWN
- SCAMPI
- ALFONSINO
- BREAM
- GARFISH
- URCHIN
- BARRAMUNDI
- MUSSEL
- SALMON
- MACKREL
- BONITO

WHAT DOES YOUR SFM ORDER SAY ABOUT YOU?

There are so many tempting options to choose from at Sydney Fish Market that you could try something new every day of the year... But let's be real: if you're a regular visitor, you have a favourite dish that you reach for on every single visit.

We thought we'd have a little fun and tell you what your go-to SFM order says about you! Consider this your seafoodie horoscope.

Psst... First time visiting? Don't feel left out! Keep reading for some ordering inspiration.

• FISH AND CHIPS •

You're a traditionalist. Whether you favour INXS, The Rolling Stones, or The Beatles, you think a lot of things were better back in the day. That doesn't mean you don't move with the times, though: you just know that the classics never go out of fashion.

• SASHIMI AND OYSTERS •

You think the simple things in life are usually the best – and you're right. Like the clean and delicate taste of raw seafood, you find beauty in life's subtleties and seek out experiences that are genuine and authentic.

• LOBSTER NOODLES •

You're not afraid to turn up the heat, both in your food choices and in your day-to-day experiences. You thrive on the thrill of the unexpected, seeking excitement and pleasure in every bite and every moment. Your order is a testament to your bold and adventurous spirit.

• SALT AND PEPPER SQUID •

You're all about balance. You appreciate a perfect blend of crispy and tender, and you apply this same principle to your life. You're someone who values harmony, but also doesn't shy away from a challenge. Just like the contrasting textures of deep-fried squid, you believe that the mix of highs and lows is what makes life interesting.

• WHOLE FISH •

You are a connoisseur of the unique and lesser known. You know that sometimes the most extraordinary experiences come from the unassuming. Your adventurous palate extends beyond the mainstream, and you often find hidden gems in the places others might overlook.

• SUSHI TACOS •

You're a trendsetter who appreciates the fusion of different cultures and flavors. Your palate craves the unexpected, and you find joy in breaking away from traditional norms. Much like the unconventional combination of sushi and tacos, you're creative, live outside the box, and are willing to embrace the weird and wonderful.

• LOBSTER ROLL •

You're all about indulgence, and don't mind being a little bit naughty. You have a taste for the finer things in life and aren't shy about enjoying them. The creamy, cheesy goodness of a lobster roll reflects your appreciation for life's little luxuries. As you should.

Remember, these interpretations are all in good fun, and your choice at Sydney Fish Market ultimately reflects your personal preferences. So, whether we've nominated you a traditionalist or a trendsetter, the most important thing is that you savour each bite and continue to enjoy the huge range of unique flavors that Sydney Fish Market has to offer.



IN A CLAMSHELL



FROM THE AUCTION FLOOR TO SYDNEY SEAFOOD SCHOOL, SYDNEY FISH MARKET TEAM MEMBERS KNOW THEIR STUFF WHEN IT COMES TO SEAFOOD. WE PICKED THEIR BRAINS FOR YOU...

LARA JONES MARKETING

What's your favourite thing to eat at SFM?

Has to be sushi – any type. I reckon it's the freshest you'll get anywhere in Sydney.

What's the most unique or exotic seafood you've ever tried?

Probably Sea Urchin (aka Uni)... To be honest, I wasn't a fan – I think it's an acquired taste!

What's your top seafood shopping tip?

Chat to the fishmonger. They are such a wealth of knowledge, and always happy to help you choose something delicious and seasonal.

PAAVAN MATHUR IT

What's your favourite thing to eat at SFM?

Bubble Tea from Machi Machi, the Barramundi and beef burgers from The Boatshed, and the coconut pudding and freshly squeezed juices from Fruitezy.

What's the most unique or exotic seafood you've ever tried?

Working at SFM has opened my senses to a lot of new species and flavours... Caviar, sea urchin, smoked salmon and scampi come to mind!

What's your top seafood shopping tip?

Always buy fresh, local product... And we usually look for bright skin and scales: the brighter the tone, the fresher the fish!

JENITT THOMAS QHSE & RISK

What's your favourite thing to eat at SFM?

The chicken laksa from Christie's Seafood is top of my list... But I also love the beef brisket burger from The Boatshed.

What's the most unique or exotic seafood you've ever tried?

I've only begun exploring seafood recently. I tried mussels for the first time during the Blessing of the Fleet Festival last year from one of the food stalls, and truly loved them!

What's your top seafood shopping tip?

I would certainly keep away from cloudy, sunken eyes, and anything that doesn't smell fresh.



WANT TO HEAR MORE FROM OUR SEAFOOD EXPERTS?

CHECK US OUT ON TIKTOK!



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