

# MORE THAN A FISH MARKET

# 009



## SEASONAL GUIDE

SYDNEY  
FISH  
MARKET



**All aboard!**  
**You're holding the key to making the most of**  
**the season's freshest seafood.**



**This guide is your go-to source for the latest seafood tips, tricks, recipes, and trends. And who better to keep you informed than Australia's Home of Seafood?**

**We hope it inspires you to enjoy more seafood on your plate this autumn!**

# TOP



# SEAFOOD

# SPECIES



# FOR



# AUTUMN



Summer may be over, but that doesn't mean you have to stop enjoying seafood! 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.

We chatted to our Seafood Trading team to get their autumn recommendations – try one of these species over the next couple of months to discover the best seasonal seafood Australia has to offer.

### **Sea Urchin**

If your first taste of an Urchin was stepping on one in a rock pool, you'd be forgiven for being hesitant to eat one. But these spiky critters are just stunning to eat and, in some parts of Australia, available in plague proportions, leading researchers to call on people to eat more Urchins to help protect those habitats.

Sea Urchin roe is creamy and sweet with just enough salt to remind you that it's seafood. It's so versatile to eat – straight out of the shell, raw, on sushi or as an amazing pasta sauce.

In addition to being delicious, and the positive environmental impact that harvesting Urchins has, the roe is rich with a chemical called anandamide, which has both muscle relaxing and mood-elevating qualities. So you can eat the problem and feel good about it.

### **Blue Swimmer Crab**

Blue Swimmer Crabs are one of the few crab species not sold live, and are instead available cooked or green (uncooked) – a bonus if you're squeamish about purchasing live crustaceans. The flesh of these crabs is translucent when raw and white when cooked, and has a mild, sweet, nutty flavour, and low oiliness. Their meat is generally

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 in the body. We recommend serving boiled Crab with Asian dipping sauces such as nam pla, or mayonnaise (flavoured with 'mustard', garlic, or herbs) or hot melted butter with a squeeze of lemon juice.

### **Longfin Eel**

Harvested from freshwater streams, rivers, and dams on the east coast of Australia, 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 barbecuing or hot-smoking.

Our favourite way to cook Eel? Take boned fillets and thread them onto skewers. 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.

### **Skipjack Tuna**

Skipjack Tuna live everywhere in Australia, from the coastline to about 100km offshore, and are caught by a variety of methods. These days, many are line-caught which permits better individual handling of the fish upon capture. A quick brain spiking followed by bleeding the fish and placing it in an ice slurry mean that these fish come to market stiff with rigor and in sashimi grade. When you start with fish this fresh, you've so many options to enjoy it- sashimi, grilled steaks, hot smoked, or even preserved in glass jars. The recipe for

this varies depending on what equipment you have, but the simplest method of boiling the fillets in salted water before jarring under olive oil and re-boiling will produce excellent, long-lasting results.

### **Yellowfin Bream**

Autumn is the absolute peak season for Yellowfin Bream, meaning they are regularly seen on special in Sydney Fish Market retailers around this time of the year. They are usually sold whole (gilled and gutted), and occasionally in fillet form.

Bream are great plate-sized fish cooked whole, and their flesh also works well steamed with Asian flavours. Don't be daunted by the idea of cooking a whole fish – it is deceptively simple and infuses it with incredible flavours.

### **Eastern School Whiting**

Sourced from Noosa (QLD) south to Port Lincoln (SA), this small, sweet, delicate fish has so many possible uses. The fillets are lovely quickly pan fried on the skin side and just seared on the flesh side. The whole fish can be skewered and grilled over coals, or steamed with ginger and shallots, or deep fried like a chicken wing. The rib bones are easily removed or soft enough to eat without concern.

**Want more? Explore our favourite species at [100species.com.au](http://100species.com.au)**

# All About King Prawns... Your Guide to Seafood Royalty

Impressively sized, delicate in taste, and super versatile; King Prawns are arguably Australia's favourite prawn. Did you know there are three different types?

All King Prawns have a light brown coloured body. The Western King Prawns have a distinctive, bright blue in the tails, whereas the Easterns have more of a creamy blue. Redspot King Prawns have, yep you guessed it, a bright red spot on each side of the tail.

These wild-caught prawns spend their time as juveniles in estuaries and shallow marine areas before moving offshore on a range of bottoms (rock, sand, mud and gravel) to depths of over 220m.

Western King Prawns have the widest distribution with stocks around the Australian coast except for New South Wales, Victoria and Tasmania. They are mainly trawled at night off South Australia and Western Australia, but also off Northern Territory and Queensland.

Eastern King Prawns are found from Bass Strait east to Rockhampton and are an important fishery off Queensland, New South Wales and, to a lesser extent, Victoria.

Redspot are found around the northern Australian coast from Rockhampton to Shark Bay, Western Australia. They are usually found



near coral reefs and are trawled at night, mainly along Queensland's coast as far north as Cape York.

## SEASON

Available year round with peaks from February to June. The Northern Territory fishery is closed from December to March and again in July.

## SIZE AND WEIGHT

Commonly 40-50g and 10-21cm body length, with Eastern the largest and Redspot the smallest. Eastern can grow to 30cm.

## PRICE

High priced, with larger prawns fetching the highest prices and Western and Redspot generally cheaper than Eastern.

## TO BUY

Look for brightly coloured, firm, intact, lustrous shells, without any discolouration (particularly at joints), and a pleasant, fresh sea smell. Prawns are highly perishable in their raw state and so are often frozen or boiled at sea as soon as they are caught.

If cooking with prawns, buy green (raw) prawns, as cooked prawns will toughen if reheated.

## COOKING METHODS

Steam, poach, deep-fry, pan-fry, stir-fry, grill, barbecue. The firm flesh holds together well in soups and curries and threaded on skewers for kebabs.

Like all seafood, prawns require very little cooking. It is always better to undercook, rather than overcook, them, as they will continue to cook in the residual heat. King Prawns have a particular tendency to become tough if not handled correctly.



Sushi Tacos from Fish Market Café

# Retailer Spotlight

## Musumeci Seafoods

The namesake Musumeci family emigrated from Calabria to Sydney in the 1930s and 40s, with all the Musumeci brothers taking up professional fishing, and in particular prawn trawling. The family also became involved in wholesaling, trading their bountiful prawn catches out of a depot in Darling Harbour.

Eventually the family relocated their premises to the Market in Blackwattle Bay and continued to enjoy a strong reputation for their prawn trade.

Ownership of the business has changed a couple of times in the years since, with the current owners, a nicer bunch you could not meet. If you're looking for a reliable and knowledgeable fishmonger, these gents certainly know their stuff!

When you walk into Musumeci, the first thing you notice is simplicity. There are no frills, just great quality seafood displayed in an orderly fashion. Their selection of prawns and wide variety of fillets is usually what catches the eye, but the best home cooks know this is the place to come and get the best octopus. While cooking an octopus can be tricky, Musumeci make it easy by offering a tenderised option. You, and your family, can thank us later!

## Fish Market Café

Fish Market Café has built an enviable patronage for their range of ready-to-go cooked seafood. But it should come as no surprise - the owner, Harry Kourous has been working in his family's fish and chip businesses since he was 8 years old. So, he certainly knows his stuff! The business continues to be a family affair, with several family members continuing to work behind the counter (though fortunately none as young as Harry when he first entered the game)!

The Fish Market café was the first retailer at Sydney Fish Market to focus exclusively on cooked seafood and over the years, they've also developed the largest selection.

Fish Market Café is known to elevate the classics like Fish & Chips and Salt & Pepper Calamari with fresh fish and squid from the morning's wholesale auction. If raw seafood is more your style, they also have an impressive array of sushi including creative riffs on this lunchtime fave: sushi tacos and even sushi doughnuts!

# TASTE OF SYDNEY

First visit? Scared to try oysters?  
Want to shop like a chef?

Whatever your reason, our “Taste of Sydney Fish Market” tour is all about diving into the world of Australian seafood. Join one of our Seafood Educators as you taste your way around the market and hear about what makes each of our retailers special.

Catch a few shopping tips, see what's in season, and taste the subtle differences between popular products.



Intrigued?  
Scan to see  
availability!

We like to keep things fresh and interesting (like our seafood!), so

no tour is the same; tastings vary based on the season, and we don't have time to visit every retailer on every tour, but here's a peek into what each of them has to offer.



## GetFish

Get Fish consistently has some of the largest selection of tuna at the market. Sample Bluefin next to Yellowfin and akami next to toro. It's a tuna lover's dream!



## Machi Machi Tea Bar

A true hidden gem, Machi Machi is renowned for its indulgent milk teas and refreshing fruit slushes. Their signature cream cheese foam is a fan favourite for a reason. Whether you're craving a creamy tea or a crisp, refreshing fruit drink, they've got something to satisfy every sip.



## Blackwattle Deli

While this place does a roaring coffee trade, it's also so much more! Local and imported gourmet cheeses (check), marinated olives (check), pastas your Italian Nonna will be jealous of (check). On top of having a variety to help you build the perfect charcuterie board, they also have some delicious ready-to-eat options like their famous wagyu kimchi toastie!



## Waterside Bakehouse

Knead a break? From sweets and treats, to fresh sandwiches and baked bread – Waterside Bakery has a great range of baked goods. They even have some true Aussie classics like vegemite on toast and lamingtons.



## Fish Market Café

From fresh calamari to grilled fish and even sushi tacos, Fish Market Café is hard to beat for variety – there really is something for everyone. If you find yourself unable to decide, go for the sushi doughnut!



## Musumeci Seafoods

Musumeci are renowned for their stunning selection of fresh prawns. Don't worry, they're not shellfish – there are plenty to go around. Try and decide which you like more: King Prawns or Tiger Prawns.

# SYDNEY FISH MARKET

## Fruitezy

With all the seafood options available this place stands out for its selection of fresh fruit and veg. All year round you can expect the freshest seasonally available products that you won't see in just any grocer. Tasmanian Cherries, Achacha, Queensland Mangos, Lychee... check out their un-peel-ievably impressive range of fresh fruit, or indulge in a chocolate dipped treat!



## Christies Seafoods

Watch fresh oysters being shucked by a master. These pros can shuck over 40 dozen oysters an hour. Sydney Rock Oysters and Pacific Oysters are different ends of the tasting spectrum; but are equally shucking awesome. Great fresh, or with a squeeze of lemon!



## Claudios Seafoods

With their waterfront location, Claudio's has one of the best-looking filleting rooms at the market; be sure to check it out. Arrive early in the morning and you will likely be treated to the spectacle of expert filletter, Tony, breaking down a mammoth tuna!



## Peter's Sydney Fish Market

Peter's has a little bit of everything, but you'll be amazed by their huge sushi and sashimi bar. Their sushi offerings change by the season, so there's always something new to try. Look for the wagyu and uni nigiri, or if raw isn't your style – hit the Aburi bar for a flame grilled lobster roll.



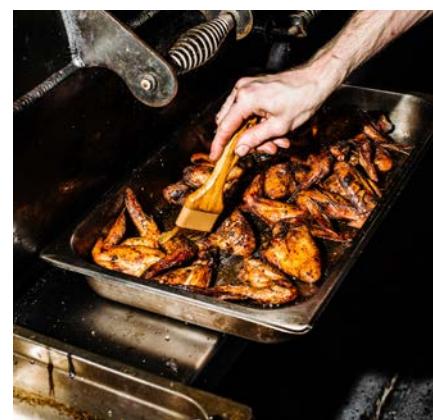
## Boatshed Pyrmont

Don't pass the Boatshed without checking out the massive live seafood tanks. The Boatshed menu offers amazing variety with everything from classic fish and chips to huge Snow Crabs or Rock Lobsters that you can select from the tanks and have cooked-to-order. The Boatshed's sunny patio is also the best spot at the Market to enjoy a cold drink with your seafood feast.



## Nicholas Seafood Traders

Whatever you're looking for... Nicholas has you covered. Sashimi, live Rock Lobster, oysters, hot food, prawns – they have something for every taste and budget. Takoyaki is one of the offerings unique to this store - this addictive Japanese street food is one dish you don't want to miss.



## Vics Meats

Vic's is your ultimate destination for all things meat, offering everything from premium wagyu to tender veal, plus all the barbecue essentials in between. But the experience doesn't stop there! The onsite Smokehouse serves up a hearty menu packed with platters, burgers, and sides. Whatever you do, don't leave without trying the burnt ends.





# YOUR EASTER LONG WEEKEND PLANS. SORTED.

**Whether you follow the tradition of eating fish on Good Friday, need to stock up for the long weekend, or simply want to enjoy a seafood lunch in the sunshine, Sydney Fish Market has you covered.**

**Our retailers will open their doors from 5am – 5pm on Good Friday (April 18th). Business will continue as usual over the remainder of the long weekend, with retailers open from 7am-4pm daily.**

**Many Sydney Fish Market retailers also offer easy and quick pre-ordering and home delivery options, to make the holiday run smoothly.**

## Good Friday Extended Trading

Good Friday attracts bumper crowds at Sydney Fish Market, but not to fear, our retailers have been busy getting ready for your arrival!

### What should I buy?

If you're a stickler for tradition, fish is probably on your shopping list for Good Friday. You'll find a huge range on offer, but some of our favs at this time of year include Tiger Flathead, Barramundi, Yellowtail Kingfish, Sea Mullet, Yellowfin Bream and Garfish.

Don't forget we have a range of specialty retailers, so in addition to our stunning seafood, you'll find everything you need to create a delicious Easter feast including juicy fruit and vegetables, gourmet deli items and even hot cross buns!

### How do I get here?

Parking is available at Sydney Fish Market, but our carpark will be very busy, so we recommend heading over to Sydney Secondary College (entrance on Pyrmont Bridge Rd) where we'll have additional parking available. Both locations are charged at a flat rate of \$10.

Better yet, you can get public transport! Catch the Light Rail to the Fish Market stop, or use bus services 501 and 389, which regularly depart from the city.

## GOOD FRIDAY AT SFM - BY THE NUMBERS



50,000  
seafood lovers in  
attendance



650  
TONNES

total volume of  
seafood traded



100  
TONNES

prawns purchased



1,000,000  
oysters purchased

## Easter Long Weekend

Long weekends are for long lunches! If you need a break from the kitchen, come down and enjoy a leisurely seafood lunch on our boardwalk or at one of our site's restaurants or cafes.

The Boatshed offers table service, so it's a great option if you want to kick back and enjoy a glass of bubbles with your meal. From Barra Burgers to luxurious seafood platters, you'll be spoilt for choice. It's a popular spot, so bookings are recommended.

For the authentic fish market experience, it's hard to beat a stroll of the retailers while picking up a few different options that take your fancy – we recommend a mix of raw and cooked dishes for the ultimate seafood feast. Start off with a selection of oysters, prawns, sashimi or sushi before moving onto aburi scallops, takoyaki balls, salt and pepper squid or even a whole fish.

### EASTER OPENING HOURS

**5AM - 5PM**

GOOD FRIDAY · 18TH APRIL

**7AM - 4PM**

SATURDAY · 19TH APRIL

**7AM - 4PM**

EASTER SUNDAY · 20TH APRIL

**7AM - 4PM**

EASTER MONDAY · 21ST APRIL

Plan your visit:  
[sydneyfishmarket.com.au](http://sydneyfishmarket.com.au)

# THE BEST GIFTS ARE FOODIE GIFTS

**\$99-400**  
(ranges)

Kick back and enjoy delicious food already prepped by the experts, our retailers have an endless range of seafood platters available.

## Seafood Platters



Luxury selection  
from Nicholas Seafood

## House Made BBQ Rubs



**\$10.90**  
(each)

Vic's Meat house-made BBQ Rubs are the perfect all-purpose seasonings for all your favourite meat cuts.

[vicsmeat.com.au](http://vicsmeat.com.au)

## Sydney Seafood School Gift Certificates



from  
**\$100**

Gift an experience with Sydney Seafood School. They offer a huge range of class themes, teaching everything from foundational seafood skills to more advanced cultural cuisines.

[sydneyseafoodschool.com.au](http://sydneyseafoodschool.com.au)

# Our Top Mother's Day Gifts Picked For You

Mother's Day is approaching quickly... If you're stuck for gift ideas for your foodie Mum, we've got you covered.

## The Sydney Fish Market Cookbook: 'A Fish for all Seasons'

**\$59.95**



Packed with over 100 recipes focusing on lesser-known or under-loved Australian seafood species, this book is the ultimate seafood-lover's cookbook.

[sydneyfishmarket.com.au](http://sydneyfishmarket.com.au)

## Cobram Estate Ultra Premium Hojiblanca Extra Virgin Olive Oil

from  
**\$25**



Cold-pressed within four hours of being harvested. Drizzle it over barbecued fish, use it in a salsa verde or simply enjoy it with a piece of sourdough.

[cobramestate.com.au](http://cobramestate.com.au)

## Bespoke Tea Towels

**\$24**

Two for \$38



We've got a bunch of hand-illustrated designs available to suit any kitchen.

[sydneyfishmarket.com.au](http://sydneyfishmarket.com.au)



## Grazing Box

**\$155-210**  
(ranges)

Blackwattle Deli have a huge range of gourmet grazing boxes on offer on their website - and they offer delivery!

[blackwattledeli.com.au](http://blackwattledeli.com.au)

# AUTUMN ENTERTAINING



These recipes are taken from *A Fish for All Seasons*, the official Sydney Fish Market cookbook. They're the perfect dishes to impress your friends and family at Easter, or for adding a touch of inspiration to your regular recipe rotation.





**ALTERNATIVE SPECIES** • Scallops, Snapper, tunas.

## KINGFISH YUZU SAKÉ CRUDO

**SERVES 4**

2 tablespoons yuzu saké  
 2 teaspoons light soy or tamari  
 1 tablespoon lime juice  
 2 teaspoons rice wine vinegar  
 1 tablespoon extra virgin olive oil  
 2-3 teaspoons finger lime pearls (optional)  
 Salt and ground white pepper  
CRUDO  
 400g sashimi-grade Yellowtail Kingfish  
 ½ ripe avocado, diced  
 ½ jalapeño chilli, finely diced  
 2 small radishes, thinly sliced  
 Micro coriander or mustard cress, for garnish  
 Bonito furikake, for garnish

1. Combine the yuzu saké, soy, lime juice, rice wine vinegar, olive oil and finger lime in a bowl. Season well with salt and pepper and mix well.
2. Using a very sharp knife, cut Kingfish into 5mm thick slices. Arrange onto serving plates or a platter.
3. Scatter over the avocado, jalapeño, radish, and micro herbs. Spoon over the dressing. Sprinkle with furikake and serve immediately.

**NOTES & TIPS** • If you can't find finger lime pearls, omit it. Dress Kingfish a few minutes before serving.

## WHOLE GRILLED FLOUNDER WITH BURNT BUTTER, SAGE & LIME

**SERVES 4**

1 x 800g – 1kg whole Flounder, gutted and cleaned  
 2 tablespoons extra virgin olive oil, plus extra for brushing on fish  
 60g unsalted butter  
 10 large sage leaves  
 2 tablespoons lime juice  
 Salt and pepper to taste

1. Position an oven rack in the top third of your oven. Preheat fan grill on high.
2. Brush the Flounder with olive oil and sprinkle it with salt. Place onto a lightly greased baking tray, pale side up, and allow to stand at room temperature for 15 minutes.
3. Place the fish into the oven and cook for 5 minutes. Turn fish over so the dark skin faces up and cook for a further 4 minutes. Remove from oven and stand for 5 minutes on the tray before transferring to a serving platter.
4. While the fish is cooking and resting, heat oil, butter, and sage leaves in a small pan over medium-high heat. Allow butter to foam and turn a nutty golden-brown colour, and sage leaves to become crisp. Remove sage leaves from pan and stir in lime juice. Season to taste with salt and pepper.
5. Spoon the warm sauce generously over the fish. Garnish with crisp sage leaves and season with salt and pepper.
6. To serve, use a fish slice to cut the top of the fillet in half down the centre, and gently slide the fish off the bones.

**A Fish for all Seasons (\$59.95)**



Available online at [sydneyfishmarket.com.au](http://sydneyfishmarket.com.au)  
 OR scan to purchase.

ALTERNATIVE SPECIES: Dories, Halibut, Sole.



**NOTES & TIPS** • If you prefer to cook small Flounder, select a 600-700g whole Flounder to feed 2 people.

**WHOLE GRILLED FLOUNDER  
WITH BURNT BUTTER, SAGE & LIME**



# AUTUMN WITH SYDNEY SEAFOOD SCHOOL

Summer may be over but autumn is still a great time of year for seafood, and our classes will continue to showcase the best in Australian produce, cooked in all manner of ways by our talented guest chefs and seafood experts. We'll take you globetrotting through seafood cuisine—whether it's enhanced by native ingredients, fired up with spices, or crafted using tried-and-true techniques from the Med. Whether you're a seafood novice or a seasoned pro, there's a class for you. Discover this season's highlights below...

## Masterclass with Karen Martini | SAT 15 MAR

Karen Martini - chef, restaurateur, television presenter and award-winning author - is back at Sydney Seafood School with her stunning recipes and cooking wisdom! Inspired by generations of home cooks and a fascination with the vibrant flavours of the world, Karen is one of Australia's most beloved food personalities.

## XO Mud Crab | SAT 15 MAR

We're doubling down on Mud Crab this autumn with the return of XO Mud Crab.

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. Team it with Mud Crab and you'll have your dinner guests swooning

## Mediterranean Odyssey | SUN 16 MAR

Take a trip through the Med from Greece's oceanfront grills, to Italy's trattorias, to Spain's groovy tapas bars.

You'll leave with the perfect menu for easy entertaining, spanning cultural cuisines that are easier to recreate than you think. Euro summer on your plate!

## French Bistro | THU 20 MAR

Channel your inner Francophile, from Paris to the Riviera, and create some timeless classics including saffron-scented mussels and sole meuniere... Bon appétit!

## Artisan Series: Gluten Free Baking with Nonie Dwyer | SUN 23 MAR

It took Nonie Dwyer from Nonie's Foods a decade to perfect her gluten-free bread recipe which is served in Sydney's best cafes and restaurants. She's sharing the recipe with us, as well as perfect Easter treats.

## The Raw and the Cured: Sashimi Workshop | SAT 29 MAR

Sashimi is having its time in the (autumn) sun and this is your chance to learn all about choosing, preparing and eating sashimi-grade seafood. You'll be slicing and dicing like an expert in no time as you prepare a menu of all-raw seafood dishes.



## Masterclass with Simon Sandall | WED 01 APR

Simon Sandall's last class at Sydney Seafood School sold out in record time. The former Aria head chef, who now runs the much-loved Boronia Kitchen in Gladesville, is a master of flavour and the special creative flourishes that can take your meals from mundane to magical.

## Fillet-a-fish | SAT 12 APR

This class will teach you everything you need to know about filleting a fish: what tools you need, what kind of fish to buy, how different 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!

## Masterclass with Julia Busuttil Nishimura | SAT 03 May

Julia Busuttil Nishimura is coming to Sydney Seafood School and we couldn't be more excited. Hot off a residency at the Australian Open and headlining the Melbourne Food and Wine Festival's World's Longest Brunch, the cook, food writer and presenter, and author of four bestselling cookbooks, is bringing her love of pasta and Italian food and flavours to this very special cooking class.

## First Nation's Seafood with NICI and Luke Bourke | SAT 31 MAY

Through our partnership with National Indigenous Culinary Institute, we're proud to showcase some of Australia's most amazing Indigenous food talent including Good Food Young Chef of the Year Luke Bourke (from Rockpool Bar & Grill).

Join this class to learn about ethically sourcing native ingredients, and how, for Aboriginal and Torres Strait Islander peoples, fishing not only provided sustenance, but was also a cultural practice passed down through generations.

## Don't forget the classics...

It wouldn't be a Sydney Seafood School class series without the classics, and we've scheduled plenty of our greatest hits for you in the coming months.

Here are just a few favourites:

## Seafood Specialist | Singapore Chilli Mud Crab | Seafood BBQ | Spanish Paella | BBQ Master

### Want more?

Scan here to explore the full schedule.



[sydneyseafoodschool.com.au](http://sydneyseafoodschool.com.au)

# WHAT'S COOKING IN 2025

Watching what's hitting the menus on Sydney's top eateries is a great way to stay on top of food trends. After all, we've got some of the best seafood chefs in the world in Sydney, not to mention the freshest and most plentiful seafood.

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

## RAW PRAWNS

Prawns are latest seafood to star on sashimi platters and in signature restaurant dishes around town.

At The International Grill, which opened in Martin Place in December 2024, raw prawns team up with anchovies and malted rye bread for the ultimate snack. Or push the appetiser boat out further with Raw scallop served with seaweed and beluga caviar.

At the newly-opened Mister Grotto, in Australia Street, Newtown, head chef Mans Engberg is combining Spanish, French and Mexican techniques and influences in an all-seafood menu that includes raw prawns in a Mexican-style aguachile, seasoned with lime and chilli and garnished with golden kiwi and serrano peppers.

Who needs to throw a shrimp on the barbie anyway?

**DIY option?** Sydney Seafood School's The Raw and the Cured class will introduce you to all things sashimi, including on occasion sashimi-grade prawns. You'll learn what is and what isn't sashimi grade – you might be surprised – and cook a menu of all raw dishes, using the freshest daily catch.



## MURRAY COD OVER COALS

This versatile freshwater species is a chef favourite, and it is transformed when its seasoned skin crisps up over fire or in a super-hot pan. It's almost fish crackling.

As a fish solely harvested through aquaculture, Murray Cod is an exceedingly sustainable choice that is always in strong supply.

Bentley Group's Brent Savage is showcasing Murray Cod at the newly opened Eleven Barrack Seafood and Steak Grill, roasted over coals and served with a silky smooth green garlic sauce.

**DIY option?** Do try this at home. The new SFM cookbook, *A Fish for all Seasons*, has two show-stopping Murray Cod recipes: Whole barbecued Murray Cod with salsa verde, and Crisp-skinned Murray Cod fillet with burnt butter and curry leaves.

## CRUSTACEAN PASTA

Sydney can't get enough of this combo and for good reason. The sweetness of crab, lobster, bugs or prawns with handmade pasta and a scattering of soft herbs, garlic, tomato or chilli is a delicious, time worn combo. Just ask the Italians.

At Rockpool Bar & Grill, where SSS-regular Luke Bourke rattles the pans, you can order Semolina noodles with Moreton Bay bug, smoked tomatoes and spicy prawn oil. Over at North Bondi Fish, head chef David Coumont is serving Blue Swimmer crab mafaldine with cherry tomato, garlic and basil. And Simon Sandall is serving Shark Bay prawns with house-made pasta, chilli, and sauce vierge at Boronia Kitchen in Gladesville.

**DIY option?** Book into Sydney Seafood School's Italian Seafood Feast, where Spanner Crab

spaghettini is a hero recipe. Or catch Luke Bourke in action in Sydney Seafood School's First Nations Seafood class, in partnership with the National Indigenous Culinary Institute (March 8 and May 31 2025), or Boronia Kitchen's Simon Sandall cooking up a storm (April 2).

### NEW ZEALAND KING SALMON

At Sydney Fish Market we're always thrilled to see seafood heroed in the media. Gracing Gourmet Traveller's February cover is this stunning dish of New Zealand King Salmon in a seafood-forward issue.

King Salmon has a naturally high oil content, with striking marbled fat lines within the bright orange flesh. Farmed in the Marlborough Sounds, Öra King is genetically distinct from any other King Salmon found in New Zealand or the world.

The recipe - pomegranate molasses glazed side of Öra King salmon with a summery, herby tomato and peach salad with Davidson plum vinaigrette - is deceptively simple and a real flavour bomb.

The seafood for this feature was supplied by Sydney Fish Market and the species including Sand Whiting, Scampi, Snapper and Loligo Squid scrubbed up well for the camera. (Photo courtesy Ben Dearnley and Gourmet Traveller).

**DIY option?** Grab a copy of Gourmet Traveller's February issue or check it out online.



Eleven Barrack Seafood and Steak Grill



North Bondi Fish



Öra King Salmon

# AUTUMN PICNICS

The days may be getting shorter, but autumn is the perfect time to enjoy the last of the warm weather with an alfresco picnic. Seafood is ideal for picnicking—start light with oysters, prawns, sushi, or sashimi before moving on to something more substantial like a lobster roll, takoyaki, or a chargrilled seafood skewer.

Sydney Fish Market is more than just seafood. With a butcher, bakery, bottle shop, bubble tea shop, greengrocer, and artisanal deli, you can pick up everything you need. Plus, we're close to prime picnic spots like Wentworth Park and the Glebe foreshore. Just BYO rug and esky!

**Here are our top picnic picks from SFM to make your alfresco lunch unforgettable.**



## SASHIMI

Could there be a more perfect picnic item than sashimi!? With no prep and minimal garnishes, it's a dish that's both simple and elegant, letting the natural flavour and texture of the fish shine.

Every seafood retailer at Sydney Fish Market has its own sashimi bar, where you'll find the classics like Tuna, Salmon and Kingfish alongside a range of more unusual sashimi options like Toothfish, Snapper, John Dory, Surf Clams, Octopus or Scampi.

Choose your favourites and have them expertly slice it to your desired thickness in front of your eyes!

## NIGIRI

Nigiri is a type of sushi that consists of a small mound of vinegared rice, topped with a slice of raw fish or other seafood. The seafood can vary but the key characteristic is that it's often served with a small dab of wasabi between the rice and the fish. Unlike sashimi, nigiri includes rice, making it a bit more substantial, but still very simple and focused on the quality of the fish.

Both Peter's and Get Fish have a huge variety of nigiri on offer; you can mix and match to create your own delicious box tailored to your preferences, and even try something new, like scallop, smoked eel, or soft-shell crab!

## PRAWN SKEWERS

Fish Market Cafe's giant chilli and garlic prawn skewers are an irresistible treat featuring a King prawn marinated in a spicy and aromatic mixture of chilli and garlic then charred on a BBQ hotplate.

The combination of heat from the chilli and the rich, pungent flavour of garlic creates a mouthwatering contrast, while the grilling adds a smoky depth to the deliciously tender Prawn.

They may be big, but we bet you won't be able to stop at one!



## CHOCOLATE COVERED STRAWBERRIES

After gorging on seafood, you'll need something light and refreshing for dessert. Fruitezy's range of chocolate-dipped fruit offers the perfect finisher for your picnic.

It's hard to go past the chocolate-dipped strawberries - the contrast between the sweet, slightly tangy flavour of the strawberry and the rich, smooth chocolate is what makes them so irresistible.

Take your pick from white, milk or dark chocolate coatings, or branch out and try their choc-dipped watermelon, mango, figs and more. Now that's our idea of healthy eating!

## LOBSTER ROLLS

The Boatshed, Peter's, and Fish Market Cafe offer Lobster Rolls - a twist on a classic, combining a succulent lobster and seafood filling with the rich flavours of melted cheese and mayo. This decadent combination is generously piled onto a buttery, toasted brioche bun before being torched with an aburi flame and topped with fish roe. The Boatshed offers one featuring WA Lobster smothered in garlic butter confit, yuzu mayo and avruga caviar.

## FRUIT DRINKS AND MILK TEAS

Machi Machi Tea Bar in the Sydney Fish Market arcade has a huge variety of tall, cool drinks to choose from, including specialty milk teas, smoothies and fresh fruit drinks.

To complement your seafood picnic, we recommend their zesty Grapefruit Green Tea Slush drink. It's ultra-refreshing and customisable with fruit jelly or cream cheese foam.

# YOU CAN ONLY PICK 3

We know... It's tough. Here are a few of our fav things we think we will be seeing a lot of this season.



Tinned Mussels from Little Tin Co.  
Spooned onto toast... Perfection.



Spicy Passionfruit Margarita from The Boatshed. Get it while (it's still) hot!



Siberian Caviar from Claudio's.  
Luxury in a tin.



Sicilian Olives from Blackwattle Deli.  
Italy's most ubiquitous snack olive.



Abruri scallops, crab legs and lobster rolls from Peter's. Cheesy goodness!



Sasni Recycled Chopping Boards.  
Who said food prep can't be stylish?



Vic's Secret Burger Sauce. Tangy, and creamy, makes the perfect condiment.



Tuna Sashimi from GetFish.  
A favourite all year round.



Chilli Oil from Mama Liu's. Trust us, you can add this to almost anything.

# 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...

**What's your favourite way to cook seafood in autumn?**

**Blanca - Finance Manager**

The weather is still quite nice in autumn, perfect for enjoying some barbecued seafood. I just give it a quick toss on the barbie, as I prefer my seafood lightly cooked (never overcooked). A little salt and oil is all it needs, nothing to mask that fresh seafood taste. Baked fish is also amazing during the autumn season and cooks super quickly!

**Mike - Seafood Educator**

When summer comes to an end, I can't wait for cooler weather to cook up some warm and hearty dishes like linguine with vongoles.

**Sally - Manager, Sydney Seafood School**

I'm a sucker for whole fish whether it's a large one (such as flounder) or multiple small ones (such as garfish). Our SFM cookbook has fab recipes for both.

**What is one dish at Sydney Fish Market you think every visitor should try?**

The Seafood Laksa from Christies is amazing! It's hands down the best laksa I've ever had, packed with fresh seafood. Perfect for a rainy autumn day too! **(B)**

**What is your favourite seafood species, and why?**

Oysters, I can never pass them up, especially with a nice Champagne. My kids like to add lemon and soy sauce, but I prefer them just as they come. I don't discriminate when it comes to oysters, I'll eat them all, but if I had to choose, I would go for the medium-sized ones. **(B)**

Bigeye Tuna, hands down! The best tasting, and prettiest fish on the planet. **(M)**

I love all the whittings especially the more affordable Eastern School Whiting and Sand Whiting. The fillets are sweet, quick to cook and I don't get any complaints from my kids about bones. **(S)**

Want to hear more from our Seafood Experts?

Check us out on TikTok!





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website [sydneyfishmarket.com.au](http://sydneyfishmarket.com.au)**

*Sydney Fish Market is located on the traditional lands and waters of the Gadigal and Wangal people, who have lived and fished here for tens of thousands of years. We acknowledge the traditional custodians of this site and pay respect to Elders past and present.*

