

SEASONAL GUIDE

MORE THAN A FISH MARKET

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A Day in
the Life of a
Barramundi
Farmer

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How to Plan
the Perfect
Spring Picnic



SYDNEY
FISH
MARKET

MORE THAN A FISH MARKET

WELCOME TO SPRING! THE BIRDS ARE SINGING, THE FLOWERS ARE BLOOMING, AND THE SUN IS SHINING (MOSTLY)... IT MUST BE TIME FOR THE THIRD EDITION OF MORE THAN A FISH MARKET.



Welcome to our 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 your finger on the pulse... We are Australia's Home of Seafood after all.

We hope these tidbits inspire you to get more seafood on your plate this spring.

TOP SEAFOOD SPECIES FOR SPRING

As we emerge from the chill of winter and launch into spring, many Australian seafood species come into delicious and abundant form. In this article, we're bringing you some of our top species picks for spring – from the common to the lesser-known!



SARDINES

These little guys are all wild caught across the entire southern half of Australia and are loved worldwide as a fantastic source of omega-3. Forming large schools in the ocean, Sardines are generally caught by a range of methods that target them specifically. Not only does this eliminate bycatch, but also helps to keep this species low-priced. Usually sold either whole or as fillets, make sure to work with the rich oiliness of this fish when you cook it. Flavours such as lemon, garlic, and punchy herbs are ideal.



IMG: Claudio's Seafood

AUSTRALIAN SALMON

The next time someone tells you that a fish is inedible, ask them if they've tried it before. Because this species is one of the strongest examples of the gulf between its reputation and actual eating quality. This is a fish that responds particularly well to proper handling methods such as brain spiking, bleeding, and placing in an ice slurry as quickly as possible. Good handling methods make for a clean, firm, meaty fillet that is excellent as crumbed fish pieces, minced in fish cakes, barbequed, smoked, or even as sashimi.



IMG: Claudio's Seafood

MIRROR DORY

No longer the ugly duckling of the Dory family, the Mirror Dory remains one of our go-to Dory species. Caught in Australia's South East Fishery, Mirror Dory live from 50-600 metres deep, with large protrusible mouths that enable a diverse diet. In winter the fillets thicken, the roe develops, and finger-thick seams of fat are deposited between the fillet and the bones, and these qualities continue into the beginning of Spring.

Due to the abundance of this species and the ease with which it can be caught, this is typically a low-priced fish. Thanks to the fat, the fillets pan-fry or roast particularly well. Try roasting a tray of winter veg and place the fillets on top for the final few minutes - a classic winter one pot wonder.



SPANNER CRAB

We can't rave enough about Spanner Crab. Although this species is found in many countries, and highly prized in almost all of them, Australians are yet to fall in love.

The last surviving member of a long-extinct family, it's a strange looking crab. A vivid red-orange shell when live immediately distinguishes it from other crabs. The strange body shape and skinny, spanner-like claws complete the odd ensemble.

But beneath all the unconventionality is arguably the finest meat of all crustaceans. It's light, sweet, fragrant, and, coming out of winter and into spring, gets fat! Cook it how you would any other crab. Buy whole, blanch, and quarter for stir-frying, steam whole and crack open for the natural experience, or clean the meat out of the shell for a world class pasta. Be sure to use the last of the flavour in the shell and organs - a bisque is perfect.



IMG: Fishfiles

BLUE THREADFIN SALMON

What lives where Barramundi lives, eats what Barramundi eats, but tastes better? Okay, there are actually a few correct answers to that, but for now we're talking about the Blue Threadfin Salmon.

They are easily identified by their 'free sensory filaments', hence the name threadfin, that protrude from the base of their pectoral fins, and are used to rummage through dirty water and muddy substrata in order to find their favourite foods, (chiefly crabs, worms, prawns, and small fish). It is this diet that makes their flavour so pleasant, by contributing to a light layer of fat through the belly and the succulent flavour and texture of the flesh.

This is a versatile meat to cook, and responds to a variety of cuisines and techniques, so feel free to experiment.

BRILLIANT

NATIONAL BARRAMUNDI DAY, WHICH TAKES PLACE EVERY YEAR IN OCTOBER, CELEBRATES AUSTRALIA'S BARRAMUNDI FARMERS BY ENCOURAGING AUSSIES TO EAT AUSTRALIAN BARRA.

WE'RE CELEBRATING BY TAKING YOU THROUGH A DAY IN THE LIFE OF A BARRA FARMER, FROM SUNRISE TO SUNSET.

INTRODUCING TIM AND GAIL FROM BARRAMUNDI GARDENS...

Barramundi Gardens is located in the Port Douglas Hinterland, approximately 1.5 hours north of Cairns. The farm is 100% family run and owned, growing Barramundi from fingerlings to supply local and interstate wholesalers.

Tim and Gail Thiele, alongside their 3 sons and extended family, have been operating Barramundi Gardens since 2002.

01.

A day in the life of a Barramundi farmer at Barramundi Gardens always starts with the feeding of the fish. We have a nursery shed where we grow fingerlings from 25 mm to 100 mm to stock our own ponds as well as those of other local Barramundi farmers.

03.

Feeding of the Barramundi in the ponds is still done manually every morning – throwing out the pellets to the hungry fish. Barramundi are a very good fish for aquaculture; they have a fantastic food conversion rate, which means with approximately 1.2 kg of feed, we will get a 1kg return of growth of your fish.

05.

Our staff are all locals who live in the area and tend to work with us for a long time. We are very lucky to have such quality staff that care about our farm: this also leads to greater productivity and an even better end product.

02.

Barramundi are very carnivorous in nature, so a big job in the nursery shed is size grading. This is done every week to ensure that fingerlings are kept within their own size group; otherwise they can get eaten by their slightly bigger fingerling friends... Eek!

04.

We conserve and recycle our water, have solar power to offset our electricity costs, and minimise waste on our farm at all times. Costs are ever increasing, so being more productive and having less waste is one of the ways we try to combat the price increases.

06.

Packing of the Barramundi is done on a weekly basis, with the fish then being transported in 20kg cartons on ice to local and interstate markets!

BARRAMUNDI

Barramundi Gardens is also the manufacturer of a range of Australian-made gourmet spring rolls, thanks to their a state-of-the-art HACCP accredited processing facility, located on the farm. The spring rolls come in a range of "flavours of Australia", including Barramundi, Tiger Prawn, Crocodile and Lemon Myrtle, Kangaroo and Plum, Peking Duck, Thai Chicken, and BBQ Pork! They're available at all the best wholesalers throughout Queensland (as well as other states).

The manufacturing of these spring rolls also makes up a big part of their day-to-day operations; the Barramundi spring roll, which they've been producing for over 20 years, is famous. This value-add for their Barramundi has been an integral part of the development of their farm and has led to expansion to support the demand. How cool is that?



RECIPE RUNDOWN

Celebrate National Barramundi Day with this delicious recipe from our friend Hayden Quinn... Who also happens to be hosting a Masterclass at Sydney Seafood School in November! Book at sydneyseafoodschool.com.au.

PAN SEARED BARRAMUNDI WITH VANILLA & CHIVE BUTTER SAUCE

SERVES: 4

INGREDIENTS

4 (200g) fillets Daintree Saltwater Barramundi
Sea salt, to taste
1 tbs rice bran oil

VANILLA AND CHIVE BUTTER SAUCE

1 eschallot, finely chopped
1/4 cup white wine vinegar
1 Bloomfield Vanilla bean, halved and seeds scraped
1/3 cup cream
250g chilled butter, cut in 1cm cubes
1/2 bunch chives, finely chopped

SALAD

1 head butter lettuce, washed and leaves separated
Juice, 1/2 lemon
2 tbs extra virgin olive oil
1/2 bunch chives, cut in 2cm batons
Sea salt and pepper, to taste



METHOD

Heat a large non-stick frying pan over medium high heat. Season barramundi fillets well with salt. Drizzle oil into pan, good fish skin side down and using a fish weight, or heavy pan to keep fish skin in direct contact with the pan, cook for 3-4mins or until skin is crisp. Gently flip and cook for a further 1-2mins or until cooked to your liking. Remove from pan and allow to rest while you make the sauce.

Using the same pan, saute the eschallot until softened and translucent. Add white wine vinegar and cook off until reduced by half. Add vanilla and cream, mix well to combine. Using a whisk, whisk in the chilled butter one cube at a time until emulsified. Once all butter has been added, remove from heat and sprinkle in the chives and stir through.

To serve, quickly dress the salad with lemon, oil, chives, salt and pepper. Place a piece of fish on each plate and then drizzle with vanilla and chive butter sauce and a helping of the salad.



Book
Hayden's
Sydney
Seafood
School
Masterclass.



A fresh, zingy salsa verde is the perfect accompaniment to any spring meal.



GRILLED RIB EYE RECIPE WITH PORCINI SALT & SALSA VERDE

SERVES: 4

INGREDIENTS

4 rib eye steaks, 2cm thick
10g dried porcini mushrooms
1/2 teaspoon black peppercorns
1/4 cup salt flakes
1 tablespoon olive oil

RECIPE: VICS MEATS.

Recipe courtesy of the food dept. (Recipe Sally Courtney, Art direction Anne Marie Cummins, Photography Brett Stevens, Styling Justine Poole)

METHOD

To make Salsa Verde: In a food processor, combine 1 clove garlic, grated rind 1 lemon, 1 1/2 cups continental parsley leaves, 1 tablespoon capers, 2 anchovy fillets, juice 1/2 lemon, salt flakes and black pepper, to taste. Process until coarsely chopped. Stir through 1/4 cup olive oil.

Combine porcini mushrooms and peppercorns in a food processor and process until fine, toss through salt flakes.

Bring rib eye to room temperature, truss with cooking string to create a round shape, rub with olive oil and porcini salt (1 teaspoon porcini salt per steak).

For medium rare steaks, heat bbq grill until hot. Place steaks onto barbecue and cook 1 minute, give steaks a 1/4 turn on same side and cook for another 1 minute.

Turn steak over and cook for 1 minute, give steaks a 1/4 turn and cook for another 1 minute.

Remove steaks from barbecue, cover loosely with foil and rest for 5 minutes.

Serve with the Lemony salsa verde.

TURF'S UP, FLAVOUR CHASERS!

Pop across our carpark and dive into a true slice of the USA at the Vic's Meat Market Smokehouse. They've got a knack for all things American barbecue and smoked meats, all cooked to perfection in their smoker, custom built by Yoder Smokers in Kansas, USA. Weighing in at almost 2 tonnes, it can hold 200kg of meat and enjoys a steady diet of ironbark.

Now you know they're serious, let's talk about the food. We love their 10-hour smoked Wagyu brisket burger topped with house made Texan slaw and finger-licking good house made BBQ sauce. Their burnt ends smothered in special sauce are famous for a reason.

They've got smoked buffalo wings, crumbed mozzarella balls... The whole hog.

If – like us – you can't decide, opt for one of their platters and enjoy an array of smoked meats with a selection of house made sides (think BBQ Boston beans, pickles, potato salad, and more).

Hungry yet? Swing by the smokehouse any day from 10am to 3pm, grab a seat on the verandah, and take in the sights of Sydney Fish Market with an ice cold beer.





As the weather warms up, a refreshing ceviche goes down a treat.

KINGFISH CEVICHE

SERVES: 6

INGREDIENTS

300g semi firm fish fillets (Kingfish or Snapper), skinned
 ¼ cup fresh lime juice
 ½ punnet heirloom cherry tomatoes
 1 small green capsicum
 1 fresh green jalapeno chilli, finely diced
 1 small white onion, finely chopped
 ½ teaspoon dried Mexican oregano
 ½ teaspoon flaked salt
 ¼ teaspoon ground white pepper
 1 tablespoon white vinegar
 1½ tablespoons extra virgin olive oil
 ½ cup chopped fresh coriander leaves
 Corn chips, to serve

METHOD

Check the fillets for any bones and remove. Then slice fish along the grain into 2mm slices and cut into dice. Place the fish into a medium non-reactive bowl (see Note). Add the lime juice and toss to coat fish in juice. Cover with plastic wrap and refrigerate for 1 hour to allow fish to 'cook' in the lime juice; stir 2 times. You will notice the flesh begin to change to a white cooked colour.

Meanwhile cut the tomatoes into eighths. Halve the capsicum and deseed then finely chop and place into a large bowl with the chilli and onion. Cover and place into the refrigerator.

Add the fish to the bowl with the tomato and peppers. Add the oregano, salt, pepper, vinegar and olive oil. Gently stir the mixture to combine ingredients. Check salt to taste.

Return bowl to refrigerator and allow the mixture to stand for 10 minutes before serving for better flavour. Stir through coriander and serve. Ceviche is best served very chilled and eaten within 2 hours of being made.

SQUID & FENNEL BRUSCHETTA

SERVES: 4

INGREDIENTS

275g Loligo Squid, cleaned
 ½ tablespoon extra virgin olive oil
 1 tablespoon capers
 1 bulb baby fennel, finely sliced (See Note)
 1 golden shallot, finely sliced (See Note)
 80g baby green beans, blanched, thinly sliced diagonally (See Note)
 ¼ cup chopped flat-leaf parsley
 8 thick slices ciabatta or sourdough bread
 1 clove garlic, peeled and bruised
 2 tablespoons extra virgin olive oil
 Salt flakes, to taste

LEMON MARINADE

1½ tablespoons extra virgin olive oil
 2 cloves garlic, chopped
 1 lemon, zest grated
 Salt flakes and freshly ground black pepper

LEMON DRESSING

½ tablespoon Dijon mustard
 1 tablespoon lemon juice
 1 tablespoon extra virgin olive oil
 Salt flakes and freshly ground black pepper

METHOD

Make Lemon Marinade: whisk all ingredients together. Cut the squid tubes into thick strips and stir through the marinade. Cover and chill for at least 20 minutes (overnight is fine).

Heat olive oil in a small frying pan, add capers and fry until they pop open. Drain on paper towel until needed.

Heat a barbecue or char-grill plate.

Make Lemon Dressing: whisk all ingredients together.

Add fennel, shallots, beans and parsley and toss to combine.

Place bread on the grill plate and cook on both sides until well coloured. Rub each slice with the garlic clove. Drizzle with olive oil, sprinkle with salt and keep warm.

Drain the squid from the marinade and barbecue for about 2 minutes, turning occasionally, until it is just opaque.

Gently toss through the fennel mixture, pile onto toasted bread, scatter with fried capers and serve.

NOTES

A Japanese mandolin is excellent for slicing the fennel and golden shallots finely. Blanch beans in boiling water for a minute or so, until just tender, then refresh in ice water, or cold running water, to stop the cooking.



Picnic food doesn't get much better than this delicious Squid Bruschetta.

THE PERFECT SPRING PICNIC



Fresh Prawns

01. Prawns

Avoid mess by asking your fishmonger to peel your prawns for you, or buying a pre-peeled tray (this generally only costs a few extra bucks). Don't forget to grab one of the wide selection of sauces, available at every seafood retailer, to dip into.

02. Oysters

The options for oysters are never-ending at Sydney Fish Market... Purists will get them natural, with just a wedge of lemon on the side. There are teeny bottles of tabasco available too, if you like a little kick. But you can also find them dressed with Uni, seaweed, salmon roe, ponzu, and more.



Oysters



Spring is synonymous with picnics. The weather is warm, but not too warm to luxuriate in the sun, and waterside spots like Wentworth Park and the Glebe foreshore (neighbours to Sydney Fish Market) are glittering and breezy.

All you need to do is bring a picnic rug, take a brief wander through Sydney Fish Market's various retailers with a cooler bag or esky, and you're all set for a long lunch in the sunshine.

Sashimi Bar



Deli Selections

Drink Up!

03. Sushi Time

Fish Market Café's sushi donuts and tacos are famous around the world, decidedly Insta-worthy, and add the perfect note of pizzazz to your picnic.

Looking for something more simple? Visit the Peter's Sydney Fish Market sushi bar and check out the huge variety of nigiri and maki they have 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.

Every seafood retailer has its own sashimi bar too, where you can choose your favourite fish, and have them expertly slice it to your desired thickness in front of your eyes.

04. Deli Delights

Our on-site artisanal deli is your one-stop charcuterie stop. Create your own platter from their huge range of cheese, meats, pâtés, crackers, and snacks, or pick up one of their pre-made charcuterie boxes.



Sushi Donuts

05. Baked Goods

Your picnic is almost perfect... Pop by the bakery to grab a baguette, some fresh bread rolls (prawn rolls anyone?), or a couple of sweet treats. They're always stocked with delicious tarts, croissants, brownies and cupcakes.

06. Fruit

If the bakery hasn't quite satisfied your sweet tooth, make sure to visit Fruitezy's smoothie bar, tucked away at the back of our arcade. There you'll find a huge range of chocolate-dipped fruit – everything from strawberries to watermelon to mango – as well as fresh yoghurts, muesli, juices and smoothies.

07. Drink Up!

After something a little stronger? You're in luck: we've got a bottle-shop on site! Our pick for a picnic is a bottle of sparkling, but they stock something for everyone.

Don't forget to check out our on-site bubble tea shop, Machi Machi, too... for all your new-age beverage needs!

Chocolate Covered Strawberries



SEASONAL FRUIT AND VEG PICKS



We are so much more than a Fish Market, and as the weather warms up, there's never been a better time to visit our new on-site green-grocer, Fruitezy. We asked owner Max Filipe to fill us in on his top fruit and veg picks for spring, so you know what's freshest and tastiest right now.

GREEN ASPARAGUS

Aussie-grown green asparagus is abundant at the moment. Look for firm, even-sized spears with tightly-closed tips. To prepare, snap off the tough ends and cook the spears in simmering salted water for 2-3 minutes until just tender. Enjoy this vegetable hot or cold in salads, with poached eggs, or paired with delicious sauces like hollandaise or melted butter.

MANGOES FROM DARWIN

The harvesting of fragrant and juicy Kensington Pride mangoes has begun, promising a bumper season. Let firm mangoes ripen at room temperature until the flesh yields to gentle pressure around the stem. Dice a ripe mango and create a spicy salsa with coriander, chopped chili, and red onion to serve with prawns or fish – a burst of tropical flavour!

BLUEBERRIES

Blueberry lovers, rejoice! Antioxidant-rich blueberries are now in abundance, and prices are easing. Add a punnet to your shopping list and enjoy them as a healthy snack, in breakfast cereals, or tossed into fresh spring salads. For an extra special treat, make some blueberry pancakes, dusted with icing sugar and served with banana slices and extra blueberries.



BROAD BEANS

Choose firm, pale green broad beans with plump pods for the most tender beans. Cook them in boiling water for 2 minutes, then peel the tough outer skins to reveal their delicate flavour. Broad beans team up superbly with lamb, mushrooms, or artichokes. Add them to salads and risottos, or puree them for a tasty dip. They are an excellent source of fibre, niacin, iron, and vitamin C.

QUEENSLAND STRAWBERRIES

Sweet and succulent Queensland strawberries are back in abundance! Slice them onto your favourite breakfast cereal with yoghurt, toss them into fruit salads, or blend them into healthy smoothies. For a delightful dessert, mix strawberries with fresh blueberries for a match made in spring heaven. Or, indulge in Fruitezy's Belgian chocolate-dipped strawberries at Sydney Fish Market for a decadent treat.

HERBS

Revitalise any spring recipe with the invigorating aroma of fresh herbs! Pair dill with seafood, oregano with lamb, and let coriander enliven your curries.

Spring is all about embracing nature's bounty, and at Fruitezy, the team is delighted to bring you the finest seasonal produce. Pop into Fruitezy at the back of our arcade to take your spring cooking to the next level!

KIDS CORNER

FUN FACT

An octopus is a cephalopod. Cephalopod literally means head-foots, because they have arms and legs which look like they come out of their head!

DID YOU KNOW?

Most crabs walk sideways, but Spanner Crabs walk forwards and backwards.

FUN FACT

Even though fish is in their name, jellyfish, starfish and crayfish aren't actually fish!



WORD SEARCH

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

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

- SARDINE
- BUTCHER
- DELI
- SEAWEED
- FISHING
- LOBSTER
- BAKERY
- SCALLOP
- CRAB
- SQUID
- DORY
- SUSHI
- CALAMARI
- SALMON
- URCHIN
- CHIPS
- OYSTER
- BARRAMUNDI

SYDNEY SEAFOOD SCHOOL



REVEALS SPRING CLASSES



Spring is almost here, and in celebration of the change of the season, Sydney Seafood School has revealed their spring class schedule. Good news: it's packed with Masterclasses hosted by Sydney's best chefs, a bunch of new seasonal class concepts, and (of course) all of your old favourites.

Let's dive into some of the highlights...

GUEST CHEFS

Fun fact: this seasonal schedule includes the most guest chef Masterclasses in over five years. We've pulled out all the stops to get some of Sydney's best chefs into the School.

We're talking native ingredients with Christine Manfield, Australian-Chinese with Jennifer Wong, fine dining flair with Clayton Wells, a summer barbecue class with Hayden Quinn, Sri Lankan with O Tama Carey, and a sneak peek into Danielle Alvarez's new book... Phew.

But wait, it doesn't end there. We've also scheduled two Sundowners with special guests: classic French with Porcine's Nik Hill, and spring Italian with Fratelli Paradiso's Trisha Greentree!

CULTURAL CUISINES

So many countries around the world cook with seafood, in so many different and intriguing ways. Our class schedules are built around giving you a window into as many of these different cultural cuisines as we can.

This spring, we're taking your tastebuds to Japan, Thailand, Morocco, Mexico, Korea, Singapore, Spain, Italy, Greece, and so many more delicious locales.



SEASONAL SPECIALS

Spring is such a great time to enjoy seafood, and we've spruced up a couple of our classic classes (as well as added in some new ones) especially for the season.

Seafood Brunch should be your pick if you're keen to do some seasonal entertaining; brunch doesn't get more decadent than prawn rolls, a crab omelette, and smoked salmon zucchini fritters. If watching all of your friends have sunny European summers got you down this winter, book into Mediterranean Odyssey to take your own trip (without even leaving Sydney). Finally, we're saying goodbye to risotto and hello to spaghettini con granchio in our classic Italian Seafood Feast class, turning it into the perfect warm weather menu.

CLASSIC CLASSES

Don't worry: your favourites haven't gone anywhere! We've kept all the classics on the schedule:

Seafood Basics ~ Seafood Specialist ~ Spanish Paella ~ Singapore Chilli Mud Crab ~ Black Pepper Crab ~ Seafood BBQ ~ BBQ Master ~ And more!



Bookings for the spring series of classes at Sydney Seafood School are now open. To secure your spot or explore the schedule, visit sydneyseafoodschoo.com.au.



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...

ALEX STOLLZNOW TOUR GUIDE

What's your favourite thing to eat at SFM?

Two punch combo of a steamed whole fish with ginger and shallots, and a platter of salt and pepper deep-fried squid, cooked to order from Peter's or Nicholas'. Reluctantly shared.

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

Aburi Blobfish. Cutting through the blobby outer skin felt wrong, but the flesh was delicious: sticky and sweet.

What's your favourite way to cook seafood in spring?

Whole fish that I have just caught, brain-spiked, wrapped in paperbark soaked in salt water, and steamed on an open fire. Eaten with fingers because I usually forget cutlery.

ERIN JONES FINANCE

What's your favourite thing to eat at SFM?

To cook at home, I will choose some juicy scallops every time, but to enjoy at lunch, some fresh scallop, scampi or eel sushi is definitely at the top of my list.

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

I have eaten abalone, sea urchin and Japanese sea snails many times thanks to my childhood, which I imagine to others are quite unique and exotic.

What's your favourite way to cook seafood in spring?

For spring recipes, I tend to barbecue (generally prawns) or cook with acid (kingfish ceviche or tuna tartare). YUM!

GEORGE BALCI IT

What's your favourite thing to eat at SFM?

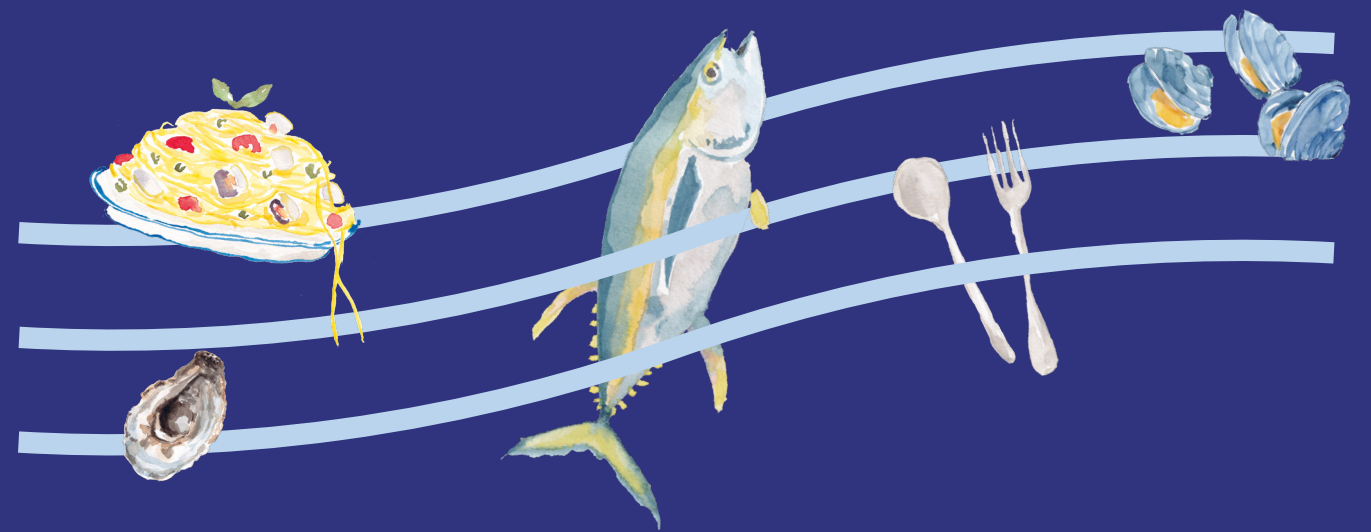
It would have to be a nice, crispy Barramundi burger from The Boatshed restaurant.

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

I tried prawns for the first time last year and it was something different for me; a very nice texture and tasty!

What's your favourite way to cook seafood in spring?

I love to have salmon fillet with carrots, sweet potatoes, asparagus and broccoli all in a tray and cooked in the oven for a delicious, healthy meal.



ALL ABOARD FOR SYDNEY FISH MARKET'S ANNUAL BLESSING OF THE FLEET FESTIVAL!

**SYDNEY
FISH
MARKET**

Watch our local fishing fleet be blessed in a traditional ceremony, then enjoy food stalls, face painting, live music, and more.

Sunday 15th October. 10am-3pm. Free to attend.

THE NEW SYDNEY FISH MARKET: UPDATE

Big news about the construction of our new building (which you can take a peek at right now from our boardwalk!).

The NSW Government has awarded more than \$300 million of project contracts to local suppliers, as construction continues to ramp up.

There has been major progress on the project, with a concrete pour now underway in the cofferdam, laying the foundation for the watertight basement level - a unique feature of the new building's design. This ambitious undertaking requires about 34,000 cubic meters of concrete, equivalent to nearly 14 Olympic swimming pools.



Scan here to learn more about where the new Sydney Fish Market is at?



WANT TO HEAR MORE FROM
OUR SEAFOOD EXPERTS?

CHECK US OUT ON TIKTOK!





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