

SUMMER
REVIEW

#004

SEASONAL GUIDE

MORE THAN A FISH MARKET

P.08:

Sydney Seafood
School Reveals
Summer Series



P.12:

'Tis the Seafood
Season: The
Complete
Beginner's Guide
to Christmas
Seafood

SYDNEY
FISH
MARKET



It's finally summertime: everyone's favourite time to eat seafood!

Whether you're peeling prawns at the Christmas table or firing up the barbecue, this seasonal broadsheet will 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.

Let's dive in...

MORE THAN A FISH MARKET

TOP SEAFOOD SPECIES FOR SUMMER

Seafood and summer go hand in hand. Not only is Christmas the ultimate seafood-centric holiday in Australia, but the refreshing and light qualities of seafood are the perfect foil for warmer weather.

Cooked prawns, cold oysters, and Barramundi fillets on the BBQ are absolute staples from December to February... but summer is the peak season for many other seafood species too, some lesser known!

Here are our top picks:

Tiger Flathead

Tiger Flathead consistently lands in the top 3 species (by weight) traded through Sydney Fish Market's auction, and its peak seasons are in December and February. These appropriately named bottom-dwelling marine fish have flat-triangular shaped heads and long tapering bodies, and are endemic to Australia.

Tiger Flathead have a slightly sweet flavour, low oiliness and slightly dry, medium textured flesh with fine flakes. Our two favourite ways to cook Flathead are wrapped in banana leaves and baked or barbecued, or battered for fish and chips.

Blue Grenadier

Possibly more widely known as Hoki, this deep-sea dweller is one of Australia's best fish and chip species.

Living at depths of up to 500 metres offshore in southern New South Wales, Victoria, Tasmania, and South Australia, this fish is known for soft, sweet, and delicate flesh that lends itself to either battering and deep-frying, or a gentle poaching.

Their diet consists primarily of lanternfish, which impart a nice briny flavour.

Eastern Sea Garfish

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. Traditional Garfish recipes often mention rolling the body with a milk bottle to gently break the bones (although milk delivery ceased over 50 years ago!).

But we can guarantee that over this 50 years, Garfish haven't lost their sweetness or unique flavour. In fact, they remain one of Australia's finest fish, still highly prized by top chefs such as Josh Niland, who crumps butterflied Garfish and serves 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.

Sand Whiting

Whitings are comfortably one of Australia's sweetest families of fish. They tend to hang out on muddy bottoms (as opposed to sand or reef), which allows them to feed on a variety of prey such as small crustaceans, polychaete worms, bivalves, and small fish.

Though highly regarded as table fish, their abundance and ease of capture allows this fish to remain low-priced, with whole Sand and Trumpeter Whiting usually available for \$8-12/kg.

They can be filleted, but we recommend that these smaller Whitings be cooked whole, whether that's steamed, wrapped in foil or deep-fried like chicken wings. You won't need to adorn this fish too heavily: let the flavours speak for themselves.

Goldband Snapper

For such a premium table fish, the Goldband Snapper is yet to gain the reputation it deserves, particularly in southern Australia. Ranging across northern Australia from Perth to Brisbane, the bulk of our catch comes from the Northern Territory, Western Australia, and Queensland's tropics.

Goldband Snapper are generally mid-sized, with small whole fish weighing about a kilo and a half and larger fish well over 5kg. Smaller fish are often sold whole while the larger fish are usually filleted. This fish has a delicate, mild-medium flavour, low oiliness, and moist, firm flesh with large flakes and few bones, which are easily removed. It is particularly amenable to grilling or roasting.

Australian Salmon

One of Australia's most misunderstood fish, the Australian Salmon is named for its perceived visual similarities to Atlantic Salmon, which were observed by early settlers to Australia. It is, however, not a part of the "Salmonidae" family, but in fact a member of "Arridae", a family of salmon-shaped fish which occur only in Australian and New Zealand waters.

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 ensure optimal freshness, making for a clean, firm, meaty fillet that is excellent as crumbed fish pieces, minced in fish cakes, barbecued, or smoked.

Banded Morwong

Known in New Zealand as Red Moki, Banded Morwong have distinctive red and white stripes across their flanks, and are normally found around Tasmania. Their firm, flaky flesh has a distinctive, medium flavour, though is sometimes considered dry. To prevent the flesh from drying out, we recommend baking this fish in banana leaves or foil, such as in this recipe.

The size of this species also makes them ideal as an inexpensive centrepiece on your dinner table, and taste especially good when marinated with teriyaki, chilli, basil, and coconut milk.

Eastern Rock Lobster

Available wild-caught and farmed, these marine crustaceans are closely related to Tropical Rock Lobsters. By far the most valuable commercial species in Australia (worth over half the value of total Australian finfish catch), they are caught mainly in pots and mostly exported live or frozen to Japan, Taiwan, or China.

These are a premium species and as such deserve a thoughtful approach. Whatever you do, make sure that the Rock Lobster is the star! They are gorgeous as sashimi, in a salad, or in a pasta where the sauce is made by simmering and reducing the Rock Lobster shells and organs.

Our best tip for selecting a good specimen is to make sure that the shell is firm (this will indicate that the tail is full of meat).



THE BEST SUMMER TREATS



AT SYDNEY FISH MARKET

Picture this. It's a blistering summer's day in Sydney. You've already been for an early morning swim at the beach, or you're on your way there. It's so hot that you've forgone your usual flat white for a tall, iced latte. A hot lunch sounds like your worst nightmare, and standing next to the oven or stove? Out of the question!

Trust us – a visit to Sydney Fish Market is the solution to your woes. Not only will wandering the ice-cold retail stores help bring your core temperature back to a more manageable level, but the myriad of chilled, refreshing food options means we can definitely offer you something you feel like eating, despite the heat!

Check out this list of the best summer treats at the Market for some inspiration, and you'll be perfectly prepared to pop into Sydney Fish Market as soon as the mercury next rises.

Fresh Sashimi

Cool, delicious, and freshly sliced – nothing hits the spot on a hot day like sashimi. Add a squeeze of lemon, or dip in wasabi and soy sauce for a real flavour hit.

The variety at Sydney Fish Market's sushi bars is unparalleled, meaning there is so much more than Salmon, Tuna, and Kingfish to enjoy! We recommend trying Snapper, Scallop, or Octopus sashimi if you're keen to get out of your comfort zone... And don't forget a tasty, cold seaweed salad for your side dish.

Poke Bowls

If you need something a little more substantial and varied than the classic sliced sashimi, the poke bowls at our retailers are the best of both worlds. Predominantly served with sashimi-grade Salmon or Tuna, the mixture of stunningly fresh fish, crunchy cucumber, cabbage, carrot, fish eggs and seaweed in these nutritious bowls makes them the perfect meal on a sunny day.



Fresh Juices and Chocolate-dipped Fruit

One of the hidden gems of Sydney Fish Market is Fruitezy's juice bar. Tucked away at the back of the arcade, this little shop serves customisable freshly squeezed juices and smoothies using the garden-fresh produce from the green-grocer next door. Choose from their menu of delicious options, or pick and choose fruits and veggies for your very own personalized creation.

And to balance out your healthy juice, you have to pick up some of their chocolate-dipped fruit. Strawberries, watermelon, mango and more, covered in a decadent layer of cold, chocolatey goodness – now that's our idea of healthy eating!

Machi Machi Tea

Bubble tea (also known as Boba or Milk Tea) is a worldwide sensation for a reason – it is sweet, refreshing, and has a variety to suit everyone's tastes. Machi Machi Tea Bar in the Sydney Fish Market arcade has a huge variety of tall, cool drinks to choose from, as well as plenty of customisable options.

We recommend their invigorating Fruit Teas, or their Slushes, to really put a dent in Sydney's sweltering summer days.

Oysters

This list wouldn't be complete without the ultimate summer snack – freshly shucked oysters! We have two tips to make your oyster experience at Sydney Fish Market world class.

First, make sure to talk to the oyster shucker at your chosen retailer. They have years of experience handling these delicious morsels, and will be able to recommend you the freshest, best quality selection that day... They might even let you taste test one if you ask very nicely!

Secondly, pop into our on-site bottle shop and pick up a drop to enjoy with your oysters on our sunny boardwalk. Whether it's a bottle of champagne, a crisp white, or just a refreshing alcohol-free mineral water, a cool drink always makes your oyster experience all the sweeter.

SYDNEY SEAFOOD SCHOOL Reveals Summer Class Schedule

Summer – the ultimate season for seafood – is almost here, and we've been busily working away behind the scenes to put together a fantastic schedule of cooking classes for you.

We've got some Christmas entertaining specials locked in, and (as usual) we've got the lowdown on which Australian species are at their peak in the summer months, so we can show you how to cook up some seasonal recipes that will knock the socks off your family and friends.

If you've got some time off, need to entertain visiting family, have been tasked with planning the work Christmas party, or just want to station yourself somewhere with aircon for a few hours, Sydney Seafood School is the place to be from December to February. Here are our top class picks for summer...

First Nations Christmas with NICI \$180

It's time to put on a truly Aussie Christmas spread, using all the classics, as well as a sprinkle of native ingredients!

Our friends at the National Indigenous Culinary Institute are back to run you through the ultimate Christmas entertaining menu (including all the favourites: prawns, Barramundi, and Kingfish), while you learn how to ethically source and cook with saltbush, warrigal greens, Davidson plum, and so much more.

This class is held in collaboration with the talented chef Luke Bourke (from Rockpool Bar & Grill) and the National Indigenous Culinary Institute (NICI) which supports young Aboriginal chefs through their apprenticeships, and helps establish and support their career pathways.

Thai Street Food \$160

Thai cuisine is packed with fresh, zingy flavours that are perfectly suited to hot climates, and we're lucky enough to have a native Thai food expert in the house: our very own Grace Milinthangkul. Book this class if you're keen to learn how to create restaurant-quality Thai meals at home (and how to use a wok like Grace's Grandma).

Seafood BBQ and BBQ Master \$180 | \$195

Seafood BBQ has been one of our most popular classes for more than 10 years, and while our guests book in year-round, there's no better time to jump in than summer. Picture this: the sun is shining, the kids are squealing in the pool, the barbie's fired up, and you're wielding the tongs, ready to stun the fam with the techniques you learnt in the class.

Already consider yourself a bit of a tong master? We've added a step up to the schedule in the form of BBQ Master, where you'll learn to handle a few more unique species (including octopus and a whole fish).

Italian Seafood Feast \$180

We update the recipes in this class to align with seasonality, meaning there's always something new on the menu. For spring and summer, we've ditched risotto in favour of a light, lemony crab pasta. Combine that with Mediterranean classics like calamari fritti, grilled mussels, and a caprese salad, and you've got the perfect summer dinner menu.

A 'Palentines' Day Mexican Fiesta \$180

No plans for Valentine's Day? We've got you covered. Our inaugural 'Palentines' Day class on the 14th February welcomes everybody for a night of Mexican flavours and feasting, whether you have a date or not. Come by yourself or come with your pals; either way this class is going to be a tonne of fun.

Seafood Superfoods \$180

It's official: seafood is a superfood. This brand new class embraces the health benefits of many different types of fish and seafood, which is not only an important protein source, but is also packed with micronutrients such as zinc, selenium, iodine and omega-3 fat. Start the new year off right by learning how to cook three spectacular dishes that are as good for you as they are delicious.

Artisan Series: Tomato Passata with Alex Elliot-Howery from Cornersmith. Passata: the heartbeat of Italian cookery. \$250

As Italians set up shop in Australia post-WWII, plenty clung onto the quirks and customs of the motherland. And so, a tradition sprouted: "passata day", a yearly, often raucous gathering which sees families band together to whip up a year's worth of tomato passata.

We've called in Alex Elliot-Howery from Cornersmith to host our very own passata day, and teach us how to make the glorious, crimson elixir just like nonna would.



WANT MORE? EXPLORE THE FULL SCHEDULE AT SYDNEYSEAFOODSCHOOL.COM.AU.

GETTING READY FOR THE HOLIDAY SEASON

Charged with organising the dreaded work Christmas party? Let us handle the planning: you only need to pick a date and a class theme. Then just have fun reconnecting with your colleagues over a fun activity and a glass of wine (or three).

BUY A GIFT CERTIFICATE

Need a Christmas gift for that hard-to-buy-for relative? Our gift certificates make the perfect present. They come in a range of denominations and are valid for three years, so your recipient has the freedom to pick and choose the best class for them.



HOW TO PREPARE MUD CRAB AT HOME



Humane Dispatching

The RSPCA's recommendation for the most humane way to kill live Mud Crabs is through chilling, then spiking.

Basically, you want to chill your crab in an ice slurry (a mixture of ice and salted water) or the freezer until it is 'insensible'. You'll know the specimen is insensible when it has no resistance to handling, no limb movement, and no reaction when its shell is tapped.

The next step is to split the crab by rapidly cutting through the centre-line of the head, thorax (chest) and abdomen with a large, sharp knife. Once you've done this, your muddy is ready to be prepped!



Mud crab is one of those species that the average seafoodie puts in the too-hard basket. Not only do you have to buy them live – eek! – but they're quite unwieldy to prepare if you don't know what you're doing.

Never fear! We've called in the experts at Sydney Seafood School to give you a rundown on exactly what to do once you get your creepy crawlies home...

1



Lay the iced-slurried mud crab on its back. Lift up and break off the V-shaped flap attached to the underside of its body.

2



Using a sharp chef's knife cut straight through the body of the crab.

3



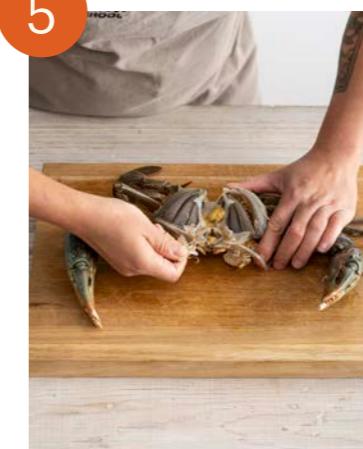
Turn the crab over and pull the top shell away from the body.

4



Remove the top shell completely (it's great for the final presentation of the dish).

5



Twist off the feelers.

6



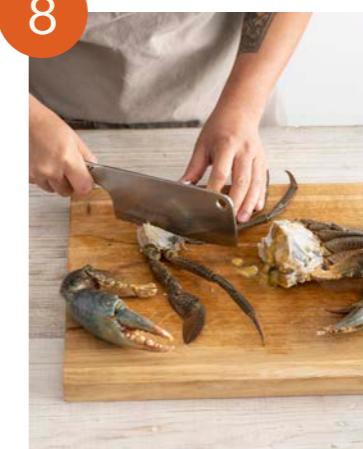
Remove the grey gills ('dead man's fingers').

7



Cut the crab in half.

8



Cut each half of the crab into three sections.

9



Crack the large claws with a cleaver or the back of a heavy knife.

'TIS THE SEAFOOD SEASON

The Complete Beginner's Guide to Christmas Seafood Shopping



Entering Sydney Fish Market for the first time can lead to sensory overload for some, and if your visit is taking place during our 36-Hour Seafood Marathon, the frenetic energy is palpable.

There's the 100+ different seafood species on display, the tossing and tipping of prawns, the families lugging esky bags, the mates tucking into fish and chips at 5am, Santa ringing his bell... Not to mention the hustle and bustle of oyster shucking, fish filleting, ice packing, coffee making, bread baking, meat slicing, and prawn peeling... Let's just say it can be a lot to take in!

First timers might get overwhelmed; sticking to the basics, and getting in and out with only a kilo of prawns to show for their efforts. But it's obvious to any visitor that there is so much more to discover at the Market, especially at Christmas time.

If you need a hand planning your Christmas visit then this is the guide for you.

P.S. Turn to page 20 for a glossary of key terms you might need while seafood shopping!

SUMMER REVIEW

13

STEP 1: Make a Plan

Making a plan before your visit to SFM is the key to ensuring you aren't immediately overwhelmed by choice. The plan can be as vague or as meticulous as you like, depending on what type of home cook you consider yourself.

If you prefer things loose and creative, think about a cooking method you'd like to use; are you planning on firing up the BBQ, throwing something in the oven, or sticking to the frying pan? That is often enough to give yourself some direction when exploring our retailers.

If you're more detail-oriented, you might use our complete guide to planning your Christmas spread (on page 16) to figure out your game plan.

It's also helpful to make note of how many people you're feeding. Your fishmonger will be able to help you with portion sizes from there, but if in doubt, use the table below to figure out how much to buy.

The other important thing to consider is when to come to the Market. We're open for 36 hours straight at Christmas, starting from 5am on the 23rd until 5pm on Christmas Eve, and the best times to come to avoid crowds are usually:

- Early morning on either day (we're talking 5am sharp).
- Or on the evening of the 23rd (as late as you can handle).

Expert tip: If you're driving here, head straight for our overflow parking at Sydney Secondary College Blackwattle Bay. This way, you'll avoid the traffic around our car park entrance, and will be guaranteed a spot. The College is only a leisurely 7-minute stroll from the Market, and the time it saves you waiting in traffic is so worth it.



SEAFOOD	PORTION SIZE	
Whole Fish	350 - 600g	Per Person
Fish Fillets or Steaks	150 - 220g	Per Person
Fish Cutlets	200 - 300g	Per Person
Smoked Salmon	100g	Per Person
Prawns	300 - 400g	Per Person
Small	40 - 60 Prawns	Per Kg
Medium	30 - 40 Prawns	Per Kg
Large	17 - 30 Prawns	Per Kg
Extra Large	16 or Less Prawns	Per Kg
Crab - Blue Swimmer	1 x 400g	Per Person
Crab - Mud	½ x 1kg crab 500g	Per Person
Balmain or Moreton Bay Bugs	800g 2-4	Per Person
Rock Lobsters	½ x 1kg lobster 500g	Per Person
Yabbies or Red Claw	700g About 10	Per Person
Marron	50g About 2	Per Person
Oysters	2-6	Per Person
Blue Mussels	600g about 18	Per Person
Octopus, Squid, Cuttlefish	200g	Per Person

SEAFOOD BUYING CHEAT SHEET

STEP 2:

Use Your Senses

Like any fresh produce, when choosing seafood, it's important to get up close and personal. While this can be a challenge in the crush of the Christmas crowds, it's a must.

As you look at the fish on offer, you should be keeping your eyes peeled for shiny, lustrous-looking skin or scales, firm, intact flesh (with no marks or tears), and bright, pink-red gills.

If you want to use touch to explore our retailers, the staff will happily supply you with a pair of gloves. Fish flesh should be firm and spring back when touched. Crustaceans like crabs should feel heavy for their size, with no sound of sloshing water inside when gently shaken. Bivalves (like Mussels, Pipis, or Vongole) should have intact shells, that are closed or close when tapped.

Your most important tool when seafood shopping, however, is your nose! All seafood should have a pleasant, fresh sea smell; product that smells especially 'fishy' is not what you're going for. Think of seafood the same way you would a bottle of milk...your nose will tell you immediately if something is not good to eat.

STEP 3: Make Use of Your Fishmonger

The staff at SFM retailers are a treasure trove of knowledge on what is fresh and in-season, but it can be hard to get their ear when they're flat out at Christmas time.

In this busy period, instead make use of their skills by asking them to prepare your seafood for you. They can clean squid, pin-bone fillets, gill and gut whole fish, peel prawns, slice sashimi, and halve lobster or bugs.

If you do manage to get a few extra words in, ask them to recommend a species; they'll even tell you how to cook it if you're friendly enough!



STEP 4: Know Your Sections



Most seafood retailers at Sydney Fish Market have a variety of sections or stations in their store. These generally include a whole fish section, a fillet bar, a prawn section, an oyster bar, a sashimi bar, a hot food section, live tanks, and a frozen section.

Knowing where you're going is key at Christmas, because you often won't be able to see the counter for the crowds!

Most often, one staff member will be able to help you gather product from all of these sections in one transaction, but sometimes you may have to purchase from the sashimi or oyster bar separately, as these sections have specialised staff.

When purchasing from the sashimi bar, you will choose your fish, which will be weighed for you, and then sliced using a specialised knife. An added bonus here is that you can choose the thickness of your sashimi slices; if you prefer thicker or thinner, let the staff member know and they will slice it to your liking. They can also slice it into cubes for you if you're making a ceviche... Yum!

Choosing oysters is another time when speaking to the staff is extremely beneficial. Many of the oyster shuckers at Sydney Fish Market have been in their roles for decades, shucking more than 200 dozen oysters every day, and they are therefore experts on what makes the perfect morsel. Ask them which variety they recommend at Christmas, and you are guaranteed to get a delicious tray.



STEP 5: Transport and Store Correctly

One of the cardinal rules of seafood purchasing is that for every hour your seafood is not on ice, one day is taken off the shelf-life. We are religious about this behind the scenes at Sydney Fish Market, and you should be too!

Once you've chosen your seafood, the best way to ensure that it stays as fresh as possible for the trip home is to pack it into an esky or chiller bag (these are available for purchase at most SFM retailers), and ask your fishmonger to pack some ice with your purchase. There is no shortage of ice here, and the staff will be happy to give you as much as you like!

Most seafood will keep in the coldest part of your fridge for up to 3 days, when stored correctly. We recommend placing most species on a plate or in a lidded container, and covering them with a damp cloth, followed by plastic wrap or a lid. There is also nothing wrong with freezing seafood if you need to! Just make sure it is stored in an airtight freezer bag, with as little air as possible.

And that's it! You've completed your first trip to Sydney Fish Market's 36-Hour Seafood Marathon like an expert. Now, it's time to get cooking...



HOW TO

PLAN THE PERFECT SEAFOOD SPREAD FOR CHRISTMAS



For so many Aussies, Christmas equals stress... whether you're balancing the budget, adjudicating family politics, or trying to find the perfect present for the last grumpy Uncle on the list. While we can't help you with Uncle George, we can take one thing off your plate: planning the perfect seafood spread!

Seafood is a staple of Australian Christmas tables, but often the huge variety available can become overwhelming... If you find yourself leaving Sydney Fish Market on Christmas Eve with the same old prawns and oyster combo you always get, we're here to teach you how to create the varied, innovative, and impressive seafood spread you've always dreamed of.

All of these tips can be adapted to suit the size of your gathering, your budget, and your personal preferences. And remember, when in doubt, you can always check out the massive collection of seafood recipes on our website for inspiration!

1

How Much Seafood To Buy

The first step to planning the perfect Christmas spread is determining exactly how much food you need. It's always better to have too much than too little, but you don't want to have huge amounts of wastage after your guests head home.

Use the cheat sheet on page 15 to figure out exactly how much seafood you'll need per person.

Remember to bring an esky along with you on your Christmas trip to Sydney Fish Market, and ask the fishmonger to pack some ice with your purchase to keep it fresh on the journey home. Then, store everything in the coldest part of your fridge.

Contrary to popular belief, you don't have to eat your seafood straight away... Most seafood species will keep for 3-5 days in the right conditions, so don't stress too much about it going bad. When in doubt, ask your fishmonger how best to store the species you've chosen, check out the storage FAQ's on our website, or use your nose - we promise, it'll tell you if something isn't good to eat.



2

What Seafood To Buy

Once you've planned out how much food you'll need for your guests, it's time to decide what you're going to buy. Now here's the ultimate tip: think about species first, recipes second. This allows you to address two key areas...

BUDGET

Hey big spender! If you're willing to splash out for the special occasion, your options are endless.

We recommend buying from a variety of different seafood categories to really make your seafood spread shine: get a crustacean (Rock Lobster, Bugs, or Crab are great choices), a whole fish for a fantastic centrepiece, or some fillets for the main course, some bivalves (scallops, mussels, or the crowd favourite – oysters), some prawns of course, and some octopus or squid.

The variety will impress any guest, especially if you cook them all in different ways.

If you're working with a tighter budget (as most of us are at the moment!), we recommend trying some species you haven't heard of before.

The prices of fish like Snapper, Atlantic Salmon, and Barramundi go up slightly around Christmastime in response to demand, while lesser-known species (that are just as delicious), are readily available and significantly cheaper.

So, instead of Snapper, try some Bream or Perch. Replace your Atlantic Salmon with Ocean or Rainbow Trout. Try some Ling or Mulloway instead of Barramundi. Again, if in doubt, ask your fishmonger what is good quality and in-season – they'll even tell you how to cook it!

HOT AND COLD ELEMENTS

The perfect seafood spread has to be well-balanced, not only in flavour, but in temperature. Too many hot dishes will overwhelm your guests, especially in the height of summer, but too many cold ones lower the satisfaction factor.

We recommend spreading your dishes evenly across hot and cold... Picking two from each category is a great start.



4 — Salads and Sides

The final thing to consider for a truly stellar Christmas spread is all the extras. Salads and sides are easy and quick to assemble, but are often an afterthought. Check out the salad section on our website for a huge range of delicious options.

A selection of simple sides also makes for a decadent and exciting gathering, whether you serve them as appetisers before the main event, or scatter them about a large table for everyone to pick at as they chase after the kids.



—3

Create a Star Centrepiece

Nothing takes a Christmas seafood spread to the next level quite like a star centrepiece. There are a few options in this category that are certain to impress even the most discerning grandparent.

A whole fish is a budget-friendly option that is far easier to achieve than you think. Whole fish are significantly cheaper than fillets, and look incredible on the table. You can steam, deep-fry, bake, or BBQ a whole fish easily, and then all your guests have to do is serve themselves, pulling a section of meat from the bone with their knife and fork.

If a whole fish isn't your thing, some other options for a centrepiece include a large Eastern Rock Lobster (you can either serve it Thermidor or from the BBQ), some assorted crustaceans baked in garlic, a homemade sushi platter, or a large squid.



—5

Eat Up!

Remember, a seafood spread doesn't have to be expensive to be impressive – plenty of Australian species come into their prime around Christmas and are exceedingly cheap.

Depending on how many guests you're hosting, all you really need is two hot dishes, two cold, one impressive centrepiece, and a few easy sides.

Once you've combined these elements, you'll find yourself with a stunning, restaurant-quality seafood feast that your Christmas guests will adore.

SEAFOOD GLOSSARY

Seafood can be a confusing protein at times... Not least because we've got such incredible variety available to us in Australia. Knowing the difference between a fillet, a steak, and a cutlet is just the beginning. Here's a glossary to help you out:

b

BIVALVE

Bivalves are any shellfish with a double hinged shell, many of which are commonly referred to as clams; 'clam' once meant 'shut' and these creatures can shut their shells tightly to protect themselves from predators. Many of our most popular shellfish, such as Oysters, Scallops and Mussels, are bivalves.

BUTTERFLIED

Butterflying is another way of filleting a whole fish. Rather than taking the fillets away from the backbone, the bone is taken out. The result is two fillets that stay connected, usually with the head and tail left on, to hold the finfish together during cooking. Butterflied fish are great for stuffing.

c

CEPHALOPOD

A class of marine molluscs including Squid, Cuttlefish, and Octopus, which have a group of muscular (usually sucker-bearing) arms around the front of the head, highly developed eyes, and usually a sac containing ink which is ejected for defense or concealment.

CLEANED

A fish that has been scaled, gilled, and gutted.

CRUSTACEAN

In seafood, crustacean refers to a class of arthropods with an exoskeleton and two-parted limbs. Includes Lobsters, Crabs, Crayfish, and Prawns.

CUTLET

Cutlets are a section sliced horizontally through the whole fish, leaving the bones in; Salmon and Blue-eye Trevalla are often seen as cutlets. When used in relation to Prawns, this term refers to a peeled Prawn with the tail left attached.

f

FARMED

Refers to a seafood species reared and harvested in controlled water environments. Some popular aquaculture species are: Barramundi (Queensland, NT and WA), Eel (mainly Victoria and Queensland), freshwater Crayfish (Yabby, Redclaw and Marron), Murray Cod (Victoria and NSW), Oysters (Sydney rock, Pacific and Native), Prawns (especially banana and black tiger), Silver Perch (mainly NSW and Queensland), Trout (mainly Rainbow Trout grown in freshwater, or in sea cages and marketed as Ocean Trout), and Yellowtail Kingfish and Mulloway (mostly from Port Lincoln, SA). Also available in Australia is Chinook Salmon (farmed in New Zealand and marketed as King Salmon).

FILLET

A fillet is the whole side of a fish cut away from the central back bone and rib cage. You may need several fillets from a very small fish, such as Sand Whiting, to serve 1 person, while those from a larger fish, such as an 800g Snapper, may be an ideal portion size for 1 person.

g

GILLED

A fish with the gills removed. Gills are removed because they can impart a bitter flavour to fish.

GUTTED

A fish with the guts (viscera) removed. Ready to cook whole after a simple wipe down of the inner cavity.

m

MOLLUSC

Scientific term for 'shellfish'. Refers to any of a large phylum (Mollusca) of invertebrate animals (such as Snails, Clams, or Squid) with a soft unsegmented body usually enclosed in a calcareous shell.

p

PIN BONED

Fish with the bones meticulously removed using specialised tweezers. Not all fish available at your chosen retailer will be pin boned; if you are nervous about bones, it is worthwhile to ask your fishmonger about them. Sometimes pin boning will come at an additional cost.

r

RESPONSIBLY SOURCED

A term used in the seafood industry to mean 'sustainable'. While overfishing has been a serious problem globally and continues to be an issue in some regions, since the turn of this century Australian fisheries have been internationally recognised as among the best-managed in the world. Both State and Commonwealth legislation requires that our fisheries be sustainable, and that the environmental impacts of fishing activities be regularly assessed. Stocks of even previously overfished species continue to increase under careful supervision; recovery plans for such species are mandatory and have been proven to work. The best way to be sure you're buying sustainable or 'responsibly-sourced' seafood is to buy Australian.

s

SASHIMI-GRADE

Very fresh seafood, suitable for eating raw is labelled 'sashimi-grade'. It's caught and handled in such a way that peak freshness and quality are maintained. Sashimi-grade Tuna, and other large wild-caught fish, are line-caught, landed onto a mattress (to minimise bruising) and killed instantly by brain-spiking (ike jime). This prevents the fish from struggling and releasing stress hormones and helps keep the body temperature low. The fish is then bled immediately, removing heat and waste products, and put into an ice slurry to drop the body temperature as close to 0°C as quickly as possible. If you are planning on eating your chosen seafood raw or rare, make sure to check with your fishmonger whether it is sashimi-grade.

SCALED

A fish with its scales removed. This is generally done by your fishmonger, using a special tool.

SKIN ON/SKIN OFF

Your fishmonger will generally have fillet options available with both the skin on and skin off. If you are looking to pan-fry or BBQ your fish, you would usually purchase it with skin on, so that you can crisp up the skin in the pan. You can always ask for skin to be removed if you prefer not to eat it.

STEAK

Fillets from very large fish, such as Swordfish or Tuna, are usually sliced vertically into boneless 'steaks' that are a suitable portion size for 1 person.

t

TRUNK

A whole fish sold with the head removed. Ocean Jacket are a species commonly sold as 'trunks'.

w

WHOLE FISH

A fish which has not been filleted, and is thus sold completely intact, exactly how it was caught. In most seafood retailers, whole fish will be sold pre-cleaned, however you may need to ask to have them gilled, gutted, and scaled.

WILD-CAUGHT

Refers to seafood caught in natural marine environments, such as oceans, lakes, and rivers.

5

INVENTIVE WAYS TO COOK PRAWNS THIS CHRISTMAS

Did you know that around 40% of Australian prawn consumption occurs over Christmas? At Sydney Fish Market alone, more than 130 tonnes of prawns are traded during the 36-Hour Seafood Marathon... We're going to need a bigger barbie!

While cooked Australian prawns are just perfect enjoyed as they are, peeled by hand, with a cold beer nearby, there's always room to try something new. Here are five ways to switch it up this Christmas.



1. DEEP-FRIED CHILLI SALT SCHOOL PRAWNS

SERVES: 8

Tiny little school prawns, small enough to eat head and all, are in season from about October – March ... which is the best time to make this moreish dish. Add more chilli if you feel like a little more heat!

INGREDIENTS

600g small green school prawns
2 cups tapioca starch
Vegetable oil, for deep-frying
Salt flakes, to serve
Lime wedges, to serve

Chilli Salt
½ cup salt flakes
½ cup chilli powder

METHOD

Make Chilli Salt: crush salt and combine well with chilli powder.

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

Combine tapioca starch and Chilli Salt in a plastic bag. Add prawns and shake to coat well. Tip into a fine sieve and shake off the excess mixture.

Deep-fry the prawns, in batches, for 30-60 seconds, until they change colour and begin to float.

Drain on paper towel and sprinkle with salt flakes. Serve immediately with lime wedges.

NOTE: If prawns are small enough, they can be eaten shell and all.

2. PRAWNS WITH ZUCCHINI, TOMATO, AND MINT

SERVES: 4

Picture this... A sunny summer's day, kids squealing in the pool, the family gathered around the table, shreds of wrapping paper being chewed up by the dog, and a platter of this refreshing, zingy prawn salsa being passed around. Now that's an Aussie Christmas!

INGREDIENTS

24 medium-sized green Prawns, peeled and deveined, tails intact
Salt flakes and freshly ground black pepper, to taste
½ cup extra virgin olive oil
Crusty bread, to serve

Zucchini, Tomato & Mint Salsa
2 large zucchini, finely diced
1 large tomato, finely diced
1 small red onion, finely diced
2 tablespoons finely chopped mint
2 tablespoons extra virgin olive oil
1 tablespoon white wine vinegar
Salt flakes and freshly ground black pepper, to taste

METHOD

Make Zucchini, Tomato & Mint Salsa: combine all ingredients and set aside.

Sprinkle Prawns generously with salt and pepper. Heat the olive oil in a large frying pan and cook the Prawns for 2-3 minutes on one side, until well coloured, then turn and cook for a further minute or 2 until they are just opaque all the way through.

Divide between plates, top with a generous spoonful of the salsa and serve with crusty bread.



1.



2.

3. BARBECUED CHERMOULA PRAWNS WITH CHICKPEA SALAD

SERVES: 8

Okay, chucking some shrimp on the barbie isn't exactly revolutionary... But adding depth to the sweet freshness of prawns with bold flavours (like this spicy, North-African marinade) brings a classic preparation into a new dimension.

Once your prawns are marinated, it's as simple as throwing them on the BBQ until they are gorgeously charred.



4. PRAWN SAN CHOY BOW

SERVES: 6

While this popular Chinese dish is usually made with minced pork in Australia, who said we can't add prawns? It was traditionally made with pigeon meat, after all!

Another winner for big groups, your guests can spoon their own portions into lettuce leaves as they please, saving you from spending forever in the kitchen serving up individual plates.

Feel free to experiment with different vegetables too, such as bamboo shoots, baby corn, or oyster mushrooms... anything that will add texture.



INGREDIENTS

700g green Prawns, peeled and deveined, tails intact

Chermoula

1 bunch coriander
1 bunch flat-leaf parsley
6 cloves garlic, peeled and roughly chopped
Salt flakes, to taste
2 tablespoons ground cumin
2 tablespoons sweet paprika
½ teaspoon cayenne pepper
100ml lemon juice
250ml extra virgin olive oil

Chickpea Salad

400g cooked chickpeas, drained and rinsed
2 large tomatoes, diced
½ small red onion, diced
½ cup chopped flat-leaf parsley
2 tablespoons lemon juice
2 tablespoons extra virgin olive oil
Salt flakes and freshly ground black pepper, to taste

METHOD

Make the Chermoula: finely chop coriander and parsley leaves together in a food processor. Add remaining ingredients and mix well.

Spread Chermoula generously over the prawns, cover and refrigerate for 20-30 minutes.

Meanwhile, make Chickpea Salad: combine chickpeas, tomatoes, onion and parsley in a large bowl. Add the lemon juice, olive oil, salt and pepper and toss to combine.

Heat a barbecue or char-grill plate.

Cook the prawns for 1-2 minutes until well coloured, then turn and cook for a further minute or 2 until they are just opaque all the way through. Divide between plates and serve with Chickpea Salad on the side.

INGREDIENTS

1 iceberg lettuce
1.5kg green prawns, peeled, deveined and diced

6 shiitake, finely chopped (see notes)
1 small carrot, finely chopped
8 water chestnuts, finely chopped
100ml vegetable oil
2 cloves garlic, crushed
6 green onions, finely chopped
2 teaspoons Shaoxing
¼ cup oyster sauce
1 tablespoon thick soy sauce
1 teaspoon cornflour, dissolved in 2 tablespoons cold water

Marinade

1 teaspoon castor sugar
1 tablespoon light soy sauce
¼ teaspoon ground white pepper
1 egg white, lightly beaten
1½ tablespoons vegetable oil
2 teaspoons sesame oil

METHOD

Remove outer lettuce leaves and reserve for another dish. Cut out and discard the stem of the lettuce, hold lettuce under cold running water and gently remove 12 intact outer leaves. Trim into neat 'cups', put in a large bowl of iced water and refrigerate until needed.

Make Marinade: combine all ingredients. Stir marinade vigorously through the prawn meat until well combined. Stir through shiitake, carrot and water chestnut.

Combine oyster sauce, soy sauce and cornflour mixture.

Heat wok, add oil, then garlic and green onions, stirring for 30 seconds. Add prawn mixture and toss for a couple of minutes, until prawn turns pink. Add Shaoxing and stir for a minute or so, until most of the liquid has evaporated, then add oyster sauce mixture, stirring until it boils and thickens slightly.

Drain lettuce cups, fill with prawn mixture, wrap and eat.

5. PRAWN SALAD WITH CHILLI, CUCUMBER & WATERCRESS

SERVES: 4

This salad is perfect for a big festive gathering, and you don't even need to turn on the stove to make it! A top tip for ease of clean-up is to pre-peel (or have your fishmonger pre-peel) prawns for larger groups – we know, it's time consuming and not traditional, but it saves a lot of mess and fishy fingers in the long run!

INGREDIENTS

700g large cooked prawns, peeled and deveined, tails intact
½ long red chilli, halved, seeded, cut into thin strips
2 small cucumbers, halved, seeded and finely sliced
¼ cup mint leaves
1 cup watercress sprigs
2 tablespoons roasted unsalted peanuts, finely chopped

Asian Dressing

1 tablespoon fish sauce
1 tablespoon palm sugar
3 tablespoons lime juice
1 tablespoon very finely chopped lemongrass, white part only
2 golden shallots, finely sliced
3 small red chillies, seeded and roughly chopped

METHOD

Make the Asian Dressing: combine all ingredients and set aside.

Add prawns to the dressing. Add the chilli, cucumber, mint, watercress and two-thirds of the peanuts. Gently toss to mix well.

Arrange on serving plates or a large platter and sprinkle with the remaining peanuts.



THE BEST DISHES AT SYDNEY FISH MARKET FOR LUNAR NEW YEAR

Sydney Fish Market is a must-visit destination in the lead-up to Lunar New Year... Not only is seafood a key part of Chinese celebrations at this time of year, but the Market is decorated to the nines with gorgeous red lanterns, and this year is set to play host to a traditional Lion Dance performance on Saturday 10th February.

For more information about the event, visit the What's On page on our website.

If you're planning on paying Sydney Fish Market a visit to ring in the Lunar New Year, these are some of the must-try traditional seafood dishes available in our retailers.

Whole Fish

Whole fish is the single most important cultural dish eaten on Lunar New Year. The tradition of eating whole fish at this special occasion arose as the pronunciation of the Chinese word for "fish" also means "abundance"; therefore, this dish is symbolic of wellbeing and prosperity in the year ahead. Furthermore, preparing and serving the fish whole is said to represent a good start and finish to the new year (head to tail!).

Almost all of Sydney Fish Market's hot food retailers have multiple whole fish dishes available. You can even choose a fish from the fresh display and have it cooked to order! The traditional cooking method is steaming, topped with soy sauce, ginger and green onions. Hot seasoned oil is then poured over the top, to activate the aromatics and crisp up the skin.

Superstition says it's bad luck to turn a fish over, so instead, lift the bones out once one side is fully eaten, and access the bottom side that way.

Seafood in XO Sauce

XO sauce is an iconic condiment hailing from Hong Kong, made from dried seafood, salty ham, shallots, garlic, chili, and oil. It is a real flavour bomb that can be spooned over any number of dishes to add a rich umami taste. Its name, "XO", is Hong Kong shorthand for high quality, prestige, and luxury, making it the ideal sauce to enjoy on a special occasion like Lunar New Year.

You can order almost any species of seafood cooked in XO sauce at Sydney Fish Market – pipis, prawns, lobster, crab, abalone – the options are truly endless. Our recommendation is to talk to the staff in your favourite retailer and ask them what is good quality and fresh on that particular day, then ask for it to be stir-fried in XO sauce for you. Easy!

Steamed Scallops

During Lunar New Year celebrations, scallops are said to symbolise new opportunities, or the opening of new horizons, due to their beautiful open shells.

The traditional way to enjoy them is steamed with soy and spring onions, but options for scallops abound at Sydney Fish Market – grilled, steamed, as sashimi, slathered in cheese and blowtorched to perfection... You can't go wrong!

While the cheesy scallops available at Peter's Aburi Bar are decidedly untraditional, they are a firm favourite of our regular visitors.

Seafood Noodles

Noodles are a key element of any Lunar New Year feast – the length of the noodles represents the longevity of one's life, and they are therefore very culturally important.

Many visitors to Sydney Fish Market don't know that you can order your chosen hot seafood dish atop a bed of fresh noodles: this is an especially tasty way to enjoy species like Lobster and Crab. Just choose your species, choose your sauce, and get slurping!

Abalone

Abalone is a revered species in Chinese culture, representing good fortune for the year ahead. Traditionally, Abalone was served among families on the fifteenth day of the Chinese New Year to mark the end of the holiday, but now it is served on any day during the fifteen-day period.

Abalone is a highly sought-after ingredient, meaning that in Australia, you will sometimes see it priced at around \$100/kg! At Sydney Fish Market, you can have two Abalone cooked fresh for you in your choice of sauce (we recommend ginger and shallot or XO!), for around \$50. It's on the pricier side, but absolutely delicious, and great for a special occasion!

Chilli Crab

Crab is a fantastic centrepiece to a Lunar New Year feast (Kylie Kwong's favourite, in fact), and its bright red hue is a symbol of prosperity and good luck! Chilli Crab is a dish enjoyed in many Asian cultures, and while each country has its own take on the recipe, it is always guaranteed to be delicious.

Ask your favourite retailer which crab they recommend on the day – Mud Crab is a traditional classic, but they may have some King Crab on offer if supply has been good – and ask to have it cooked in Chilli Sauce. Enjoying this dish is a decadently messy affair, so grab some napkins and be prepared to dig in with your hands!



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...

SALLY WEBB
SYDNEY SEAFOOD SCHOOL

What's your favourite thing to eat at SFM?

Anything that our fabulous guest chef presenters cook up. I can't pick a favourite – that would be like nominating a favourite child.

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

Steamed Eels.

What's your top seafood shopping tip?

Look up cheaper alternatives to more popular species. Swapping out Salmon for Rainbow Trout for example, could save a bit of cash and the fish can be just as tasty.

What's your top seafood shopping tip?

There are affordable swaps for most seafood, especially at SFM. Gurnard for flathead. Eastern School Whiting for King George. Or the best one – Scorpionfish for Lobster.

EVAN HEMINGWAY
CUSTOMER SERVICE

What's your favourite thing to eat at SFM?

The Californian or Cooked Tuna sushi rolls from the Sushi Bar.

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

Certainly an experience I'll never forget.

What's your top seafood shopping tip?

Talk to your fishmonger, buy what is in season. Try something new.

ADAM WOOD
OPERATIONS AND LOGISTICS

What's your favourite thing to eat at SFM?

My absolute favourite is Satay Beef Noodle soup from Christies, closely followed by a Poke bowl from Claudios.

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

One unique experience that comes to mind was on the NSW south coast whilst out on the water with an Oyster farmer, we were sampling world renowned oysters surrounded by one of the most unique and beautiful environments.



WANT TO HEAR MORE FROM OUR SEAFOOD EXPERTS?

CHECK US OUT ON TIKTOK!



Did you know...?

The new Sydney Fish Market varies in height from 18 to 25m, changing at each end with the unique shape of the canopy roof (which has been designed to create the impression of a gentle wave). This is equal to three storeys at one end and four storeys at the other end. It will generally sit at the height of the existing fig trees along Bridge Road.



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

THE NEW SYDNEY FISH MARKET

The construction of our new building continues across the bay: pop out to our boardwalk to take a peek!

EVERYTHING YOU NEED TO KNOW ABOUT MERCURY AND SEAFOOD



Mercury is often a hot media topic, and its connection to seafood can frighten away many consumers. Unfortunately, much of the information shared about mercury when it comes to Australian seafood is at best, inaccurate, and at worst, alarmist.

Today, we're giving you a full rundown on everything you need to know about mercury and seafood, so that you can ensure you're always making the best choices for you and your family.

WHAT IS MERCURY?

Mercury is a naturally occurring element that is found in air, water, and food. Most people are exposed to mercury via the food they eat.

Mercury has three forms: organic, inorganic, and metallic. The organic form of mercury, particularly a type called methylmercury, is the most dangerous when it comes to consumption.

WHAT IS MERCURY'S CONNECTION TO SEAFOOD?

Mercury contained in ocean sediment is transformed into methylmercury by microorganisms. This methylmercury is then absorbed into flesh of fish through their gills as they swim, and through their digestive tracts as they feed.

Mercury levels differ from one type of fish to the next, as a result of their species, size, habitat, diet, and age.

Fish that are predatory (i.e. eat other fish) tend to contain higher levels of mercury, as they absorb the mercury within the smaller species they eat through their digestive tract.

SHOULD I BE WORRIED ABOUT MERCURY?

Doctors recommend that pregnant women and infants be extra careful about mercury content in their food, but otherwise, mercury is generally not something for the average seafood consumer to be concerned about.

As an average punter, to consume the amount of mercury needed to harm you, you would need to regularly be eating upwards of 3 servings of regular fish every week, or more than 1 serving of high-mercury fish (namely shark and billfish, e.g. Swordfish) per week, which is just not realistic for the vast majority of Aussies.

It's also important to remember that the body can and does get rid of mercury over time. Because of this, you will only exceed safe mercury levels if you eat a lot of high-mercury fish regularly over the course of many months.

DOES SYDNEY FISH MARKET TEST FOR MERCURY?

Sydney Fish Market regularly tests the fish sold through our auction for high mercury levels, with special attention being paid to the higher risk species like sharks, Orange

Roughy, Swordfish, and Barramundi. In 2022, for example, our food safety team tested 11 samples (including Kingfish, Longfin Eel, White-Spotted Guitarfish, Tuna, Tiger and School Prawns, Pipis and Frigate Mackerel) from the auction floor, and all samples came in under Food Safety Australia and New Zealand's established safe levels of mercury.

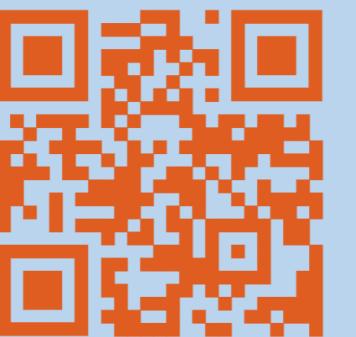
This means that by purchasing your seafood from Sydney Fish Market, or your own trusted fishmonger, you can feel secure in the knowledge that anything with extraordinarily high mercury levels has not made it to the retail sector.

IN CONCLUSION...

While we encourage seafood consumers to make their own choices with regard to their seafood intake (using the information available to them and the advice of their doctors) most people do not have to be concerned about mercury if they are not eating large predatory fish every single week, for months on end. Pregnant women (or those planning pregnancy) can also still enjoy seafood – just make sure you stay within the recommended guidelines.

Essentially, mercury from most fish sold in Australia is not a health risk, when the fish is consumed as part of a normal diet. You can breathe easy!

For more detailed health information about mercury in seafood, visit sydneyfishmarket.com.au.



END YOUR SUMMER ON A HIGH NOTE: LET US TREAT YOU TO A SEAFOOD FEAST!

Scan the QR code, enter your details, and tell us **in 25 words or less what your favourite summer treat from SFM is and why**, and you'll go in the running to win a **\$300 Sydney Fish Market voucher**.

Competition open for entries from Monday 27th November 2023 – Monday 29th January 2024.

The winner will be drawn and contacted by email on Tuesday 30th January 2024.

Terms and conditions available at sydneyfishmarket.com.au.

KIDS CORNER



Can fish hear?

Fish have inner ears but use their lateral lines in the same way we use our ears - to detect vibrations from afar.

How fast can fish swim?

Tuna can swim over 50 kph. And the super-fast sailfish swims more than twice that fast!

Do fish sleep?

Not sleep, as we know it. They have no eyelids, but they rest. Scientists have found tuna in stomach of slower tiger sharks and think they were caught napping!

WORD SEARCH

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

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

SAND
PRAWN
SEAGULL
BARBECUE
SQUID
BREAM
FLATHEAD
SUNSHINE
BEACH
MARKET
SWIM
OCTOPUS
SURF



WANT MORE?

Follow us on social media
[@sydneyfishmarket](https://www.instagram.com/sydneyfishmarket) or visit our
[website](https://www.sydneyfishmarket.com.au) [sydneyfishmarket.com.au](https://www.sydneyfishmarket.com.au)