

**SUMMER  
REVIEW**

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SEASONAL GUIDE

# MORE THAN A FISH MARKET

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**SYDNEY  
FISH  
MARKET**

SUMMER REVIEW

# MORE THAN A 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...



# TOP SEAFOOD SPECIES FOR SUMMER



Southern Calamari



Calamari Fritti

Summer is everyone's favourite time to eat Australian seafood...  
But how do you know which species are in top form in the warmer months?

You ask the experts, of course!

We've picked the brains of our Seafood Trading team, dug deep into the supply data, and chatted to our retailers to get you the scoop on what's going to be fresh and delicious this summer.

### 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.

Wild-caught, they are found mainly on the mid-continental shelf and upper slope in depths of 10-200m (sometimes as deep as 400m) and are caught off the south-eastern coast, including around Tasmania.

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.

### Australian Salmon

Australian Salmon (not to be confused with Atlantic Salmon – different species!) is a ridiculously underutilised fish, and as such is very low-priced. It responds particularly well to proper handling methods, such as brain spiking, bleeding, and placing in an ice slurry as quickly as possible.

If it's fresh and handled correctly, Australian Salmon has a clean, firm, meaty flavour and is excellent as crumbed fish pieces, minced in fish cakes, barbecued, smoked, or even as sashimi.

It is also very high in Omega-3 fatty acids! This means that strong accompanying flavours are best... Think tomatoes, olives, vinegars, pickled vegetables and punchy herbs.

### School Prawns

While King Prawns are Australia's most popular species of prawn, their large size can also mean they fall on the pricier side. However, a rule of thumb that you might not know is: the smaller the prawn, the sweeter the taste. Little School Prawns are often deemed the sweetest of them all, and an added bonus of their petite size is that they are able to be used in a huge variety of ways.

Try tossing cooked ones in a roll or a prawn cocktail with some fresh lettuce and kewpie mayo, or – our favourite trick – ordering them deep-fried whole from one of our retailers for an exciting new foodie experience. Yes, you can eat the heads, shells, legs and tails!

Fun fact: School Prawns were pretty much only used as bait to catch Bream and Whiting until Asian immigrants showed Australia how good they could be if treated with a bit of love. Now School Prawns are often more expensive than the fish they used to catch (though they're still a very affordable species)!

### Rock Lobster

Available wild-caught and farmed, various regional species of these marine crustaceans are found all over Australia. 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 Lobster is the star! 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 two tips for selecting a good specimen are to make sure that the shell is firm (this will indicate that the tail is full of meat) and to, wherever possible, choose the smallest Rock Lobster available. It is usually better (flavour-wise) to get a few 500g specimens than one that weighs 1-2kg.

### Southern Calamari

Most commercial catch of Southern Calamari comes from the pristine waters of South Australia. Cooler ocean temperatures create a clean, subtly oceanic flavour that puts this species squarely at the top of the list of Australia's most highly prized cephalopods.

Neil Perry would char Southern Calamari on an open fire (or a barbecue, if you don't have the Margaret kitchen at your disposal!), and dress it with a simple, punchy marinade like Salmoriglio.

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SYDNEY FISH MARKET'S

# FOODIE GIFT GUIDE



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Christmas has arrived, and we've done the hard work for you to collect a range of gift suggestions that'll suit any food lover, whether you're shopping for a tricky Secret Santa, Uncle Jim, or your best mate.

**1 • Mama Liu's Chilli Oil** This chilli oil is the latest TikTok sensation, and for good reason. Handmade in small batches in Sydney's south west, it's hot, spicy, crispy, toasty and packed with umami flavours. It's perfect for seafood, because it's intensely flavourful yet not off-the-charts spicy, balancing the symphony of flavours with the heat ([mamalius.com.au](http://mamalius.com.au)).

**2 • Australian Tinned Fish** Speaking of TikTok trends... Sardines on toast are the latest 'it' snack, anchovies are on

every restaurant menu, and 'seacuterie' boards stacked with tins are all the rage on TikTok. We've got no problem with tinned seafood... We love anything that gets Aussies eating more fish! Our top tip, though, is to buy Australian. Not only does that mean you can be sure the fish was sourced sustainably, but it also means you're supporting local industry. Bonus! Our favourite places to buy Australian sourced and canned seafood are Little Tuna ([littletuna.com.au](http://littletuna.com.au)) and Little Tin Co ([littletinco.com.au](http://littletinco.com.au)).

**3 • Fancy Condiments** Our on-site artisanal deli Blackwattle Deli isn't just the best place at Sydney Fish Market to get a coffee... It's also home to a huge range of delicious dressings, jams, honeys, oils, vinegars, sauces, and sweet treats. Pick up something small as a stocking filler, or create a bespoke gift basket for the ultra-special foodie in your life.

**4 • The Sydney Fish Market Cookbook: 'A Fish for all Seasons'** With the help of Sydney Seafood School, we've





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SYDNEY SEAFOOD SCHOOL  
AUSTRALIA'S LEADING SEAFOOD COOKING SCHOOL



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written and self-published the ultimate seafood-lover's cookbook, just in time for Christmas. Packed with over 100 recipes focusing on lesser-known or under-loved Australian seafood species, this book is the perfect pressie for anyone who loves to experiment in the kitchen.

**5 • Bespoke Seafood Tea Towels** Why not bundle a book with one of our bespoke tea towels? We've got a bunch of hand-illustrated designs available to suit any kitchen colour scheme.

**6 • In The Roundhouse Crockery** The only thing better than sitting down to a plate of fresh Australian seafood, is that plate being themed accordingly. We are obsessed with In The Roundhouse's range of seafood-themed crockery, illustrated by Daimon Downey, and we reckon any other seafood lover will be too.

**7 • Sydney Seafood School Gift Voucher** Our on-site cooking school is iconic for a reason... It's been around for over 30 years! Don't worry, retro prawn cocktails

are off the menu (most of the time). Pick up a gift voucher for a friend or family member who loves to cook, or needs to brush up their seafood skills.

**8 • Crab Crackers** Boatshed Gifts (located at the very front of Sydney Fish Market's main arcade) has a bunch of seafood-themed eating and cooking utensils available, from sashimi knives to oyster forks. Our pick are the crab-themed crab crackers. A little cannibalistic? Maybe... Super cute? Also yes.

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SUMMER REVIEW



# SUMMER OF SEAFOOD





**Sydney Seafood School's summer class schedule is now live, and it's got something for everyone. Host the summer barbecue of your dreams, learn how to slice and dice sashimi like a pro, cook with legendary chefs, and so much more.**

## **SEASONAL SPECIALTIES**

### **SUMMER BBQ** Saturday January 25th

This class is as Australian as it gets, drawing on flavours and recipes from a wide range of cuisines to reflect the diversity of Aussie food culture. But it doesn't stop there... We'll show you how to get maximum impact from your barbecue or grill, and how to bring the wow factor to all your summer entertaining.

### **THAI INDIAN SUMMER SEAFOOD W/ BHAVNA SHIVALKAR** Thursday January 16th

Bhavna Shivalkar, a.k.a The Modern Desi will share her secrets to the essential spices you need for authentic Indian cooking, and teach you her failsafe curry bases that work for seafood, vegetables and meat. From Goa to Maharashtra, to Bengal and beyond - explore the aromatic cuisines of regional India.

### **SEAFOOD APERITIVO** Sunday December 15th

Picture this: the drinks are flowing, the nibbles are being nibbled, and you're the host of the moment. This class will make that dream a reality: it's your ultimate guide to feeding a crowd, the Mediterranean way. We're talking little snacks that are easy to pre-prepare or even whip up mid-party, without the stress.

## **GET TECHY**

### **THE RAW AND THE CURED: SASHIMI WORKSHOP** Friday December 13th

Go beyond Salmon, Tuna, and Kingfish: this premium class will teach you everything you need to know about sashimi and curing fish. You'll be slicing and dicing unique species like an expert in no time as you learn to prepare a menu of all-raw seafood dishes

### **SEAFOOD SPECIALIST** Sunday February 2nd

Dive into Seafood Specialist to learn how to clean, prep, peel, crack and cook a range of seafood species... from Blue Swimmer Crab, to squid, to whole fish. This class is perfect for you if you're keen to learn some new seafood skills, without making your cooking life too complicated.

## **BONUS BITS**

### **SSS FOR KIDS** Wednesday January 22 & 29

School holiday activity - sorted! Get your kiddos comfortable in the kitchen with our safe and fun kids' cooking classes.

### **ROSA CIENFUEGOS' TACO PARTY** Friday February 28th

We are welcoming back Rosa Cienfuegos to host the ultimate taco masterclass. We'll be kicking off the taco party with mezcal cocktails thanks to our friends at Metoro, and doing a deep dive into the spicy, colourful food of Mexico City.

### **MIDDLE EASTERN FEASTS WITH MICHAEL RANTISSI** Thursday January 30

Michael Rantissi, is returning to celebrate the launch of Middle Eastern Feasts his new book that celebrates his all time favourite recipes. This class will take you from brunch (which Michael believes is the most important meal of the day), to delectable mezze, to the fabulous feasts for which the book is named and the region is renowned. Book in to cook recipes from across the Mediterranean, Turkiye, Persia and beyond.

### **SUMMER OF SEAFOOD (JANUARY & FEBRUARY)**

We know budgets are tight right now, but we want to show you that you can keep enjoying fresh Australian seafood even if you're pinching pennies.

Introducing Summer of Seafood: a selection of short classes that will bring some fun to your summer weeknights, teach you a great recipe or two, feed you, and send you home with a copy of Sydney Fish Market's brand new cookbook, *A Fish for all Seasons*, (RRP \$59.95). If that's not a bargain, we don't know what is!

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

Looking for the perfect gift for a foodie? Our gift certificates make an ideal present —and you can bundle them with our new *A Fish for All Seasons* seafood cookbook, a Paella Starter Pack, or beautiful 100% linen tea towels with hand-drawn recipe illustrations. Give a gift that's thoughtful, versatile, and perfectly suited to the seafood lover!



**SCAN HERE**  
FOR MORE  
FOODIE  
GIFTS

# 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 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 personalised 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!

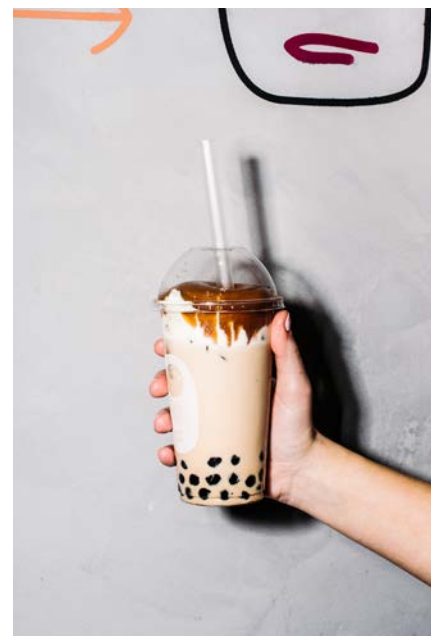
Secondly, pop into our on-site bottle shop and pick up a drop to enjoy with your oysters on our sunny boardwalk. Whether it's a bottle of Champagne, a crisp white, or just a refreshing mineral water, a cool drink always makes your oyster experience all the sweeter.

## NEW RETAILER SPOTLIGHT

**Big news... Our on-site bakery has recently re-opened under new management, and they've got so many delicious breakfast and lunch options available.**

**From freshly-baked cookies and pastries to schmancy sandwiches, barista-made coffee and fresh sourdough, they've got all your non-seafood needs covered.**

**Pay Waterside Bakehouse a visit today!**



The

# ULTIMATE GUIDE TO FESTIVE SEAFOOD SHOPPING



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Visiting Sydney Fish Market for the first time, especially during the 36-Hour Seafood Marathon on Christmas Eve, can be a whirlwind. With over 100 seafood species on display, prawns flying, families with esky bags, and mates enjoying fish and chips at 5am, it's an experience like no other. The hustle of oyster shucking, fish filleting, ice packing, coffee brewing, and bread baking fills the air, making it a lot to take in!

**First-timers often stick to the basics, grabbing prawns and heading out. But there's so much more to explore—especially at Christmas! Here's a guide to make your visit smooth and enjoyable.**

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## 1. Make a Plan

Planning ahead for your Sydney Fish Market visit can help keep the experience enjoyable and stress-free. Whether you're a relaxed or detail-oriented cook, a bit of preparation goes a long way.

For a flexible approach, consider a cooking method (BBQ, oven, or pan) to guide your shopping. Or, check out Sydney Seafood School's guide to match seafood with cooking methods. If you prefer specifics, our cookbook or website recipe collection can help map out your meal.

Think about how many people you're feeding; your fishmonger can assist with portions, or use our infographic for guidance.

Timing matters, too. 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:** Skip car park traffic by getting public transport or by using overflow parking at Sydney Secondary College Blackwattle Bay. It's only a quick 7-minute walk and you will be guaranteed a spot.



## Make Use of Your Fishmonger

The SFM retailer staff 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!



## 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.

# KNOW YOUR SECTIONS

# 4

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 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.



# 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.**

**Check out our cookbook for oodles of recipe inspiration. Scan to purchase and read on for tips on hosting the perfect festive season lunch.**



**NORTHERN PRAWN FISHERY**

Australia's Northern prawn fleet is considered the most advanced in the country. Spanning across thousands of kilometers of remote tropical coastline, these fishers primarily haul in a mix of Banana, Tiger and Endeavour Prawns (depending on the time of year). As if that isn't cool enough, they are the first tropical prawn fishery to receive an MSC certification for sustainability!



**WESTERN AUSTRALIA**

The remote coastline of Western Australia is home to many communities that are built around fisheries. Many different species of prawns can be found in these waters, from King, to Endeavour, to Tiger (up through Exmouth). As you get further north, you can expect to see more Banana and Red Spot King Prawns popping up in the mix as well.



**WHERE A  
PRAWNS**

**SOUTH AUSTRALIA**

The prawn fishery in Southern Australia is centered around Spencer Gulf. Prawn fishermen here are specialists, focusing on Western King Prawns pulled out of the pristine waters along the region's rugged coast up to Smokey Bay. This small community is a poster child for sustainable wild prawns.

BANANA PRAWN



# ARE OUR CAUGHT?

We all know prawns are an Aussie Christmas staple, but have you ever wondered where they come from? Here's our quick guide to where Aussie prawns are sourced.



## QUEENSLAND

With the biodiversity found on the Great Barrier Reef, it should come as no surprise that Northern Queensland is home to many different types of prawns. Prawn fishers regularly catch King, Banana, Tiger and Royal Red Prawns -- sometimes all in the same mixed bag! The Daintree Rainforest also helps create a perfect climate for the farming of Tiger Prawns.

## NSW

The warm waters of the East Australian Current help to warm both the land and the sea creating the perfect fishing ground for King Prawns. The brackish estuarial zones swelled by winter rains also come together to form pristine grounds for School Prawns all the way south to Lakes Entrance.



SCHOOL PRAWN



## VICTORIA

Lakes Entrance, Victoria, is the only port in the state where prawns are landed. This tight-knit community works mainly at night to haul up Eastern King Prawns from the waters in front of Gippsland Lakes. The lakes within also make the perfect spawning grounds for smaller, yet sweeter, School Prawns.

# HOW TO HOST CHRISTMAS LUNCH LIKE AN EXPERT

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 Jim, 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.

## 1. **TOO MUCH... NOT ENOUGH... JUST RIGHT!**

The first step to planning the perfect Christmas lunch 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 this cheat sheet to figure out exactly how much seafood you'll need per person.

<b>WHOLE FISH</b>	350-600g	per person
<b>FISH FILLETS/ STEAKS</b>	150-220g	per person
<b>FISH CUTLETS</b>	200-300g	per person
<b>SMOKED SALMON</b>	100g	as an entree
<b>PRAWNS</b>	300-400g	per kg
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
<b>CRAB (Blue Swimmer)</b>	1 x 400g	per person
<b>CRAB (mud)</b>	1/2 x 1kg crab	500g per person
<b>BALMAIN/ MORETON BAY BUGS</b>	800g	2-4 per person
<b>ROCK LOBSTER</b>	1/2 x 1kg	500g per person
<b>YABBIES/ RED CLAW</b>	700g	(10) per person
<b>MARRON</b>	500g	(2) per person
<b>OYSTERS</b>	6-12	as an entree
<b>BLUE MUSSELS</b>	600g	(18) per person
<b>OCTOPUS/ SQUID/ CUTTLEFISH</b>	200g	per person





# 2

## HEY BIG SPENDER

If you're willing to splash out for the special occasion, your menu options are endless.

We recommend buying from a variety of different seafood categories to really make your seafood spread shine: get a crustacean (a 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, Flathead 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!



# 3 YOU'RE HOT AND YOU'RE COLD...

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... Pair a crudo or tartare with some barbecued prawns, a lobster salad with some tuna steaks, grilled octopus with some cold prawns, or some fish kebabs with some oysters.

# 4 —

## THE STAR OF THE SHOW

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 Rock Lobster, some assorted crustaceans baked or barbecued in garlic butter, a homemade sushi platter, or a large squid.



# 5 | The rest!



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. Serve some smaller seafoodie snacks as appetisers before the main event, or scatter them over a large table for everyone to pick at as they chase after the kids.



# WALK THIS WAY

We love sharing all the best bits of Sydney Fish Market with you - and there's not better way to explore than in the company of our expert Seafood Educator.

## MORNING WALKING TOUR

Not a fan of waking up before dawn? Our morning walking tours start at 10am and are a great option if you're short on time.

You'll join one of our expert seafood educators to explore Australia's Home of Seafood, learn about the wholesale auction and what makes the seafood industry tick, and then explore the Market's famous retailers.

## TASTES OF SFM TOUR

Are you into seafood? Because we have a feeling we'd make the perfect catch!

Join our new Tastes of Sydney Fish Market Tour and dive headfirst into Australian seafood. Enjoy a guided walking tour led by one of our seafood educators and sample the season's best products at each of our amazing retailers.

Intrigued?  
Book now!



# SUMMER RECIPE

Whether you are looking for a dish to impress at a Christmas lunch, or just a fresh recipe to enjoy on those scorching days - we have the recipes for you.



# COLLECTION

OYSTERS WITH ASIAN DRESSING



## OYSTERS WITH ASIAN DRESSING

(Pictured on previous page)

Add something special to a classic oyster with this simple Asian dressing.

**SERVES 4**

½ tablespoon mirin  
½ tablespoon rice bran oil  
1 teaspoon Japanese soy sauce  
1 teaspoon finely grated ginger, squeezed to extract juice  
Juice and zest of 1 lime  
Rock salt  
12 freshly shucked Pacific oysters

1. Combine mirin, oil, soy sauce, lime juice and zest, and ginger juice.
2. Arrange rock salt on a platter and place oysters on top.
3. Top oysters with dressing and serve.

**ALTERNATIVE SPECIES** • Native Oyster, Sydney Rock Oyster, steamed Saucer Scallop.

## OYSTERS WITH SHALLOT VINAIGRETTE

Looking for a timeless flavour? A shallot-infused vinaigrette is a classic dressing that perfectly complements oysters.

**SERVES 4**

2 tablespoons extra virgin olive oil  
2 tablespoons chardonnay vinegar  
Salt flakes and freshly ground white pepper, to taste  
2 golden shallots, very finely diced  
Rock salt, for serving  
12 freshly shucked Sydney rock oysters  
Chervil sprigs, for garnishing

1. Whisk together oil, vinegar, salt and pepper and stir in shallot.
2. Arrange rock salt on a platter, place oysters on top and garnish plate with chervil.
3. Top oysters with shallot mixture and serve.

**NOTES** • Use a mild, slightly sweet white wine vinegar like the chardonnay vinegars, as a stronger vinegar will overpower the delicate flavour of the oysters.

**ALTERNATIVE SPECIES** • Native Oyster, Sydney Rock Oyster, steamed Saucer Scallop.

## PRAWN COCKTAIL

Classic recipes never go out of fashion, because they simply taste good. This recipe is great way to use any left over prawns on Boxing Day, or as a low effort entrée for Christmas Day!

**SERVES 4**

1kg cooked prawns, peeled and deveined  
2 avocados  
½ lemon, juiced  
½ iceberg lettuce, finely shredded and chilled  
Chervil, for garnishing

**MARIE-ROSE SAUCE**

½ cup whole-egg mayonnaise  
1 tablespoon tomato ketchup  
1 tablespoon lemon juice  
Dash Tabasco sauce

1. Make Marie-Rose Sauce: combine all ingredients well, cover and refrigerate until needed.
2. Cut prawns into bite-sized pieces.
3. Dice avocados and toss with lemon juice. Add prawn and just enough Marie-Rose sauce to coat well.
4. Place lettuce in the base of individual serving bowls. Top with prawn and avocado mixture and place a sprig of chervil on top.

**NOTES** • If you don't want to make your own mayonnaise, use one made from whole eggs such as S&W or Thomy.

Use tomato ketchup rather than tomato sauce for this recipe.

**ALTERNATIVE SPECIES** • Bugs, Marron, Redclaw, Rock Lobsters, Scampi, Yabby.



**PRAWN COCKTAIL**

Old Bay seasoning is traditionally used in lobster rolls in the US. It is available from most supermarkets and specialty food stores. If you cannot find, just omit.

## “POOR MAN’S LOBSTER” ROLLS

Eastern Red Scorpionfish have a taste and texture extremely similar to Australian Rock Lobster.

**SERVES** 4-6

**50g butter**

**150ml water**

**2 Eastern Red Scorpionfish fillets, skin removed, cut in half lengthways**

**Salt and pepper, to taste**

**¼ cup whole egg mayonnaise**

**½ stick celery, finely diced**

**1 green onion, finely chopped**

**1 tablespoon lemon juice**

**¼ - ½ teaspoon Old Bay seasoning**

**4 small brioche hot dog buns**

**Butter lettuce leaves, to serve**

**Chopped chives, to garnish**

**1.** Add half the butter and water to a deep pan and heat over medium heat. Bring to a simmer.

**2.** Season Scorpionfish fillets well with salt and pepper and add to the pan. Cover and poach for 3 minutes. Turn fillets over and turn off heat. Leave fillets in the hot pan for a further 2-3 minutes. Remove fillets from cooking water with a slotted spoon. Transfer to a plate and cool. Cut into small chunks.

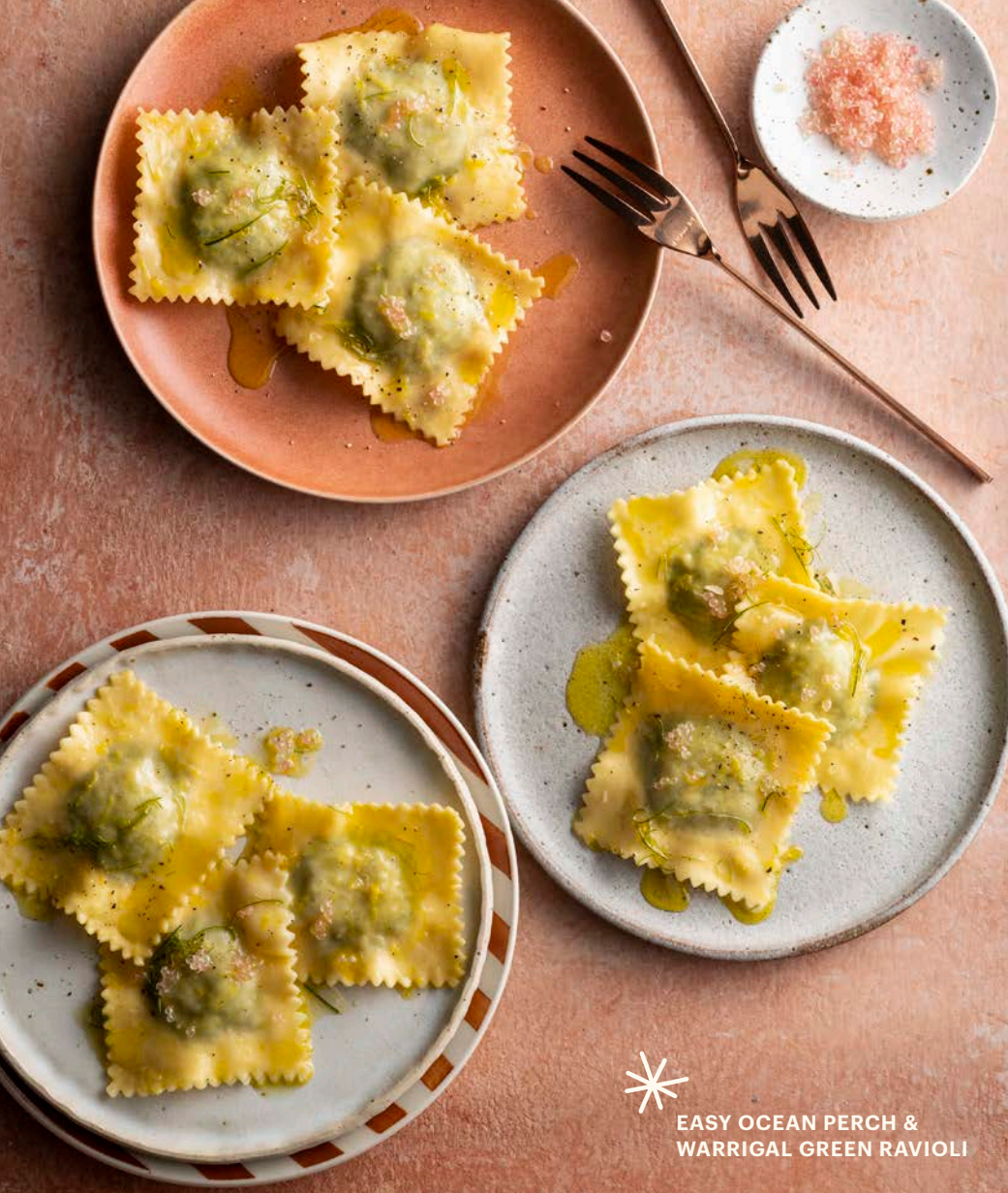
**3.** Combine mayonnaise, celery, green onions, lemon juice and Old Bay seasoning. Season to taste with salt and pepper and mix well. Fold through cooled Scorpionfish.

**4.** Make a deep cut through the top of each bun. Add remaining butter in the same pan and melt over medium heat. Add rolls, cut side down, into the melted butter until toasted and warmed.

**5.** Add a lettuce leaf to each roll and divide Scorpionfish mixture between each bun. Garnish with chopped chives. Serve immediately.

**ALTERNATIVE SPECIES** • Rock Lobster, Monkfish, Rockcods.





EASY OCEAN PERCH &  
WARRIGAL GREEN RAVIOLI

## EASY OCEAN PERCH & WARRIGAL GREEN RAVIOLI

Wonton wrappers can be a time-saving alternative to pasta, having the same great taste with less effort.

**SERVES** 4-6

1 tablespoon extra virgin olive oil  
100g warrigal greens, leaves only  
1 garlic clove, crushed  
250g Ocean Perch fillets, skin removed, diced  
200g medium green prawns, peeled and chopped  
2 egg whites  
Salt and white pepper, to taste  
48 egg wonton wrappers  
**Lemon Myrtle Dressing**  
3 teaspoons lemon zest  
1½ tablespoons fresh lemon myrtle leaves, very finely shredded  
3 tablespoons lemon juice  
100ml extra virgin olive oil  
Sea salt and freshly ground black pepper  
Finger lime pearls, for garnish (optional)

- 1. Lemon Myrtle Dressing:** Whisk together zest, lemon myrtle, lemon juice and olive oil in a large bowl. Season to taste with salt and pepper. Set aside.
- 2. Ravioli Filling:** Heat oil in a frying pan over medium-high heat. Add warrigal greens and garlic and cook for 2-3 minutes, or until wilted. Cool and squeeze out excess moisture.
- 3.** Transfer greens to the bowl of a food processor. Add Ocean Perch, prawns and one egg white. Process for 10-20 seconds. Scrape into a bowl. Cover and refrigerate.
- 4.** Lay out 12 wonton wrappers. Place a heaped teaspoon of filling in the centre of each. Brush edges with egg white, top with another wrapper, and press to seal. Trim with a fluted cutter. Repeat to make 24 ravioli.
- 5.** Bring a large saucepan of salted water to a boil. Add ravioli in batches and cook for 4 minutes. Scoop out with a slotted spoon and place into the bowl of Lemon Myrtle Dressing. Toss to coat; cover and keep warm while cooking remaining ravioli.
- 6.** To serve, divide ravioli amongst plates and top with finger lime pearls.

**ALTERNATIVE SPECIES** • Bugs, Luderick, Snapper.

## BARBECUED GREEK OCTOPUS WITH OUZO & OREGANO

A show-stopping dish, perfect for a hot summer's lunch.

**SERVES** 6

1kg medium octopus, cleaned  
½ onion, sliced  
2 garlic cloves, smashed  
1 stick celery  
2 lemons  
¼ cup extra virgin olive oil, plus extra for serving  
¼ cup ouzo  
1 bunch oregano  
Salt and pepper to taste  
200g halloumi, pan-fried (saganaki style), to serve

**1.** To tenderise octopus, place into a large pot and cover with enough cold water to cover it by 5cm. Add onion, garlic, celery, 1 lemon (sliced), and 2 tablespoons of the olive oil. Bring water to a simmer over medium-high heat. Reduce heat to low and cover with lid. Simmer gently for 35 minutes. Turn off heat and leave octopus to cool in the liquid.

**2.** Once completely cool, drain well and transfer to a tray. Refrigerate uncovered until dry. (This step can be done a day in advance.)

**3.** Cut tentacles from body and cut head into bite size pieces. Combine octopus with 2 tablespoons of lemon juice from remaining lemon, ouzo, remaining olive oil, and ½ bunch oregano. Season with salt and pepper and marinate for 30 minutes.

**4.** Heat a char-grill pan or BBQ plate over medium-high heat. Cook octopus in batches for 3-4 minutes, or until charred and golden. Brush charred octopus with remaining ouzo marinade and arrange on a platter, or in a bowl. Drizzle over extra olive oil and season with salt and pepper. Garnish with extra oregano leaves and serve with pan-fried halloumi.

**NOTES** • Ask your fishmonger to clean and prepare the octopus for you.

**ALTERNATIVE SPECIES** • Calamari, Cuttlefish, Squid, green prawns.



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PAN FRY THE HALLOUMI IN OLIVE OIL IN A PREHEATED HOT PAN FOR 2-3 MINUTES EACH SIDE.





# 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...**

## **STEPHEN GROOM FINANCE**

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

Barbecue. The sun is out, friends come round – and there are lots of different species of seafood that work so well on the barbie.

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

Mud crab. Looks great on the plate, is fun and so tasty.

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

Flathead, as it's so versatile. Use it for fish and chips, steamed, baked... Anything!

## **LAUREN DRUMMOND MARKETING**

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

On the barbecue of course! Think simple skewers, a crispy skin fillet or chargrilled Octopus – yum.

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

A great non seafood option is the Chicken Schnitzel Sandwich from our new bakery - Waterside Bakehouse. They also do great coffee!

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

It's hard to pick a favourite child – but I love Vongole for their versatility, Kingfish as the star of the show in a crudo or Abalone when I am feeling a little bit fancy!

## **SHIONA WILLIAMS SYDNEY SEAFOOD SCHOOL**

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

Can I say not cook? Sashimi, crudo, tartare – raw all the way!

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

Be adventurous and try fresh urchin when it's available.

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

I love Flathead. It's nostalgic – I have great summer holiday memories of freshly caught Flathead fillets simply pan-fried with butter, lemon and capers. I recreate it whenever I need a comfort hit.

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