

WINTER
REVIEW

#002

SEASONAL GUIDE

MORE THAN A FISH MARKET

P.06:

Our Picks: The Best
Hot Dishes at Sydney
Fish Market.

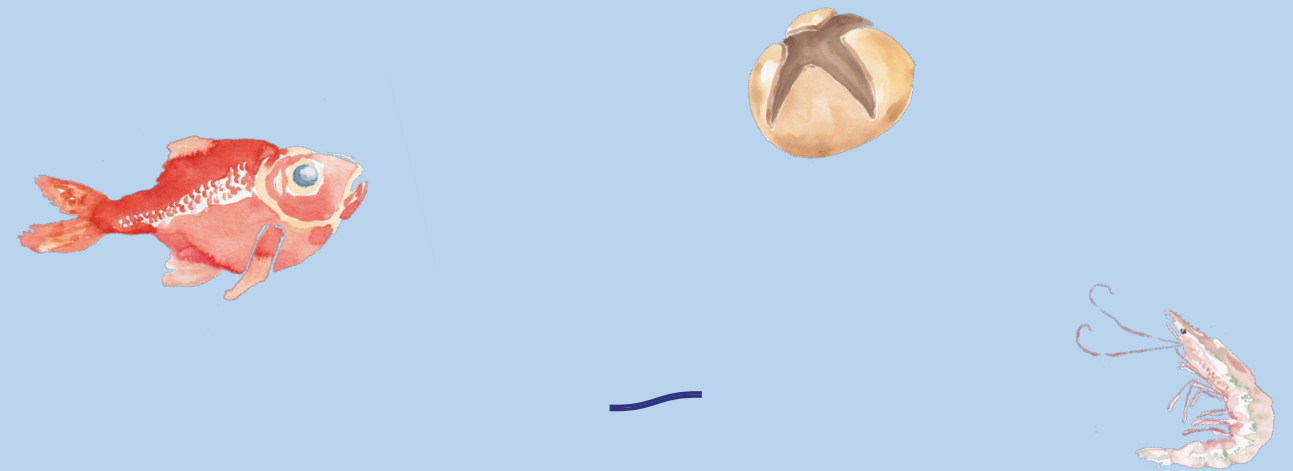
P.10:

Meet the Fisher:
Celebrating
International Day of
the Fisherman.

SYDNEY
FISH
MARKET



Coffee from Blackwattle Deli



SYDNEY FISH MARKET

Welcome to the second edition of More Than a Fish Market – a seasonal broadsheet designed to keep you up to date on all the latest seafood tips, tricks, recipes, and trends.

We reckon we're the right people to keep your finger on the pulse...We are Australia's Home of Seafood after all.

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



TOP SEAFOOD SPECIES FOR WINTER



Winter is a fantastic time to enjoy Australian seafood, for a multitude of reasons.

Firstly, many species put on fat in response to colder waters, and are therefore juicier and more flavoursome than in other seasons. Secondly, reduced demand (due to many Aussies only consuming seafood in the warmer months) brings the prices of many species right down, meaning you have the chance to score yourself a deal.

Check out this list to learn about just some of the seafood species that come into their best form in winter.

KING PRAWN

We're kicking off this list with an Aussie favourite: prawns! King Prawns are one of the biggest types of prawn (some can even grow up to 30cm in length), and are generally wild-caught from estuaries and the ocean all around Australia.

In summer, cooked King Prawns are the perfect specimens for just peeling open and eating them cold. However, in cooler weather, you'll be more likely to cook them yourself into a cosy dish. Try them in dumplings, curries and pastas.

TAILOR

Tailor is one of the most popular recreational fishing species along the west coast of Australia, named for their ability to cut through fishing nets with their razor-sharp teeth! While there is only a small commercial industry for this fish in Australia, you should still be able to get your hands on it pretty easily if you ask your fishmonger.

With a rich, strong flavour, Tailor's high oil content makes it ideal for cooking methods that use high, direct heat (think grilling or barbecuing). Ideal flavours to go with this species include tomato, oregano, basil, thyme, fennel, citrus and balsamic.

SEA MULLET

Your favourite fish's favourite fish, Mullet have been loved by those in the know for tens of thousands of years in Australia, everywhere on the East coast. This hardy fish is at home in the freshwater upper reaches of estuaries as it is in the ocean, and will take on a corresponding estuarine or marine flavour.

Despite these variations in flavour, all Mullet share an uncommonly high levels of omega-3 in their generously distributed fat, and it is the flavour in this fat that is the secret to their appeal. Use cooking methods that are likely to char the skin, and render the fat - barbecuing, roasting or placing skin-side up under the grill for a few minutes. Due to Mullet's wide distribution as well as their schooling nature, Mullet are easy for our fishers to target, and cheap to buy.



DEEPWATER FLATHEAD

These appropriately-named bottom-dwelling marine fish have a flat, triangular shaped head and long, tapering body. Wild-caught, they are found mainly on the continental shelf and upper slope, at depths of about 70-90m, and are caught by trawling off southern WA and in the Great Australian Bight.

Closely related to Tiger Flathead (but lacking their distinctive spots), Deepwater Flathead has a slightly sweet flavour, low oiliness and, medium textured flesh with fine flakes. For winter, throw this fish into a warm Bouillabaisse, or make your own battered fish and chips of a weekend!

GARFISH (SOUTHERN AND RIVER)

Found in shallow, coastal waters almost everywhere in Australia, the Garfish is one of the few species in Australia that could be said to have lost popularity over time.

This is almost certainly due to their preponderance of very fine bones coming off the spine, even though they're so fine that they can be eaten with no discomfort. 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 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 crumbs 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.

OUR PICKS: THE BEST HOT DISHES AT SYDNEY FISH MARKET

Winter has well and truly arrived. While some fresh prawns, a tray of oysters, or a platter of sashimi work beautifully in summer, you might not be so inclined to order these cold dishes on a chilly day.

Good news: there are so many incredible hot dishes to try at Sydney Fish Market. We asked around our expert retailers for their top picks.

LOBSTER NOODLES

One of the best-kept secrets of Sydney Fish Market are our retailers' cooked-to-order menus. Many people don't know that you can choose a lobster or crab from the live tanks and have it cooked fresh for you, in your chosen style.

One of the best ways to take advantage of this option is by ordering some fresh lobster noodles. Simply choose your lobster, choose your cooking style, and choose your sauce (options include Ginger and Shallot, Salt and Pepper, Garlic Butter, Singapore Chilli, Oyster Sauce, and XO sauce). Served with noodles or fresh vegetables, this dish is great for sharing with a few friends, as the portions are extremely generous!

Available at: Christie's Seafood, Peters Sydney Fish Market, The Boatshed, and Nicholas Seafood.

ABURI SCALLOPS

In contrast to the first entry on this list, the Aburi Bar at Peters Sydney Fish Market is no secret: any regular SFM visitor will tell you it's an absolute must-visit. This little stall in the arcade churns out a huge range of freshly cooked dishes, including lobster rolls, eel skewers, cheesy King Crab legs, and

its famous Aburi scallops. Simply make your selection, and watch it be blowtorched to cheesy, melty perfection right in front of your eyes!

Their famous Scallops are served in the shell, with marinated sushi rice underneath a fresh sashimi-grade scallop, topped with caramelised golden cheese, fish roe, and special Aburi sauce. A real showstopper.

Available at: Peters Sydney Fish Market.

ABALONE IN XO SAUCE

If you haven't tried freshly cooked abalone before, this dish will blow your mind. Prepared with abalone from the live tanks at Nicholas Seafoods, it has a smoky, umami flavour with just the right amount of spice. Bonus – you can get pretty much any species of seafood cooked in XO sauce at our retailers, including prawns, pipis, lobster, and crab! The world is your oyster.

Available at: Christie's Seafood, Peters Sydney Fish Market, and Nicholas Seafood.



Lobster Noodles at The Boatshed

BRISKET BURGER

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

Our pick from their Smokehouse menu is the Wagyu Brisket Burger, featuring 10-hour smoked Wagyu Brisket, house made tangy slaw, and house made BBQ sauce. So satisfying on a cold winter's day!

Available at: Vic's Meat Market (Smokehouse).

WHOLE FISH

If cooking a whole fish isn't in your kitchen repertoire yet, having the experts at Sydney Fish Market prepare one for you is an easy way to enjoy this five-star seafood dish.

Your favourite type of fish can be grilled, baked, steamed, or deep-fried for you, either by choosing a species fresh from the cold displays, or going with one that has been pre-selected.

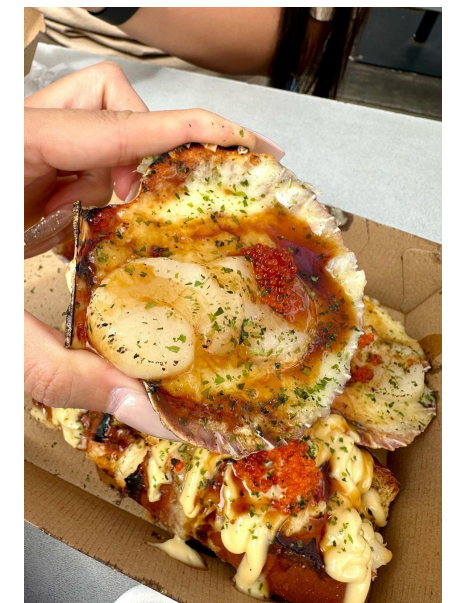
This is another great dish for sharing – just grab some forks and dive in, gently pulling the flesh from the bones on either side of the spine.

Available at: Christie's Seafood, Fish Market Café, Peters Sydney Fish Market, and Nicholas Seafood.

Brisket Burger
from Vic's Meats



Aburi Scallops from Peters
(Photo by @itsammyeats)



WINTER SCHOOL HOLIDAYS: SYDNEY FISH MARKET FOR KIDS

Looking for something to keep the kids entertained in the upcoming winter school holidays? Look no further than Sydney Fish Market!

Book into a behind-the-scenes tour, check out the weird and wonderful seafood species on display, visit our fleet of boats on the commercial wharf, check out the enormous cranes constructing the new Fish Market next door, or just stop by for lunch after a visit to some of our neighbours in Darling Harbour.

There's something for every age to enjoy at Sydney Fish Market these school holidays.

BEHIND THE SCENES TOURS

Kids aged 10 and up are able to come along to our exclusive Behind the Scenes tours, which give you a one-of-a-kind look at the areas of Sydney Fish Market not normally open to the public.

Our expert tour guide Alex will guide you around the auction floor and answer your questions about every weird and wonderful species you come across. You'll see huge tuna, spikey deep-sea fish, colourful tropical species, slimy squid, nippy crabs, prickly prawns, and so much more!

Perfect for curious minds, you'll leave our tour an expert on the workings of Sydney Fish Market. It's worth the early wake-up! Book your spot at sydneyfishmarket.com.au.

SWEET TREATS

We know that seafood is a taste some kids have not acquired yet... But don't worry, there are plenty of sweet treats at Sydney Fish Market for the littlies to enjoy, while the parents get their oyster, prawn and sashimi fix.

The window of our on-site bakery, Gregory's Bread, is a wonderland for kids with a sweet tooth, boasting every kind of baked good under the sun. With weekly dessert specials like fresh scones, red velvet cupcakes, blood orange olive oil cake, chocolate chip cookies and chocolate eclairs, Gregory's is a favourite of seasoned marketgoers.

If you're looking for a healthier option, you can't go past our fruit and vegetable grocer, Waterside Fruit Connection (aka Parisi's). Their chocolate-covered fruit collection will blow the minds of any little chocolate-lover, and the bonus is that they won't even notice you're sneaking in some secret nutrition!

EXCITING CONSTRUCTION!

For children with an adventurous streak, checking out Sydney Fish Market's fleet of fishing boats, docked on our commercial wharf, is one step closer to pretending they're at sea!

You will have a perfect view of our trawling and longlining boats as you eat lunch on the boardwalk; they will captivate fans of Jake and the Neverland Pirates just long enough for you to start on a hot seafood platter or tray of fresh oysters.

As an extra bonus, construction, crane and truck lovers will get a real kick out of watching our new building go up next door. Grab a seat on the boardwalk to be right next to the action!

VISIT OUR NEIGHBOURS

Located in the heart of Pyrmont and on the glittering edge of Blackwattle Bay, Sydney Fish Market is surrounded by fun and exciting things to do.

Just over the way in Darling Harbour, you'll find the Australian National Maritime Museum, which is an absolute must-see whether you're into Maritime History or not! There's something for everyone, with a continually changing program of exhibitions, activities and events, as well as one of the largest floating historical vessel collections in the world. Also close by is the Sea Life Aquarium, which is a super fun place to visit before a tasty seafood lunch.

Around the corner from us, you'll find Pirrama Park Playground, which is just one of the gorgeous waterfront spots around Pyrmont/Barangaroo to sit down and enjoy a takeaway Sydney Fish Market lunch, while the kids explore sandpits, climbing frames, and swings galore.

SYDNEY SEAFOOD SCHOOL COOKING CLASSES

Get your kiddos comfortable in the kitchen by booking them into Sydney Seafood School's safe and fun kids dumpling-making class, taking place on Wednesday 5th July from 10am.

Dumplings are one of the easiest and most enjoyable recipes for little hands, and in this class the kids will learn how to make a selection of delicious and simple dumplings, filling and folding them themselves.

This class best suits children aged 8-14. Parents have the choice to drop off and pick up their children, or to participate in the class alongside them (essential for any children under 8). We'll hook you up with free parking at Sydney Fish Market regardless!

The School have also scheduled a Mexican class tailor-made for teens on Wednesday 12th July, if you've got older kiddos that are keen to improve their skills in the kitchen.

HOP ABOARD TRIBAL WARRIOR'S UNIQUE CULTURAL CRUISES TO LEARN ALL ABOUT THE ABORIGINAL HISTORY OF ONE OF THE MOST BEAUTIFUL HARBOURS IN THE WORLD.



DIVE INTO:

- Coastal Aboriginal lifestyle pre-colonisation
- The Aboriginal names and meanings of significant Sydney landmarks
- Traditional fishing methods and food gathering techniques
- A one-of-a-kind cultural performance

Special VIVID cruises available **every Saturday from 27th May to 10th June**, on Tribal Warrior's new vessel, the Wirawi ferry.



Tickets start at \$55 for adults.

Book at www.tribalwarrior.org



MEET THE FISHER

**CELEBRATING
INTERNATIONAL
DAY OF THE
FISHERMAN:
JUNE 29TH**

JASON GEORGOULIS

If you're a seafood obsessive, you may already know why crabber Jason Georgoulis is worth profiling.

For the last few years, he has been pioneering the development of the east-coast fishery for the Pacific Golden Crab, a species poised to be the next big thing in premium Australian seafood.

Jason spends most of his time at sea, but fortunately for us, he stopped in at Sydney Fish Market recently for a coffee...

WELCOME, JASON! YOU'RE VERY UNIQUE ON THE EAST COAST OF AUSTRALIA FOR YOUR METHOD OF FISHING AND THE SPECIES YOU CATCH... SO, TELL ME, HOW LONG HAVE YOU BEEN FISHING?

I'm 36 and I started fishing when I was 16 on the local Sydney Fish Market trawlers, so pretty much 20 years. I started as a deck hand, and then I went and got a carpentry ticket (funnily enough), and then I went and bought my own boat.

Being a deckie, because the boats are usually family owned, you're never going to really be running that boat. So, I thought I'd go and get a trade so that I had something to fall back on, just in case, and then started my own fishing gig in 2009.

WAS YOUR FIRST BOAT A SPECIFIC KIND OF BOAT? DID YOU HAVE A SPECIFIC FORM OF FISHING IN MIND?

Yeah, it was just an aluminium trap and line boat. So, at the beginning I was just trapping and hand-lining Snapper and Leatherjackets and Maori Wrasse and Parrotfish and Scorpionfish... I would often have really good days, where I would catch hundreds of kilos of Leatherjacket, but then you have some not so good days. And then all the money you've made is lost, because it's going back into fuel and crew, and you're not bringing anything home.

I wasn't really getting anywhere, so I upgraded the boat a few years later with more traps, trying to move onto bigger and better things, and it just evolved from there.

SO, DO YOU THEN START TO FISH DEEPER AND DEEPER IN THE WATER COLUMN?

Yeah. So one day I decided, because I'd seen these Deep-Sea Crabs caught in WA and I'd seen them caught in America, I thought they must be here, so I gave it a crack. Me and my Dad took a trap out and I dropped it to what I thought would roughly be the right spot (about 800-1000m)... And I caught eight crabs! So, that was what gave me the great idea to pursue it.

THERE AREN'T MANY PEOPLE WHO HAVE FISHED 800-1000M DEEP... IN THE COUNTRY, LET ALONE COMMERCIALLY. HOW FAR OUT TO SEA ARE YOU, TO BE FISHING THAT DEEP?

I think the shelf off Sydney is about 19 miles... So, I go anywhere from 30-40 miles out, depending where on the coast I am. The further south you go, the closer the shelf gets to land, so I don't have to go out as far.



WHAT ELSE OTHER THAN CRABS HAVE YOU HAD COME UP IN A TRAP?

Oh, we've had deep-sea sharks – they're really rare... Dogfish, I think they're called? Sometimes we get Ocean Perch! Actually, once I caught a particular species of Deep-Sea Ocean Perch that I couldn't even identify; nobody I asked had ever seen it before. I've caught a few Blobfish, I've caught Eels. But normally it's just an empty trap, or my crabs.

SO, WHEN THESE EIGHT CRABS COME UP, YOU REALISE YOU MIGHT BE ONTO A GOOD THING. WHAT WAS THE PROCESS FROM THERE TO BECOMING THE ONLY CHACEON CRABBER ON THE EAST COAST?

Just have a crack! I just thought, well, they're obviously here in numbers, so instead of putting one trap down I put down half a dozen. Then, when I upgraded my boat, I was allowed to have 30 traps. And I just sort of built my market from there. It was just about finding the customers. That was the hardest part.

AND NOW, OUR READERS MIGHT HAVE EVEN EATEN YOUR CATCHES IN SOME OF SYDNEY'S BEST RESTAURANTS! HOW DID YOU BEGIN TO FIND A MARKET FOR YOUR CRABS?

Initially, I teamed up with Sydney Fish Market retailer Musumeci's, who started asking around the

Market for me. It was a hard sell, initially, because of the competition from the Western Australian Snow Crab, which was already an established product.

When I started to get buyers, the price of my Golden Crabs hovered around \$25-30/kg. But I took a hit, like many fishers, during COVID; losing the restaurant sector was tough. We're finally back up to those original prices now.

I've had my Pacific Golden Crabs served in Cirrus at Barangaroo, a whole host of Chinese restaurants...

THERE ARE A LOT OF COSTS INCURRED DOING THIS KIND OF FISHING. AND YOU'RE A REAL TRAILBLAZER! THERE'S SOME RISK INVOLVED.

Definitely. For instance, Sydney Fish Market's local trawlers tend to stick to tradition, as they're family businesses. Even though I've worked on boats like that, what I'm doing is completely new. I had an American fisher tell me, "The future is in the deep." That's when I decided I would commit to this new type of fishing. And here we are!

WHAT DO YOU SEE THE FUTURE BEING LIKE FOR YOUR SECTOR OF THE INDUSTRY?

It'd be nice to keep it all local if we can get the price that these crabs deserve... But if we can't do that locally, it'd be nice to move into exports, and share these species with the world.

I suppose it's just getting the product out there into the local market for people to try, to show them just how worth it these crabs are. I'm not a seafood person, believe it or not, but I've tried all of my crabs' competitors, and I can't find a taste difference.

There's a marketing issue there too, because sometimes I'll pull up colours of crabs – like black and brown – that aren't as visually appealing, so they become a harder sell even though they taste the same as the golden or red or white-coloured species.

WHERE CAN PEOPLE FIND AND EAT YOUR CRABS?

Musumeci, Christie's, Nicholas and Peters at Sydney Fish Market can all get them in for you. Give them a try!

'I had an American fisher tell me, "The future is in the deep." That's when I decided I would commit to this new type of fishing. And here we are!'

THE TOP 10 HEALTH BENEFITS OF EATING SEAFOOD

If health is a priority for you, especially as we enter the colder winter months, seafood should be a staple in your diet.

Whether it be to top up on much-needed vitamins, prevent illness, or manage your weight, here are 10 solid reasons why seafood should be your star protein this winter!



01. VITAMIN D

Winter inevitably means being out in the sunshine much less, which means that you may end up deficient in one of the most important vitamins – D! The good news is that many seafood species are chock-full of vitamin D. Some of the best species to eat more of in winter to top yourself up are Salmon, Mackerel, Tuna, and Sardines. This is because they're fattier species, and vitamin D is fat-soluble! The more you know...

02. HEART HEALTH

Fish is considered one of the best foods to eat to improve your heart health; in fact, many studies show that people who eat fish regularly have a lower risk of strokes, heart disease, and heart attacks. This is said to be due to seafood's high omega-3 fatty acid content.

03. OMEGA-3

Speaking of omega-3... Omega-3 fatty acids are especially important for health, as they are an essential fat, but cannot be produced by the body, so they must be derived from the foods we eat. The Heart Foundation recommends all Australians should aim to include 2–3 serves of fish (including oily fish) per week as part of a healthy diet. This provides around 250–500 milligrams (mg) of marine-sourced omega-3s per day.

Some of the Australian species that are highest in omega-3 are Sardines, Blue Mackerel, Sea Mullet, Longnose Trevally, and Barcoo Grunter.



04. IRON

Many of us find ourselves in need of an iron boost in winter, especially women, who are more likely to be iron deficient. Interestingly, the iron found in shellfish (like oysters and clams) is heme iron, which the human body absorbs more easily than the type of iron found in plants.

05. LOW FAT CONTENT

Seafood is particularly low in saturated fat – which we all know we should avoid – but high in healthy polyunsaturated fat (like omega-3 fatty acids). As we've already mentioned, these types of fats are great for preventing heart problems; they also reduce triglyceride levels and slow the growth rate of atherosclerotic plaque (both of which thicken artery walls).

06. HIGH PROTEIN

Seafood is particularly low in saturated fat – which we all know we should avoid – but high in healthy polyunsaturated fat (like omega-3 fatty acids). As we've already mentioned, these types of fats are great for preventing heart problems; they also reduce triglyceride levels and slow the growth rate of atherosclerotic plaque (both of which thicken artery walls).

07. IODINE

Seafood (especially oysters) is also rich in iodine, which is another vital mineral that can only be derived from the food we eat. Iodine is particularly important to the function of your thyroid, which controls things like your appetite and your immune system – therefore, getting enough of it is key for weightloss!

08. BRAIN HEALTH

We're back to those winning fatty acids again! Approximately 20% of the brain's weight is made up of polyunsaturated fatty acids (like omega-3), meaning that seafood is a super effective way to keep your brain sharp. Many studies have found promising links between seafood consumption and mental health and overall brain function.

09. VISION

It's strongly suggested that eating a good amount of seafood can decrease age-related macular degeneration, which is the highest cause of vision impairment and blindness in older adults. So, forget the carrots and pick up a fish fillet if you want to see better for longer!

10. IMPROVED IMMUNE SYSTEM

Aside from vitamin D, seafood is high in many other vitamins and minerals that are key in fighting off winter colds. Shellfish such as clams and oysters are a particularly good source of iron, zinc, magnesium, copper, and other trace minerals that help boost overall health and immunity.

RECIPE RUNDOWN

ROASTED ALFONSINO WITH CHERRY TOMATOES AND HERBS

This dish makes a fantastic, hearty centre piece for a winter dinner party: just add a big bowl of green salad and let guests help themselves. The underside of the fish develops a delicious crust from the hot baking tray that you just have to taste to believe!



INGREDIENTS

- 1 x 1.5-2 kg Alfonsino, cleaned
2/3 cup extra virgin olive oil
1 lemon cut into thick slices
1 bunch parsley, ½ bunch left on the stalk and leaves picked from the other half
6 sprigs of fresh oregano, plus extra leaves, picked, for garnish

Salt flakes and freshly ground black pepper, to taste
500g cherry truss tomatoes, left whole on stems (allow one stem of 6-7 tomatoes per person)
Lemon cheeks, to serve

METHOD

- Place a large baking tray in the oven and preheat to 220°C (fan forced).
- Wipe the belly cavity of the fish thoroughly with a clean damp cloth to remove any trace of blood. Score both sides of the fish with 3 or 4 angled cuts through to the bone. Put lemon slices, parsley and oregano sprigs into the belly cavity. Season well with salt and pepper.
- Once the oven has come up to temperature, remove the baking tray and drizzle with half of the olive oil. Quickly place the fish on the tray. Drizzle the top of the fish with remaining oil and put the tray in the oven.
- Cook fish for 10 minutes, then add the cherry truss tomatoes to the same roasting pan.
- Continue cooking for a further 10-15 minutes, depending on the size of the fish, until the thickest part of the fish is opaque and flakes easily when tested with a fork.

Serve fish on a large platter surrounded by tomatoes, scattered with fresh herbs and served with lemon cheeks on the side. Serve with roasted whole kipfler potatoes if desired.



PAIR WITH A RIESLING LIKE
JIM BARRY WATERVALE
RIESLING 2022 (\$36.99)

SEAFOOD PIE WITH LEEK, GARLIC & CHIVES

Nothing says winter like a warm, hearty pie, and using fish as your filling ensures you're getting all the protein and vitamins you need in the colder weather. Plus, it's often cheaper than beef or lamb!

With just 15 minutes of prep, you can create this super easy Fish Pie, and let its delicious aroma warm your house as it crisps up in the oven.

INGREDIENTS

- 50g butter
½ leek, washed thoroughly, finely sliced
1 clove garlic, crushed
Salt flakes and freshly ground black pepper, to taste
1 x 200g piece Ling fillet, skin off, pin-boned, cut into bite-sized pieces
1 x 200g piece Salmon fillet, skin off, pin-boned, cut into bite-sized pieces
- 100g green Prawns, peeled, deveined, cut into bite-sized pieces
2 tablespoons dry white wine
1 bunch chives, chopped
2 sheets ready-rolled butter puff pastry
1 egg, lightly beaten

BÉCHAMEL SAUCE

- 1 tablespoon salted butter
1 tablespoon plain flour
200ml milk
- Pinch salt
Pinch freshly grated nutmeg

METHOD

Make Béchamel Sauce: melt butter in a saucepan over a low heat. Add flour and stir for 2-4 minutes, until it turns sandy. Stirring constantly, gradually add the milk. Increase heat and stir until it boils and thickens. Remove from heat and stir in salt and nutmeg and set aside.

Melt butter in a frying pan over medium heat, stir in leek, garlic and a good pinch of salt, cover and cook for 5 minutes or so, stirring often, until soft but not coloured. Stir in fish and prawns, increase heat to high and cook for a minute or 2 until coloured all over. Stir in wine and chives and cook for a minute or so until wine boils. Remove from heat and stir in Béchamel Sauce. Taste and add salt and pepper. Set aside to cool.

Preheat oven to 220°C.

Roll out 1 sheet of pastry a little if necessary, place a 23cm pie dish upside down on it and cut around it allowing a 2cm margin. Repeat with remaining sheet. Butter and flour the pie dish, line with pastry. Cover pastry with baking paper, fill with dried beans or baking beads and bake for 10-15 minutes, until very lightly coloured.

Remove baking paper, place filling in the pie shell and brush edges of pastry with egg. Top with remaining disc of pastry and use a fork to press the edges together well to seal, cut 2 or 3 slashes in the pastry and bake for 15-20 minutes, until golden.

PAIR WITH A CHARDONNAY LIKE
LOCK + KEY TUMBARUMBA
CHARDONNAY 2021 (\$27.99)

AD SPACE COMBRAM

MINI LAMB ROAST WITH BABY VEGETABLES

What could be more perfect for a cold winter's night than a lamb roast? Vic's Meat Market shared this incredible (and easy!) recipe with us... Make sure to visit them at SFM to get your hands on some of the best quality meat in Sydney.

INGREDIENTS

2 lamb rump mini-roasts, cap on, about 450g each
250g kipfler potatoes, scrubbed and halved
2 bunches baby carrots, tops trimmed and reserved
1 bunch radishes, trimmed and halved
1 baby pumpkin, cut into wedges

Olive oil, for drizzling
2 garlic cloves, finely chopped
2 thyme sprigs, leaves picked
4 baby leeks, trimmed, halved lengthways and soaked in cold water to remove gri

MINTY CARROT-TOP SAUCE

1 large handful of reserved carrot tops
1 large handful of mint leaves
1 golden shallot, finely chopped
1 garlic clove

Finely grated zest and juice of ½ lemon (reserve the other half for the roasting tin)
100ml extra virgin olive oil
1 teaspoon white wine vinegar

NOTE

Using the fronds from the carrots is a great way to reduce food waste and makes a beautifully herbaceous sauce which goes perfectly with the lamb. If your baby carrots have been sold without the fronds, use flat-leaf (Italian) parsley instead, or double the mint. Leftover vegetables and lamb are perfect for salads and wraps.

PAIR WITH A CABERNET SAUVIGNON LIKE
PENFOLD'S CABERNET SAUVIGNON SOUTH
AUSTRALIA 2020 - (\$29.99)

ALL WINES MENTIONED CAN BE PURCHASED
FROM FISHERMAN'S FINE WINES, LOCATED IN
THE SYDNEY FISH MARKET ARCADE.

METHOD

Preheat the oven to 220°C and bring the lamb to room temperature for 30 minutes. Put the potatoes in a saucepan and cover generously with cold salted water. Bring to the boil and cook for 8–10 minutes until just tender. Drain.

Combine the potatoes, carrots, radishes and pumpkin in a large roasting tin, drizzle generously with olive oil, season with salt and pepper and roast for 12–15 minutes until beginning to brown and soften.

Meanwhile, heat a splash of olive oil in a frying pan over medium heat. Add the lamb and fry, turning occasionally, for 5–7 minutes until well browned all over, paying particular attention to the fat on top of the rump.

Combine the garlic, thyme and a dash of olive oil in a bowl and season to taste. Place the lamb on top of the vegetables in the roasting tin and drizzle with the garlic mixture. Squeeze the remaining half of the lemon and add it to the tin. Roast for 20–25 minutes for medium-rare; a thermometer will read 52°C.

Transfer the lamb to a tray, cover loosely with foil and set aside to rest for 10–15 minutes; the meat will continue to cook while resting and will finish with an internal temperature of 55°C. Add the baby leeks to the roasting tin, drizzle with a little extra oil and roast for 5–8 minutes until the vegetables are tender.

To make the minty carrot-top sauce, process the carrot tops, mint, shallot, garlic, lemon zest and lemon juice in a food processor until finely chopped. Add the oil and vinegar, process until smooth and season with salt and pepper.

To serve, thinly slice the lamb and serve with the roasted baby vegetables and minty carrot-top sauce.



WARM YOUR COCKLES WITH SYDNEY SEAFOOD SCHOOL WINTER CLASS SCHEDULE

A new season has begun, which means it's time for Sydney Seafood School to announce their new schedule of classes.

Winter is truly one of the best times to book into a cooking class with SSS: it's a cosy activity that goes ahead no matter the weather, and gives you a host of new skills to practice at home throughout the rest of winter.

WARMUP

It wouldn't be a winter class schedule if SSS didn't introduce some special classes perfectly suited to warming you up. Book into Winter Warmers or their brand-new Bouillabaisse class to take home some delicious recipes to get you through the colder months.

Plus... few things go down better in winter than a warm bowl of pasta. SSS have scheduled two workshops to make sure you're rolling dough like Nonna this season: their Pasta Workshop and Gnocchi Workshop.

MASTERCLASSES WITH ORAZIO D'ELIA, ANTHONY PUHARICH AND MARTIN BENN

That's right: SSS have snuck some of Sydney's most recognisable and well-respected chefs into the schedule. Want to dive into authentic Neapolitan cooking, learn how to cook a perfect surf'n'turf, or find out how to host the ultimate dinner party? They've got a guest chef class for you.

SUNDOWNER SESSION: OYSTERS AND MARTINIS WITH FOUR PILLARS

Calling all oyster lovers! In celebration of World Oyster Day, we're calling in Four Pillars to teach you how to make a mean martini (or two), alongside a few stunning oyster dressings. Sit back, relax, sip and slurp your way through this hands-off Sundowner class, where you'll learn:

- What makes a martini dirty, perfect, wet, or dry
- That Four Pillars has a gin for any taste
- Why oysters and martinis are a match made in heaven

THAI STREET FOOD

Bet you didn't know that Sydney Seafood School have a Thai food expert in the house. Join long-time SSS presenter Grace Milinhangkul to learn about the flavours she's cooked with all her life: from galangal to Thai basil, bean paste to fish sauce... and (of course) chilli!

Grace is many of our guests' favourite presenter, not only because she's a barrel of laughs, but also because she is full of stories and knowledge about Thai cooking and culture.

WANT MORE

Explore the full schedule at sydneyseafoodschool.com.au. They've kept all your old favourites too!





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...

CINDY MANU MARKET FLOOR

What's your favourite thing to eat at SFM?

Right now, I've been craving fried mullet roe.

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

I've tried all kinds of sea creatures and plants because of my upbringing in the Pacific Islands, but something exotic from the market floor would be Turban Shell. Cooked inside the shell on a grill at the beach... heaven!

What's your best tip for choosing fresh seafood?

Look for colour and shine, and touch to make sure it's not jelly-like or soft.

SHIONA WILLIAMS SYDNEY SEAFOOD SCHOOL

What's your favourite thing to eat at SFM?

Oysters! But if you're talking lunch, it's a poke bowl from Claudio's or the Wagyu Kimchi Toastie from Blackwattle Deli.

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

Periwinkles (a dish made by SFM's newest TikTok star Erik).

What's your best tip for choosing fresh seafood?

Have a relationship with your fishmonger; ask their advice for the freshest and best product they have available that day!

JOSHUA JUSUF IT

What's your favourite thing to eat at SFM?

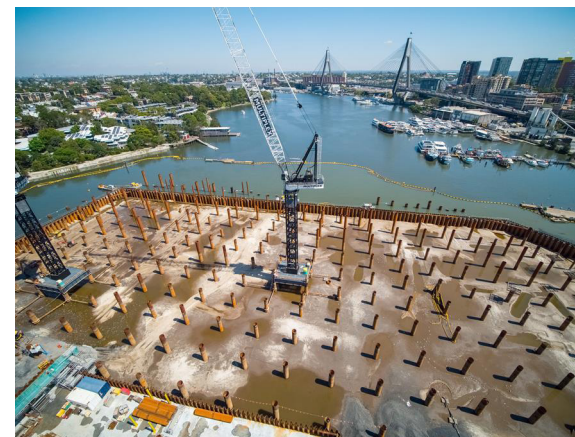
Definitely grilled salmon.

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

Sea urchin!

What's your best tip for choosing fresh seafood?

For fish I would look for clear bright eyes (not sunken) and, most importantly, a fresh sea smell.



THE NEW SYDNEY FISH MARKET: UPDATE

It is so exciting to witness the new Sydney Fish Market development work happening alongside our existing site each day...

Especially the recent cofferdam construction, which used more than 1,000 interconnected sheets and tubular piles to map out the footprint of the new site.

Recently, a pivotal milestone in the redevelopment has been achieved, with more than 100 million litres of water pumped from the site to allow major structural works to begin.

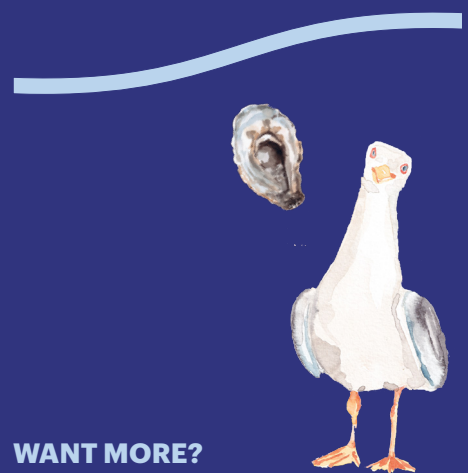
The achievement was marked with a media event hosted by then Minister for Infrastructure Rob Stokes who said, "The new Sydney Fish Market will allow the creation of a new public boardwalk along the foreshore four football fields in length where people can walk, ride and linger after a long lunch at the Sydney Fish Market.

"This project will employ more than 700 people and their work to drain the cofferdam is a significant milestone in the construction of what will be one of Sydney's great attractions for locals and visitors alike."

Sydney Fish Market's CEO Greg Dyer added, "The new market will be the third iconic structure on the harbour, after the Opera House and Harbour Bridge".

The next phase of the project involves building the foundational concrete structures of the building, which will include a basement car park.

For more information on the new build, visit insw.com/newsydneyfishmarket. And next time you visit, make sure to take a look over the bay from our boardwalk to see all of the action.



WANT MORE?

Follow us on social media
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website sydneyfishmarket.com.au