



NMA | NATIONAL
MARINE
AQUARIUM

SOUND FISH

Know what you eat

Foreword

It's our pleasure to welcome you to *Sound Fish: Know what you eat* guide, written and produced by the National Marine Aquarium (NMA) and partners.

This new guide clearly shows the passion of the NMA and Plymouth to become a Sustainable Fish City. This work is part of the NMA's Reconnect project, which aims to connect the people of Plymouth with the seafood they eat and where it comes from.

We believe that sports teams, like our sailing team, can have real influence on society, putting the spotlight on key issues and leading change. Choosing to purchase and eat sustainable seafood is just one of the ways you can help. The guide showcases fifteen sustainable, local species with recipe ideas for you to try – our favourite is Sardines on toast!

As proud Ambassadors for the NMA, we are delighted to promote a guidebook that shares our dedication to a more sustainable future. We hope that in reading *Sound Fish*, you will discover new knowledge about our Oceans, uncover a different perspective in Plymouth's fishing heritage and join the journey towards more sustainable oceans.



Sir Ben and Lady Georgie Ainslie



Who are the NMA?

About 3.8 billion years ago, the Oceans spawned life and they have been sustaining life ever since. They support every second breath we take, drive our climate, provide us with food and are rich in biodiversity.

Since 1998, the NMA has been connecting people with our Oceans and successfully promoting pro-Ocean behaviour, creating healthier Oceans for the benefit and enjoyment of all. Our vision is a world supporting healthy oceans to sustain all life.

Contents

2	Foreword	18	How does fishing affect other marine life?
4	Plymouth's Fishing Quarter	20	Where to buy sustainable fish
6	Reconnect & Britain's Ocean City	22	Guide to icons
8	Who's who in the Plymouth Fishing Industry	24	Recipe index
10	The History of fishing in Plymouth	26-40	Recipes
12	Meet the fishermen	41	Summary table
16	The health benefits of eating seafood	42	Contributors

Written by Lauren Humphrey. Contributions by Stacey Turner. House Photography & Website by Oliver Reed. House design by Bluestone360. Editing & Publishing by Josh McCarty.

Plymouth's fishing quarter

Plymouth is Britain's Ocean City and it also has a long and proud fishing heritage. If we want to protect that heritage and the fish that we eat, the time to act is now.

In the UK, it is recommended that adults eat two portions of fish a week, one of which should be an oily fish, to maintain a healthy diet. But, data shows that we rarely eat the recommended fish intake and when we do, we tend to consume one of the following 'Big 5' - Cod, Salmon, Haddock, Tuna and Prawns.

The current demand for the "Big 5" by consumers places pressures on these stocks and undervalues our coastal industries, as well as the diversity of other species on our doorstep. For example, Dab and Whiting are thrown away due to low market value and consumer interest.



What does this have to do with me?

Consumers have great influence and can bring about significant change in the industry. This guide aims to celebrate our proud fishing heritage but also to encourage consumers to move away from the "Big 5" and instead opt for something that is:

- Sustainable – ensuring there will be plenty of fish for the future.
- Seasonal – only eat fish species at the right time of year.
- Local – to support Plymouth's fishermen.

What can I do to help?

This guide introduces fifteen of the most sustainable seafood species landed here in Plymouth.

- You can try one of these fifteen species in our exciting recipes within this guide.
- When buying your next fish supper, think about where and how your fish was caught.

Join us in our campaign to be a Sustainable Fish City and Reconnect with your seafood!

Cuttlefish



Herring



Sardine



Red Gurnard



Whiting



Pouting



Brown Crab



European Squid



John Dory



Hake



Lemon Sole



Mackerel



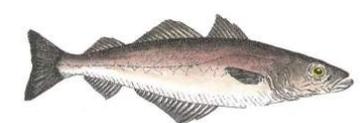
Megrim



Plaice



Pollack



Reconnect & Britain's Ocean City

The NMA is committed to playing our part in making Plymouth a Sustainable Fish City – it's part of the reason why we started the Reconnect project.

Reconnect started in 2013 with the Fish2fork campaign, spearheaded by the NMA.



Fish2fork is an online guide that rates restaurants according to the impact their seafood has on the seas and marine life. Lewis Smith from Fish2fork says "We believe sustainability is a vital ingredient of good seafood. We want to ensure all seafood in the UK, whether wild or farmed, comes from environmentally responsible sources." Plymouth is the first, and, so far, the only city in the UK to achieve a Blue City sustainable seafood award from Fish2fork.

Plymouth is also working with Food Plymouth and Sustain on the Sustainable Fish City campaign



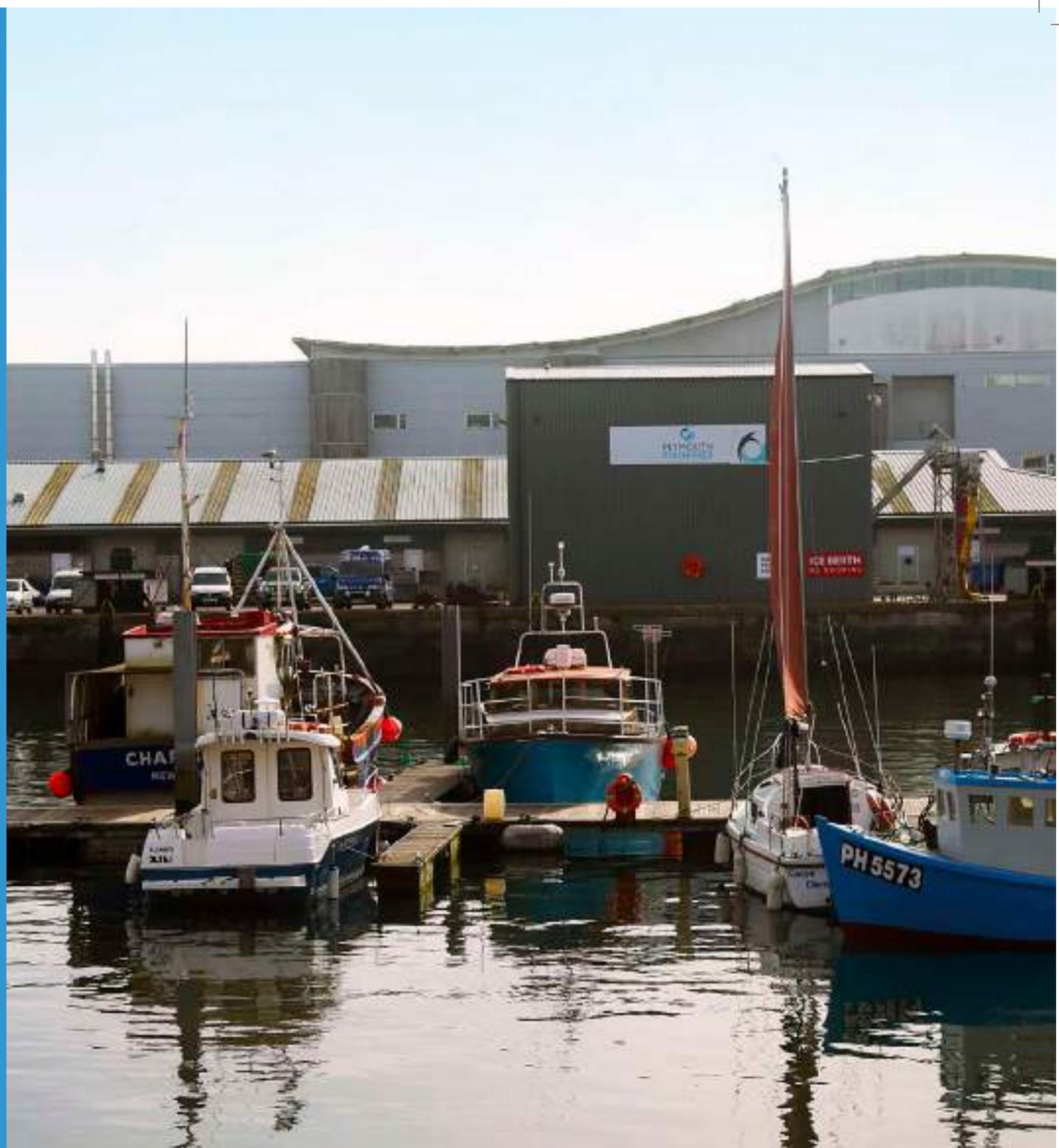
Sustainable Fish Cities
(www.sustainweb.org/sustainablefishcity)

This scheme aims to generate sustainable fish cities all over the UK and show what can be done if people and organisations work together to change their seafood buying habits. The award works on a five-star system whereby a city must achieve all 5 stars to be awarded Sustainable Fish City status. We have already received pledged support from many local businesses and organisations. Some of these are:



Nationally, caterers serving well over 500 million meals per year have taken the pledge including Sodexo, Baxter Storey, all Whitehall caterers and John Lewis. Plymouth is working hard to achieve the award. By buying the most sustainable, seasonal and local seafood you can, you are helping the City of Plymouth become a Sustainable Fish City that values our local industries. If you own a restaurant or local business and would like to be involved, please get in touch with Lauren Humphrey at the NMA... we would love to hear from you!

reconnect@national-aquarium.co.uk



Who's who in the Plymouth fishing industry?

The fish are only part of Plymouth's fishing story... it's the people that make the industry. But who are some of the big players that keep the industry moving?



Plymouth Fisheries

Plymouth Fisheries opened from its current site in 1995 with a custom-built complex created in Sutton Harbour, and it is now the second largest fresh fish market in England. The fish market's success can be largely attributed to the collaborative approach of Plymouth Fisheries with Plymouth Trawler Agents, to ensure the market is accessible and fair for fishermen, and the best place to land and sell a catch in the region. Pete Bromley, Harbour Master of Sutton Harbour, says "Our first priority is the fishing industry in Plymouth and the South West, and at Sutton Harbour Holdings, we are dedicated to supporting the industry and those who depend on it for their livelihoods. We are fully committed to

supporting our fishermen because the entire industry depends on them, and we don't just want the fishing industry to survive – we want it to thrive."

Pete is an ex-fishermen having spent more than 20 years in the industry before becoming the Manager of Plymouth Fisheries when the new fish market opened in 1995. Nick Eggar (Fisheries Manager) previously worked for Plymouth Trawler Agents and Joe Ransley (Lock and Wharf Manager) is a former fishermen, so, as a team, they are well versed in the struggles of the industry.



Pete Bromley

Harbour Master, Plymouth Fisheries

The fish market in action on the floor and at auction



Did you know...Plymouth used to manufacture fish oil. Liver oil of skate, ray, cod, pilchards and hake was used for rope making and ship building (Heape, W. 1887).



These papers are taken from Morley Estate papers and Household Records: The accounts of Lord Boringdon (© Plymouth Museums Galleries Archives). These show that local estates and houses sourced their fish straight from the market.



Plymouth Trawler Agents

Plymouth Trawler Agents (PTA) Ltd is an independent firm of fresh fish auctioneers and fishing boat agents. It was formed in 1995, by fishermen for fishermen. Its main tasks are to handle the catches of individual vessels (sort, grade, weigh and ice ready for auction), auction the catches on the first available market for the best possible price, pay vessels for all fish caught and recover money paid by registered buyers at auction. The online auction, based upstairs at the fish market, provides fishermen with a genuinely competitive auction and buyers with reduced overheads – more than 60 registered buyers regularly compete for available fish. David Pessell, Managing Director of the PTA, says “In 2016, the Company handled the catches of 376 individual fishing vessels and sold 86 different species of fish (totalling 5, 096 tonnes with a value of £17.4 million!!) from its base at Sutton Harbour, adjacent to the NMA”. David is an ex-fisherman, who started his journey in the fishing industry in the late 60’s as a skipper of a Plymouth angling boat, before progressing to a stern trawler in the 70’s. Now, he is entirely shore based, running the PTA for the interests of the fishermen.



David Pessell
Managing Director,
Plymouth Trawler Agents Limited

A snapshot of fishing in Plymouth

700 – 1254

Norman Kings give Sutton (now known as Plymouth, the home of the NMA) to Valletorts of Trematon Castle. A small fishing village grows.



1850

Sutton Harbour has about 60 trawlers in its fleet of 80 fishing boats with another 200-300 craft coming for the Mackerel and Pilchard season. In one day alone, half a million Mackerel were brought in and sold.



1310

Fishermen in the town pay ground rent to the Crown of twelve pence a year and a penny for each basket of fish as part of their right to spread nets on the quay.

1872

Plymouth became the leading fishing harbour in Devon, usurping Brixham's place as Devon's major fishing port, with 66 trawlers averaging 34 tonnes.



1878-1888

Landing in Sutton Harbour doubled. In exceptionally busy periods, there could be as many as 300 fishing boats in harbour at any one time and 400-500 handcarts on the quay ready to handle the catches.



1889

Sutton Harbour Improvement Company secured an act of Parliament to build new fishmarket on Barbican.

This included rights of the Duchy to levy charges on ships entering the harbour, every piece of cargo loaded or unloaded, charge on fishing boats coming in plus the dues laid down in Various Acts for use of the quays.

1892 - 1896

Fish market built, opened 1st February 1896. New market was built to resolve complaints about congestion on the quay and to meet the new fishing boom.



1896 – 1992

Period of boom and bust (Queen Scallops, King Scallops, Herring and Mackerel all played significant role in Plymouth's prosperity) – booming in the 1970's, decline in the 1980's as Newlyn and Brixham fisheries gained ground.

1919-1920
The age of steam sees a hundred steam and motor drifters working out of Plymouth. This resulted in Plymouth catches steadily increasing.

1992
Regeneration scheme launched for the Barbican & surrounding area (including installation of the lock, new quay walls and a new fish market).

1995
New fish market opened (Plymouth Fisheries) and landings have steadily grown since.

2018
Today, Plymouth Fisheries is the second largest fresh fish market in England and sustains over 600 direct and indirect jobs.

1967
British territorial waters increased from 6 to 12 nautical miles, keeping big Russian fishing fleets as well as Frenchman and Belgians off valuable inshore fisheries. At same time, Sutton invested in improving the market services (diesel fuel, Bigwoods ice merchants installed a new ice plant which sped up fishermen turn-around).

1994
Old fishmarket closed

1998
The NMA opened next to the new fishing market.



Meet the fisherman... Graeme Searle

Graeme is a very experienced and successful fisherman who uses Gill Nets to catch mainly Pollack, Ling and Cod. His vessel, "Emma Louise" or PH 5557, is a netter under 10 metres. We asked Graeme to tell us a little about the fishing industry from his perspective...

Graeme, how long have you been in the fishing industry?

35 years.

35 years, that's amazing. How did you first come to get involved in fishing?

Through a relative. In the industry, this is quite often the case, with vessels being passed down through family.

Having been a fisherman for such a long time, what encourages you to stay in the industry?

Being out in the fresh air...every day is different and there's nothing like being your own boss!

Our guide is all about the industry and encouraging the public to try something new that is sustainable, seasonal and local. How do you think the public could shape the industry for the better?

By insisting on provenance from local, inshore boats. I firmly believe that every fish in the sea should belong to the public and not the fishing industry. Fish should be a resource for all.

Thank you for your time Graeme. Happy fishing!

Did you know... the fish market operates 24 hours a day!







Meet the fisherman... Iain Holman

Iain is the owner and skipper of a small vessel called "Aces High" or PH11. Iain is an excellent rod and line fisherman specialising in Bass and Pollack. We caught up with him in between trips to get his take on the industry...

Iain, could you tell us how you first became involved in fishing?

I started by working for a charter boat.

And how long have you been in the industry for?

20 years now.

Another long-standing fisherman! What are the best parts of being a fisherman for you?

The freedom of being self-employed. Being at sea gives me amazing opportunities to watch our wildlife too – dolphins, whales, bird-life.

What would you like the public to know about the industry or being a fisherman?

Fishing is a way of life...for me, it's not just a job. I've been in the industry for a long time and I can see that our waters are changing. We are starting to see many different species around our coasts that we haven't seen before. As someone on the "frontline", I would like to see fishermen have a say about fish stocks and their management. More needs to be done to protect our fish stocks so that we can all have a future in the industry and enjoy seafood for years to come.

Our guide aims to encourage the public to try something new and understand the influence they have over the industry. How do you think the public can help shape the industry for the better?

By buying local, fresh caught fish. This supports our fishermen here in Plymouth.

Thank you so much for your time Iain.

Did you know... Plymouth Fisheries contribute £22.6m a year to the city's local economy.

The health benefits of eating seafood...

Seafood is one of the healthiest things to eat...but why? Here are just a few of the health benefits...



Eyes - Eating oil-rich fish can help keep eyes healthy and boost night vision.



Vessels - Regularly eating seafood can reduce the risk of blood clots and improve overall blood circulation.



Lungs - Eating fish may help protect the lungs and increase "puffing" power.



Skin - Omega-3 fatty acids in fish have been shown to protect against the skin-damaging effects of UV rays and reduce signs of aging.



Bowel - Some evidence suggests eating fish can protect against inflammatory bowel disease.



Brain - The risk of dementia in older people could be reduced and the symptoms of ADHD (Attention Deficit Hypersensitivity Disorder) improved by eating fish high in Omega-3.



Mental wellbeing - Research indicates that eating fish high in Omega-3 could help reduce the rate of SAD (Seasonal Affective Disorder) as well as post-natal depression.



Heart - Eating just one portion of fish a week could potentially half the risk of a heart attack and lower cholesterol levels in the blood.



Joints - Including fish in your diet may improve the symptoms of rheumatoid arthritis and potentially prevent osteoarthritis.



Nutrients - Seafood contains a wealth of different nutrients including iodine, selenium, vitamin A, vitamin D and Zinc, which have health benefits ranging from protection of cells from damage to healthy skin, bones and eyes.

How does fishing affect other marine life?



The Shark Trust is the leading charity working to safeguard the future of sharks and rays through positive change (www.sharktrust.org).

What do sharks, skates and rays have to do with my fish supper?

Sharks, skates and rays are more vulnerable to overfishing than bony fish like Cod or Mackerel. This is because they are slow growing, mature late, produce relatively few young and females have a long gestation period. The image on the right here shows just how different sharks and their relatives are to bony fish.

The Shark Trust supports well managed, sustainable fisheries for certain species of shark, skate and ray which can withstand fishing pressure. The Shark Trust is actively working with the supply chain to improve traceability and support sustainable fisheries. We strongly encourage consumers to talk to their fishmonger when buying shark, skate and ray products.

MORE THAN JUST FISH..!

Why are sharks, skates and rays vulnerable to over-exploitation? Compare them with a fish we're all familiar with...the Atlantic Cod.

LIFESPAN

Atlantic Cod	Flapper Skate	Greenland Shark
		
20 yrs	50 yrs	400 yrs

FEMALE REPRODUCTIVE AGE

Atlantic Cod	Thornback Ray	Spiny Dogfish
		
5 yrs	7 yrs	15 yrs

EMBRYO DEVELOPMENT

Atlantic Cod	White Skate	Shortfin Mako
		
3 mths	15 mths	15-18 mths

REPRODUCTIVE POTENTIAL

Atlantic Cod	Blonde Ray	Porbeagle
		
1 million eggs per spawn	30 eggs per year	1-5 pups per litter

It may take decades - and careful management - for many species to recover from over-fishing. So while some sharks, skates and rays can be fished sustainably, this is simply not the case for all species.

Fish illustrations © Marc Dando

Why are sustainable fisheries important?

All marine life in our oceans is connected through food webs. Unsustainable fishing at lower levels of food webs has direct consequences for sharks and rays by removing their prey, while overfishing of sharks and rays can outpace their populations' reproductive rate. Sharks, skates and rays play an important role in preying on weak and sick fish, strengthening the remaining population and maintaining balance in food webs. Healthy shark populations are vital for healthy oceans!



Did you know... The Shortfin Mako shark is the fastest shark in the sea and is found in our waters. It has been recorded swimming at bursts if up to 46mph



Where to buy sustainable fish and what to look out for...

Managed sustainably, there is no reason why we can't all enjoy eating fish. The problem arises when stocks aren't managed in a way that secures a supply of fish for the future.

You, as a consumer, have a huge influence over how and where fish is caught. But, with so much choice available, it can be difficult to make an informed, sustainable choice. So, here are some tips to help you be pro-fish AND pro-sustainability!

1. Try an alternative to the Big 5 (Cod, Haddock, Tuna, Prawns and Salmon) to reduce pressure on these stocks. Great alternatives are Hake, Pouting or Whiting. Any seafood supplier will be more than happy to prepare your seafood for you and there are plenty of recipes around to help you try something new.

2. Look at labelling information – retailers (any fish seller) are required by EU law to at least state the species of fish (common name), production method and capture area. Some go a step further by providing capture method. If you don't have enough information to make an informed choice, ask the fishmonger where and how the fish is caught.
3. If eating out, look at the Fish2fork website to see which restaurants are rated as having a high fish sustainability. And, if in doubt, ask your waiter where and how the fish on the menu is caught.
4. Look out for the following sustainable seafood Label:
Marine Stewardship Council (MSC)

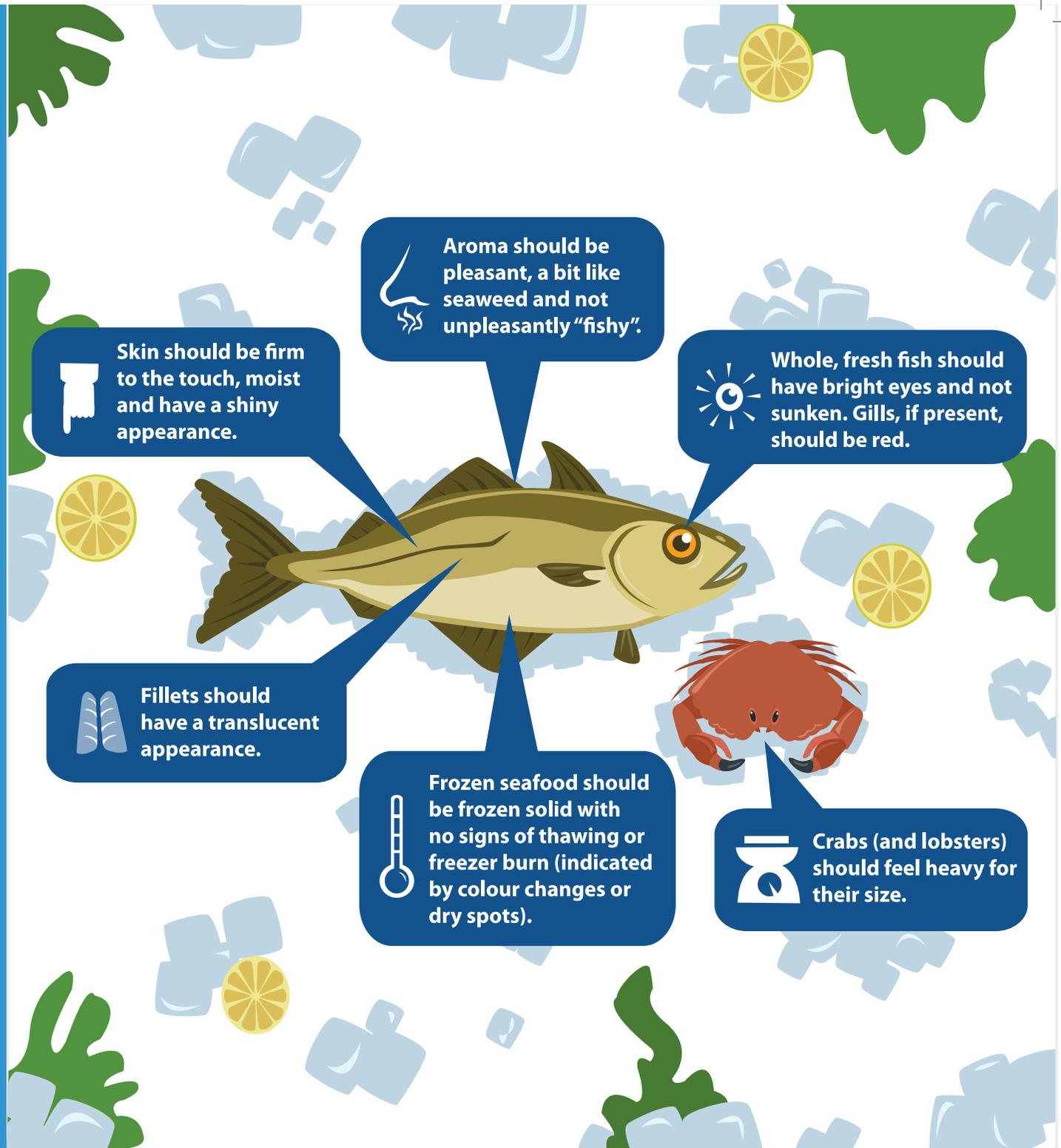


Seafood displaying this logo are certified as coming from sustainably managed stocks.

5. Read the Good fish Guide - The Marine Conservation Society (MCS) has developed the Good Fish Guide, available online, in a pocket version or you can download the handy app. The Good Fish Guide provides plenty of information and can help you avoid the following pitfalls of purchasing seafood:
 - a. Buying from over-fished stocks
 - b. Buying seafood caught using methods that have a higher environmental impact.
 - c. Buying undersized/juvenile fish that haven't had a chance to reproduce.
 - d. Buying fish during the wrong season.
 - e. Buying endangered or vulnerable species.

Seafood counters and fishmongers should stock a range of species and will be more than happy to prepare your seafood for you if you aren't confident in filleting a fish yourself. In Plymouth, there are staffed seafood counters in Tesco, Sainsbury's and Morrisons. From a local perspective, The Market Plaice in the Plymouth City Market stocks a range of fresh seafood.

When buying from a market or fishmonger counter, it can be tricky to know whether the seafood is fresh. Here is a quick reference guide to help you.



Guide to icons

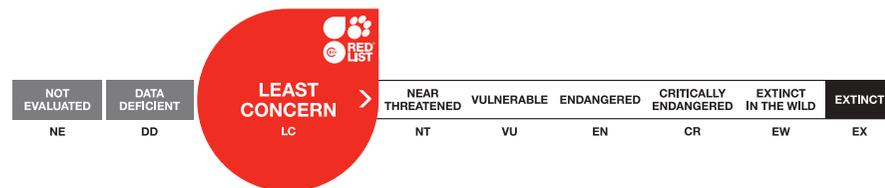
Each species in the guide is accompanied by a few facts to help you make informed choices. Some of this information is summarised by using icons. These are explained below:

Fishing methods and location

Page 21 summarises the fishing methods relevant to the species in the guide. The icons summarise each method. For each species, one or more of these will be listed to indicate which yields the most sustainable stock. The location of where species are caught is also a crucial factor, so this information is also provided.

IUCN Red List

The International Union for Conservation of Nature (IUCN) has a Red List that evaluates the conservation status of plants and animals. Each of the species in the guide is listed as one of the following categories - "Not Evaluated", "Data Deficient" or "Least Concern". An example is shown here.



For more information about IUCN ratings, please visit the website www.iucnredlist.org.

Marine Conservation Society (MCS) rating

The MCS has developed a traffic light scheme for rating the sustainability of seafood to help consumers understand some of the impacts of our actions on the environment. The rating system consists of green, amber and red rated species:

Green ratings (light and dark green) are the best choice and lowest environmental impact.

Amber ratings (yellow and orange) carry a medium environmental impact and the MCS advice is to think about purchasing species with these ratings.

Red rated species are generally poorly managed, little information is available or where significant environmental damage is caused during capture. These are fish to avoid.



More information on the rating system can be found online at Goodfishguide.org.

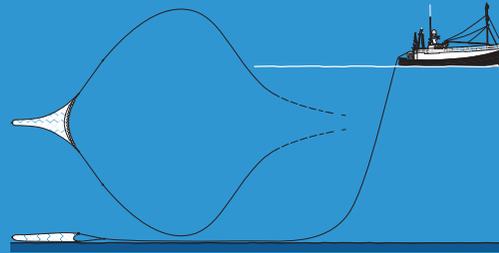
All the species in the guide are rated 1-3 at time of printing but as fishing and the natural environment changes, some ratings may change. Please check the Good Fish Guide website for the latest information.

Icon Guide



SEINE NETTING

This is a bottom fishing method and is of particular importance in the harvesting of demersal fish. The fish are surrounded by warps (rope) laid out on the seabed with a trawl shaped net at mid-length. As the warps are hauled in, the fish are herded into the path of the net and caught.



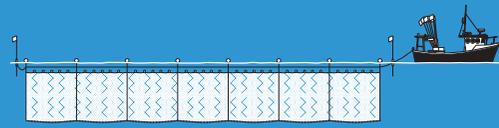
RING NETTING

This is the general name given to the method of encircling a school of fish with a large wall of net. The net is then drawn together underneath the fish (pursed) so that they are completely surrounded.



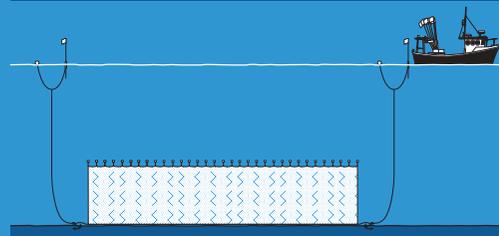
DRIFT NETTING

A gill net that is allowed to drift with prevailing currents.



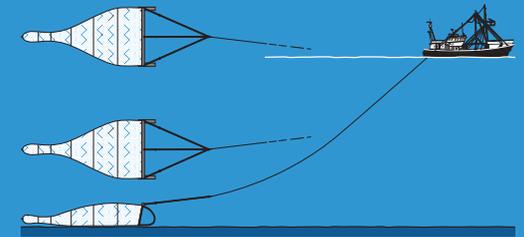
FIXED GILL NETTING

Gill nets are walls of netting which may be set at or below the surface, on the seabed, or at any depth in-between.



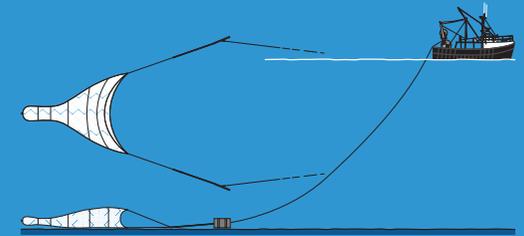
BEAM TRAWLING

In this type of trawl, the mouth or opening of the net is kept open by a beam, which is mounted at each end on guides or skids which travel along the seabed.



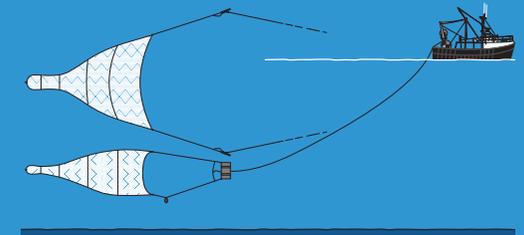
DEMERSAL OTTER TRAWLING

The demersal or bottom trawl is a large, usually cone-shaped net, which is towed across the seabed. The forward part of the net – the 'wings' – is kept open laterally by otter boards or doors.



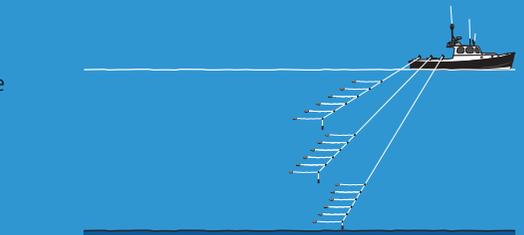
PELAGIC TRAWLING

When trawling takes place in the water column or in mid-water between the seabed and the surface, it is referred to as mid-water or pelagic trawling. Pelagic trawls target fish swimming, usually in shoals, in the water column i.e. pelagic species.



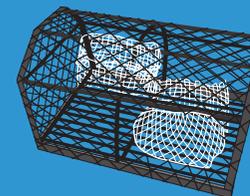
HANDLINING

Fishing with lines and hooks is one of the oldest fishing methods. They may be used from a stationary or moving boat. The catch is of very high quality as the fish is usually live when brought aboard. Handlining is also a highly selective fishery in terms of species and size.



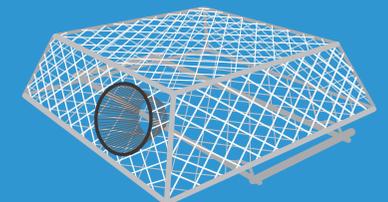
POTTING

Pots (or creels) are small baited traps which can be set out and retrieved by the operating vessel. Potting is a highly selective method of fishing.



TRAPPING

Walls or compounds of netting are set out in a particular way and anchored to the seabed so that fish, once they have entered, are prevented from leaving the trap.



Recipe Index



Roasted Garlicky
Crab Claws
Page 24



Cuttlefish, Chilli,
Fennel, Olive and
Garlic Pasta
Page 28



Plaice with Porcini,
Garlic & Parsley
Page 25



Squid with Garlic,
Chilli and Coriander
Page 29



Steamed Pollack,
Chinese Greens,
Bombay Aloo,
Vegetable Bhajis
Page 26



Pan Fried Whiting
with Beetroot &
Apple Salsa
Page 30



Pan Fried Pouting
with Mussel Stew
Page 27



Fish Curry
Page 31



Barbecued Mackerel with Pesto

Page 32



Gurnard Fillet Cooked in Butter with Lemon & Parsley

Page 36



Marinated Mounts Bay Sardines with Olive Oil, Lemon & Oregano

Page 33



Pickled Herring with Gherkin & Potato Salad

Page 37



Seared Lemon Sole, Saffron Braised Potatoes & Chilli Ginger Squid

Page 34



Megrim Sole with Ginger, Garlic and Soy

Page 38



John Dory with Orange & Samphire

Page 35

ROASTED GARLICKY CRAB CLAWS

(Serves 2)
By Debby Mason

Ingredients:

4 medium sized cooked brown crab claws
75g / 3oz salted butter
Splash of olive oil
4 garlic cloves peeled and finely chopped or crushed

2 garlic cloves whole and unpeeled
1 lemon
Handful of fresh parsley chopped
3 sprigs of fresh thyme lightly crushed
Freshly ground black pepper

Preheat oven to 200 C / gas mark 6 Very carefully, give each section of the crab claws a hefty whack with the back of a heavy knife to crack the shells to make them easier to pick and let the juices soak in. Gently heat the butter and a splash of olive oil in a large saucepan then add all the garlic and the thyme.

Be careful not to let it burn. Once the garlic has softened, add the crab claws and spoon the melted butter all over them. When hot, tip the claws, half the parsley, the juice of half a lemon, black pepper and buttery juices into a roasting dish and put in the oven for 5-10 minutes. Remove once the claws are heated through and the juices are lightly browned. Sprinkle with the remaining parsley. Serve with quarters of the remaining lemon. Serve with plenty of French bread to soak up the juices.



Brown Crab

Also known as Edible Crab & Piecrust Crab (*Cancer pagurus*)

Best to eat from April to September.

Brown crab is the heaviest British crab. It is easily recognised by its reddish-brown colour, black tipped pincers and 'piecrust' edge. This species can be caught throughout the U.K., most commonly using the potting method - a low impact and selective method, having minimal environmental impact because any undersized or unwanted catch can be returned to the sea alive.

Good to know: Crab from the Inshore Potting Agreement Area in Devon (devised in 1978) is one of the most sustainable choices for seafood in the UK! Minimum landing size (MLS) for females is 140 mm and 160 mm for males so avoid anything under this as they won't have had chance to reproduce.

Method:



Capture area:

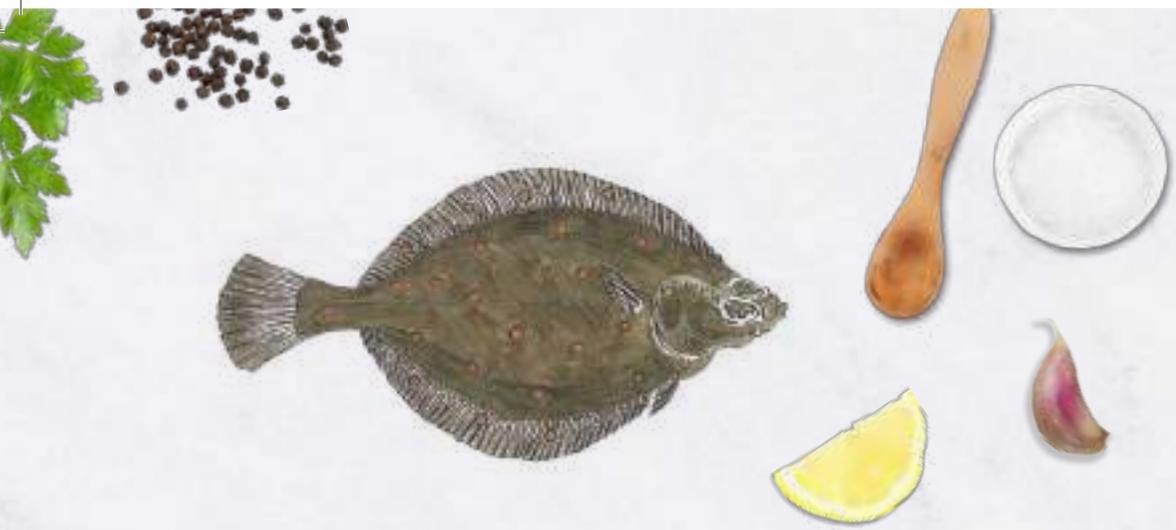
Western English Channel, Devon Inshore Potting Agreement Area

MCS Rating:



IUCN Rating:





Plaice

(*Pleuronectes platessa*)

Best to eat from April to September.

This fish lives on sandy seabeds, where it eats a variety of molluscs like clams, mussels and cockles. They can change their colour to suit the seabed but are easily recognised by their orange spots. Plaice is Europe's most important commercial species of flat fish and one of the more popular flat fish in the U.K but some stocks within Britain are consequently depleted.

Good to know: Avoid eating fish below 30cm as these are likely juveniles and if possible, only eat Plaice taken in trawls that reduce discards. For further information, check goodfishguide.org.

Method:



Capture area:

North Sea
and English
Channel

MCS Rating:



IUCN Rating:



PLAICE WITH PORCINI, GARLIC & PARSLEY

(Serves 1)

By Mitch Tonks, Rockfish

Ingredients:

1 plaice 'steak' or fillet
A few dried porcini
1 tablespoon olive oil
25g butter
1 finely chopped garlic clove

A handful of chestnut mushrooms
30g spinach
A squeeze of lemon
Sea salt & black pepper

Preheat the oven to 230 C. Soak a few dried porcini in just boiled water for 15 minutes, then squeeze out the water. Heat the olive oil in an ovenproof frying pan over a medium high heat. Add the plaice and cook for 2 - 3 minutes on each side, then transfer to the oven and cook for 6 - 8 minutes.

Meanwhile, melt the butter in a pan over a medium low heat, add the garlic, a handful of chestnut mushrooms and the porcini and spinach. Saute for a few minutes until cooked, then add a squeeze of lemon and season. Serve over the fish.



STEAMED POLLACK, CHINESE GREENS, BOMBAY ALOO, VEGETABLE BHAJIS

(Serves 2)

By Ben Palmer, Greedy Goose

Ingredients:

- 2 Pollock steaks (nice & fresh from your fish monger)
- Enough Chinese greens for 2 (pak choi, choy sum etc)
- 2 Handfuls of cooked new potatoes
- 2 Tsp of medium curry powder
- 1 Finely chopped shallot

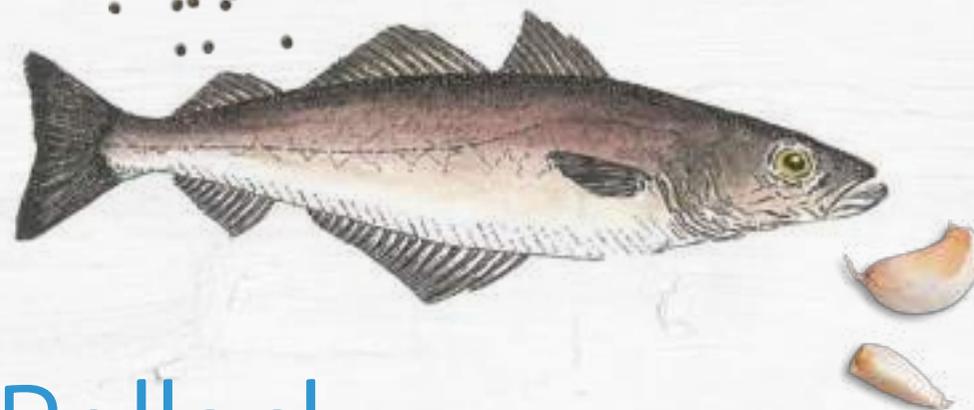
Place the Pollack on top of the greens in a bamboo steamer basket with a lid on, ready to be steamed. Prepare a saucepan of water to steam your Pollack. You can make the water fragrant, by adding a squeeze of lemon/lime, star anise, a bay leaf, a peppercorn, if you wish.

For the bhajis, grate the mushrooms, carrot, parsnips & half onion into a bowl. Season with salt & a tsp of curry powder & half of the coriander. Place this aside for 15-20 minutes, covered with a tea towel. After this time, the moisture will come out of the vegetables. Use this with enough gram flour, to bind the mixture together. Add it a little at a time, until you have a sloppy mixture that sticks together. Place to one side.

- 1 Grated or finely chopped garlic clove
- One small bunch of roughly chopped fresh coriander
- Salt & pepper
- 1 parsnip
- 1 carrot
- 2 button mushrooms
- Half an onion
- Gram flour
- Onion seeds
- Natural yoghurt
- 1 Apple
- Zest and juice of one lime

For the Bombay aloo, fry chopped shallot, garlic, & curry spice for 1-2 minutes. Slice the potatoes, add them to the pan, with the rest of the coriander. Fry slowly for 5-6 minutes for all of the flavours to mix together. If it becomes a little dry, add a tiny splash of water. Place your basket of Pollack & greens, over the pan of simmering water, to steam. This should take about 5 minutes. To check the fish is cooked, it should have a firm texture that just gives when you squeeze the sides gently.

Before your cooking time is up, re-heat your Bombay aloo gently, and drop spoonful's of your bhaji mix in the fryer until crisp & golden. To serve, place Bombay aloo in the middle of the plate, place Pollack on top. Place 2-3 bhajis around the fish. I like to finish with fresh apple cubes, a small dollop of natural yoghurt & a grating and squeeze of fresh lime.



Pollack

Also known as Lythe in Scotland (*Pollachius pollachius*)

Best to eat from May to December.

Pollack is closely related to Cod, having a very similar shape and size. It provides a great alternative to other white fish as its flesh has a texture and taste that is comparable to Cod. This species is generally solitary, living near the seabed and around rocky reefs and wrecks, only moving into shoals during spawning season.

Good to know: Avoid eating fish below 50cm as they may be juveniles.

Method:



Capture area:

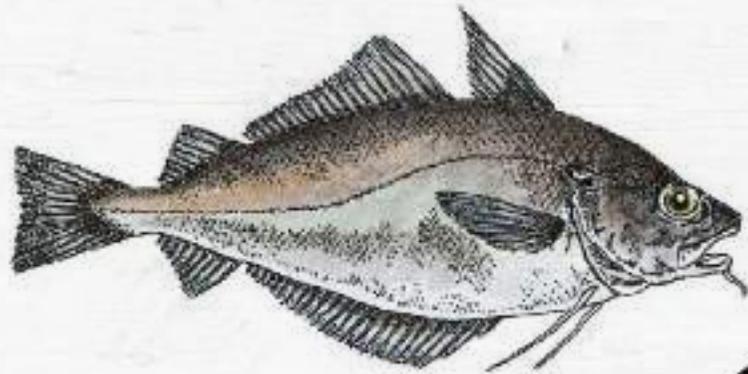
South West
(Celtic Seas
and English
Channel)

MCS Rating:



IUCN Rating:





Pouting

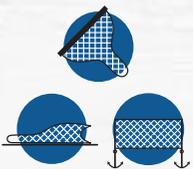
Also known as Bib (*Trisopterus luscus*)

Best to eat from May – February.

Typically a bycatch species rather than a commercially fished species, Pouting is a member of the cod family. It is a short-lived species, common in British waters, and usually found in and around wrecks. They feed on marine worms, small fish, crabs and prawns and squid too as they get older. Due to being a bycatch species, it is not formally assessed and there is no information on its stock status.

Good to know: Best to eat soon after being caught otherwise it can lose its flavour. Eating this species will increase its value while reducing discards at sea.

Method:



Capture area:

North East Atlantic

MCS Rating:



IUCN Rating:



PAN FRIED POUTING WITH MUSSEL STEW

(Serves 8)

By Cornwall College

Ingredients:

8 Pouting Supremes, cut into 120g pieces, skin on, pin boned
100g butter
60g finely chopped shallot
100g 1cm diced carrots
100g 1cm celeriac
100g 1cm potato
200 dry white wine (Muscadet)

150 millilitres Major Mediterranean vegetable stock
300g mussel meat
4 teaspoons Major Bombay spice marinade/paste
500 millilitres double cream
1 teaspoon finely diced ginger
1 tablespoon chopped coriander
1/3 bag baby washed spinach
Chorizo oil (see below)
Micro cress for garnish

In a large saucepan over medium heat, sauté the butter, shallots, carrots, celeriac, potato, and curry paste for about 5 minutes. Add white wine and stock and bring to a boil. Reduce by half, add the cream and cook till it coats the back of the spoon. Mix in ginger and chopped coriander, season to taste with salt and pepper. Mussel meat should be added to the curry sauce just prior the serving.

Season Fish Supremes with salt and pepper, place fish on a grill tray and cook under a medium flame. Cook (about 5mins) till golden brown. Do not overcook, fish should be just set. Relax Fish for a couple of minutes

Bring sauce to the boil then add mussel meat and spinach, take off heat so as not to overcook the mussels. Spoon sauce onto warm plates, place grilled Pouting on top and garnish with micro cress and drizzle with chorizo oil to finish the dish.

Chorizo Oil

4 ounces dry-cured Spanish style chorizo, finely diced
A good Pinch smoked paprika
100 millilitres light olive oil

Heat chorizo and smoked paprika in a small pan over medium heat. Cook, stirring frequently, until chorizo is crisp and fat is rendered. Add oil, turn the heat right down to infuse gently. Cool and allow it to settle before passing through muslin.

CUTTLEFISH, CHILLI, FENNEL, OLIVE AND GARLIC PASTA

(Serves 4)
By Ryan Maisland,
The Fig Tree @36

Ingredients:

4 servings of pasta
Dash of olive oil
20g cleaned cuttlefish, finely sliced
2 medium chilli

1 head fennel, finely slices (keep the fronds, herby looking tops)
2 cloves garlic
1 lemon
100g butter
Small handful of good, pitted olives
Salt and pepper

Cook, refresh and drain the pasta. Gently fry the chilli, fennel and garlic in the olive oil (not allowing to colour). After a couple of minutes, they should soften slightly. Add the cuttlefish and continue to cook gently for a minute or so. Add the butter, fennel fronds and pasta, tossing around as the pasta warms and the butter melts.

Finish by seasoning with salt, pepper and lemon. You could also add some chorizo at the beginning and capers are a great seasoning at the end. Tip in a bowl and enjoy everyone's compliments!



Cuttlefish

Also known as the Ink Fish (*Sepia officinalis*)

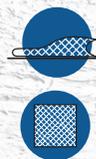
Best to eat July – January

Despite their name, cuttlefish are not fish but molluscs, and are related to octopuses and squid. This species is often associated with the 'bone' sold in pet shops and not for its tender meat or silky ink, both of which are often used in a variety of dishes such as pasta or risotto. It is generally more popular in other parts of Europe such as Spain, Portugal and Italy. There are no official statistics for this species due to its low commercial value and because it is often a bycatch species.

Like squid, females only breed once and die soon after laying their eggs (as many as 4000), known as 'sea grapes'. Males live longer and breed more than once.

Good to know: Choose cuttlefish from traps or hook & line fisheries as they are more selective methods and less damaging. Look out for cuttlefish taken in trap fisheries where measures have been adopted to protect any eggs laid in the traps.

Method:



Capture area:

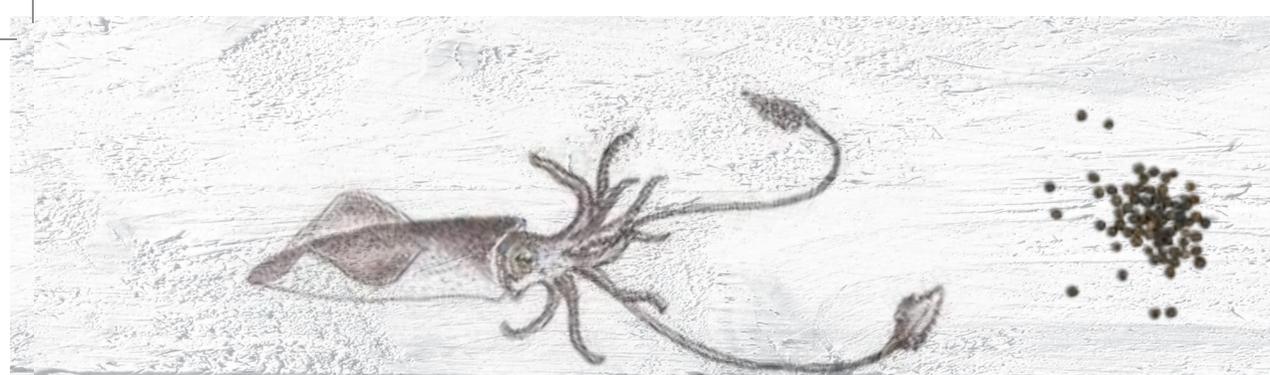
North East Atlantic, English Channel

MCS Rating:



IUCN Rating:





European Squid

Also known as Common Squid (*Loligo vulgaris*)

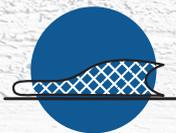
Best to eat June - November

There are over 300 types of squid around the world. The most common species eaten in the U.K. are the Atlantic and the European squid. Most of that landed is bycatch from other commercial fisheries and data on stock levels are limited. However, as sea temperatures increase, indications show squid is becoming more available and widespread. Squid can be a delicious indulgence with silky white meat, often referred to as calamari. The whole animal can be eaten but it is usually served cut into rings or chunks.

Squid have short life spans of only 2 - 3 years. They have a single breeding season from December to May each year and seasonal inshore occurrence is thought to coincide with their breeding behaviour.

Good to know: Cooking it can be tricky so if you don't feel confident, save this as a treat for eating out.

Method:



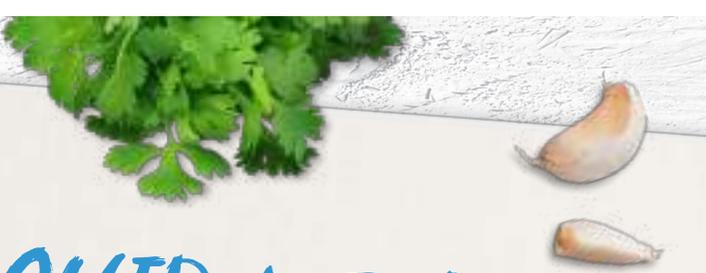
Capture area:

Scotland
and
Cornwall

MCS Rating:



IUCN Rating:



SQUID WITH GARLIC, CHILLI AND CORIANDER

(Serves 1)

By Jacques Marchal

Flash frying squid is the best way to cook it and it can make a great alternative to traditional steak and chips!!

Ingredients:

Squid - 15cm long, clean and Washed
Garlic
Sea salt
Chilli
Olive oil
Coriander

Chop the squid as finely as you can into rings. Chop the garlic and chilli very finely with the sea salt. Heat up the oil in a frying pan. Sear the squid rings for 1 minute before adding the garlic and chilli for 1 more minute. Serve with coriander.



PAN FRIED WHITING WITH BEETROOT & APPLE SALSA

(Serves 1)

By Tim Roberts, NMA

This dish is very simple and shouldn't take too long to produce.

Ingredients:

1 Whiting fillet per person
Homemade salsa
Salt and pepper to taste

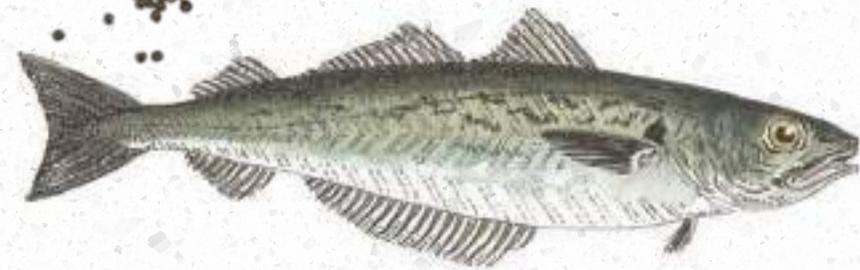
Salsa:

1 beetroot grated
Candied beetroot or yellow beetroot
1 small apple grated
1 small red onion, finely chopped
1 tablespoon apple vinegar
Lemon juice

In a dish, combine the beetroot, apple, red onion, apple vinegar and lemon juice. Add any seasoning if required. Set aside until ready to plate.

For the fish, oil the Whiting and add a little seasoning (salt and pepper). In a pan on a low heat, place the fish skin down first. Turn fillet over when the colour of fish changes and flesh flakes easily.

To serve, place the fish on a portion of salsa.



Whiting

(*Merlangius merlangus*)

Best to eat from August to September as breeds between January and July.

Whiting is found throughout the water column and is a fast-growing species – the maximum reported age is 20 years! They are a good alternative to other white fish. Due to their low commercial value, Whiting are often thrown back or discarded. However, they are increasing in popularity and can be purchased from fishmongers and supermarkets.

Good to know: Avoid eating fish below 30cm as they could be juveniles.

Method:



Capture area:

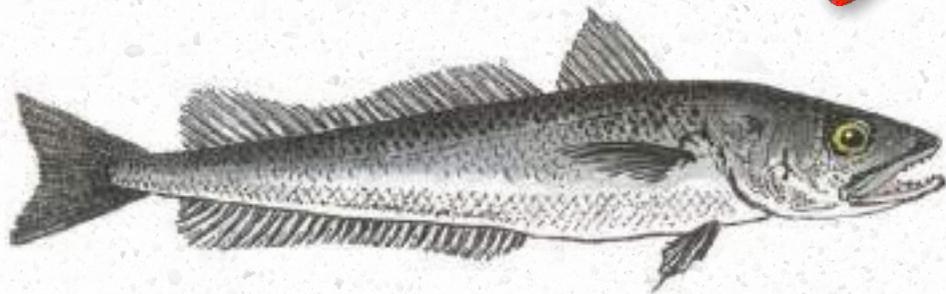
North Sea and Eastern Channel, Southern Celtic Sea

MCS Rating:



IUCN Rating:





Hake

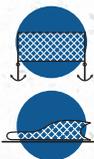
(*Merluccius merluccius*)

Best to eat from July to January.

There are 13 species of Hake but only the European Hake is found in U.K. Waters. This species can often be spotted hunting alone on the seabed or in small shoals higher in the water column. It is a late maturing fish that has white, firm flesh. It is often used in frozen fish fillets, fish fingers, fish cakes and other processed products. It is at its best when it's fresh.

Good to know: There are two Hake stocks, the Southern and the Northern. The Northern stock is found in British waters. Fishing effort in the Southern stock is high. If possible, opt for Hake netted in Cornwall, which is Marine Stewardship Council (MSC) certified.

Method:



Capture area:

North
East
Atlantic

MCS Rating:



IUCN Rating:



FISH CURRY

(Serves 1)

By Jacques Marchal

Ingredients:

- 100g new potatoes
- 1 onion, chopped
- 50g fine beans, trimmed
- Sunflower or light olive oil
- 1 clove garlic, minced or finely chopped
- ½ green chilli, deseeded and finely chopped
- ½ stalk of lemongrass, bruised and chopped
- 1" square chunk of ginger (galangal or freshroot), minced or finely chopped

- 1 tablespoon curry paste
- 1 teaspoon mild curry powder
- ½ tin coconut milk
- 150ml vegetable or fish stock
- 1 tablespoon palm or caster sugar
- 100 - 200g Hake, skinned, boned and chopped
- Kaffir lime leaves (optional)
- Squeeze of fresh lime
- Fresh leaf coriander
- 1 teaspoon fish sauce (optional)

Cook the potatoes in a pan of boiling water for 5 minutes then strain and allow to cool. Chop them into chunks.

Lightly fry the onion on a low heat until soft then add the chilli, garlic, ginger and lemongrass to the pan and cook for a further 2 minutes. Add the curry paste and curry powder and continue to fry for another minute.

Add the coconut milk, lime leaves, sugar and stock. Add the fish and simmer for 10 - 15 minutes until fish is thoroughly cooked. To serve, finish with chopped coriander, squeeze of lime juice and fish sauce.



BARBECUED MACKEREL WITH PESTO

(Serves 1)
By Debby Mason

Ingredients:

Mackerel fresh and filleted but leave the skin on.
Homemade pesto or a jar of ready made, if on the go.

If making your own pesto, you'll need:
1 cup fresh basil stalks removed
3 cloves of garlic peeled
3 tablespoon pine nuts
1/3 cup parmesan grated
1/3 cup olive oil
Salt and freshly ground black pepper

Mix the basil, garlic, parmesan and pine nuts together, either in a food processor or grind up with a pestle and mortar. Season to taste with salt and freshly ground black pepper. Slowly add the olive oil mixing thoroughly to make a paste (the pesto will keep for about a week in the fridge in an airtight jar).

Salt the fillet(s) of Mackerel and spread a generous layer of pesto on the fish.

Preheat a barbecue and carefully place the fillet on the grill, skin side down. The skin can take a high heat. The fish is cooked once the flesh becomes opaque and flakes, the skin will be chargrilled, which adds another dimension to the flavour and is good to eat. Serve with fresh bread, a green salad and a chilled glass of Sauvignon.



Mackerel

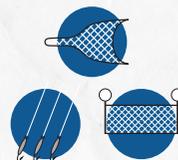
(*Scomber scombrus*)

Best to eat from August to February.

Mackerel is a striking fish with obvious stripes of green and silver. They live in the middle of the water column and can often be found in large shoals feeding on prawns and small fish. It has deliciously meaty and oily flesh that is high in Omega-3. This species is the perfect choice if you are looking to reinvigorate your seafood choices at a low cost.

Good to know: Aim to support local fisheries that use traditional methods such as handlines, ringnets and driftnets and Mackerel from the MINSAs (Mackerel Industry Northern Sustainability Alliance) North East Atlantic Mackerel fishery. This fishery was certified in May 2016 as a well-managed and sustainable fishery in accordance with the MSC's Principles and Criteria for Sustainable Fishing.

Method:



Capture area:

North East Atlantic - Southern, Western & North Sea, Cornwall, South West

MCS Rating:



IUCN Rating:





Sardines

Also known as European Pilchard (*Sardina pilchardus*)

Best to eat from September to February.

Twenty-one fish species are commonly referred to as sardines (especially in canned produce), but the European Pilchard is the only true sardine. They are named after the Mediterranean island of Sardinia, where they live in abundance. This species has a strong flavoured flesh, high in Omega-3. Sardines provide food for many larger fish and marine mammals in the ocean so it is vital that stocks are well managed. A significant reduction in their numbers could have a large knock-on effect in marine food chains.

Good to know: Sardines over 15 cm are referred to as pilchards and are considered to be the more sustainable option as they are larger and have likely reproduced.

Method:



Capture area:

Cantabrian Sea,
Atlantic Iberian waters,
Bay of Biscay,
Cornwall

MCS Rating:



IUCN Rating:



MARINATED MOUNTS BAY SARDINES WITH OLIVE OIL, LEMON AND OREGANO

(Serves 1)

By Rick Stien

Ingredients:

- 8 Sardines
- 3 tablespoon Greek olive oil
- 1 tablespoon lemon juice
- Lambs lettuce
- Vine ripened cherry tomatoes
- Oregano

Fillet sardines, gently removing skin but leaving membrane behind. Season with salt and pepper, add lemon juice and olive oil and leave for 20minutes. Cut cherry tomatoes in half and mix together with the lambs lettuce.

To serve place lettuce and tomatoes on plate with sardines places on top. Season as required and sprinkle lightly with oregano.



SEARED LEMON SOLE, SAFFRON BRAISED POTATOES & CHILLI GINGER SQUID

(Serves 1)

By City College Plymouth

Ingredients:

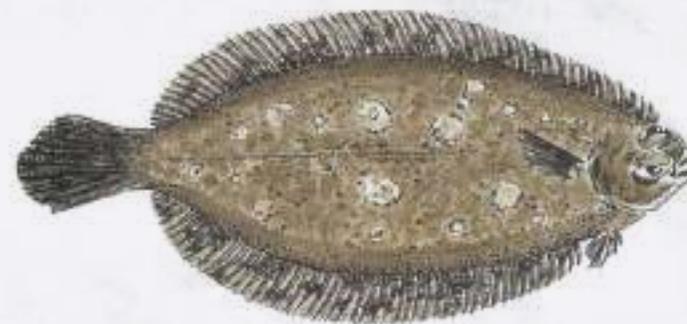
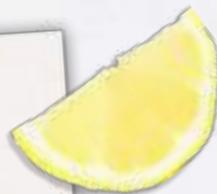
1 large Lemon Sole fillet, scored and seasoned
1 small squid, gutted, cleaned and scored (use the tentacles too) – do not remove the outer membrane as it turns a nice pink colour when cooked.

Boil the potato in saffron water until tender, remove and brush liberally with butter. Put in a moderate oven. Marinade the squid in all the garlic, ginger, chilli, soy, palm sugar, lime juice and oil.

Brush the Lemon sole fillet with butter on the skin side, place skin side down in a smoking hot pan until you see a white tinge appear in the flesh. Grill until completely white.

Stir fry the squid in a ripper hot wok. Place the Lemon Sole on top of the saffron potato and drop the squid around the fish using the wok juices as a sauce. Do not sprinkle with coriander.

1 large potato, peeled and shaped by cutting with a size 7 pastry butter
1 clove garlic, stem removed and crushed
1 thumb of ginger, shredded
½ red chilli, crushed
Light soy
Palm sugar
Vegetable oil
Juice of ½ lime
Saffron
Butter



Lemon Sole

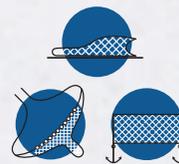
(*Microstomus kitt*)

Best to eat September – March as spawn in spring and summer (April – August)

Despite its name, Lemon Sole does not taste like lemons! It has sweet, delicate flesh that works especially well with cream sauces. Although closely related to Plaice, this species is not as commercially valuable. The fisheries for Lemon Sole are generally unmanaged in the EU, with the exception of Cornish waters where a Minimum Landing Size of 25 cm is enforced. This fish can be caught in the North Sea and the Northern Atlantic, however Lemon Sole caught from the U.K.'s South coast is generally considered the best.

Good to know: When purchasing Lemon Sole, avoid fish below 25cm as they may be immature.

Method:



Capture area:

North Sea,
Eastern English
Channel

MCS Rating:



IUCN Rating:





John Dory

Also known as St Peter's fish (*Zeus faber*)

Best to eat September to May as breeding season is June to August

John Dory is more commonly found in warmer waters like the Mediterranean, although it can be found around Southern England during the warm summer months. As such, it is usually taken as bycatch in trawls when fishing for other fish living on or near the seabed. Data on stock levels are limited.

Good to know: This fish is popular with chefs because of its versatility. However, only a small portion can be harvested from this species. This combined with its popularity in the restaurant industry, means that John Dory is a decadent choice so it's best to save this as an occasional treat rather than a regular choice. Because this species is not managed and there is no minimum landing size, there is the potential for landing and marketing of immature fish (less than 35 cm).

Method:



Capture area:

North
East
Atlantic

MCS Rating:



IUCN Rating:



JOHN DORY WITH ORANGE & SAMPHIRE

(Serves 1)

By Jacques Marchal

Ingredients:

John Dory fillets (1 per person)
2 shallots, finely chopped
White wine vinegar
White wine

2 oranges – 1 cut into
segments and 1 juiced
Cream
Samphire
Salt
Pepper
Chives - chopped

Season the John Dory and put to one side. Place shallots in a pan and cook with white wine and white wine vinegar until soft. Add the cream and bring to a simmer.

Steam the John dory with the samphire and orange segments for 3-4 minutes. Put the sauce on a plate and place fillets on top with a drizzle of sauce. Finish with a little chopped chive.



GURNARD FILLET COOKED IN BUTTER WITH LEMON & PARSLEY

(Serves 2)

By Mitch Tonks, Rockfish

A great dish to serve with the lovely local gurnard caught in our waters.

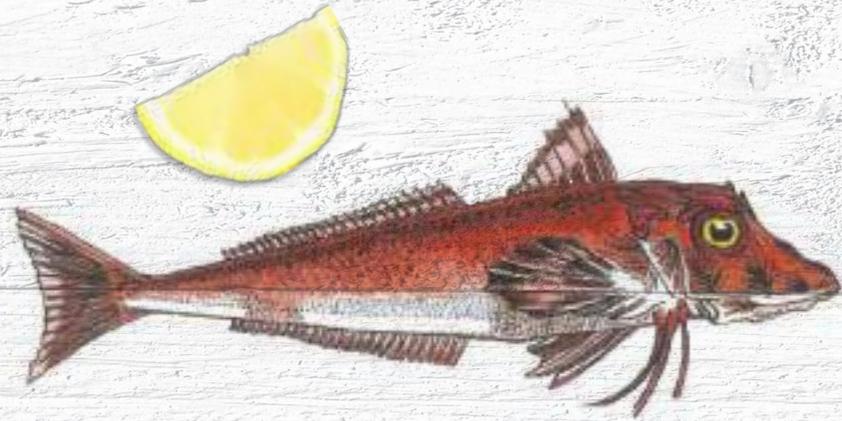
Ingredients:

2 Gurnard fillets about 200g
Flour for dusting
100g
Small handful parsley
1 Lemon
Salt and pepper

Season the fish and lightly flour. Melt $\frac{3}{4}$ of the butter in a frying pan and wait until it just bubbles, turn the heat down and add the fish. In this recipe, you are not trying to sear the fish but cook it gently in the butter. Keep basting the fish with butter from the pan and cook for 6 or 7 minutes then turn it over. It should be wonderfully golden. Continue to cook and baste for a further 4 – 5 minutes.

Remove the fish and put on a plate. Add the remaining butter to the pan and turn up the heat a little until the pan starts bubble and smell nutty then add the parsley and a good squeeze of lemon and spoon over the fish.

I love to eat this with boiled potatoes and cabbage, the butter, the veg and the fish are wonderful together.



Red Gurnard

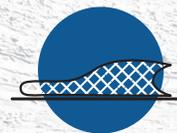
(*Aspitrigla cuculus*)

Best to eat from September to March (spawn April to August).

Gurnard are a bottom dwelling species that can be found around much of the British coast. They are a fast growing fish that matures early at a large size. While their distinctive bony head and fan-like fins can be off-putting for consumers, it is highly rated by several well know chefs for its firm flesh and high sustainability. It is a wonderfully meaty fish, perfect on the BBQ or cooked slowly in a stew. Because of its low value, fishermen rarely target this species and it is usually a bycatch of other species. The fish landed are often exported to France, used as bait for lobster traps or ground down into fishmeal.

Good to know: If you are tempted to give it a try, purchase Gurnard over 25 cm in length – anything smaller could be a juvenile.

Method:



Capture area:

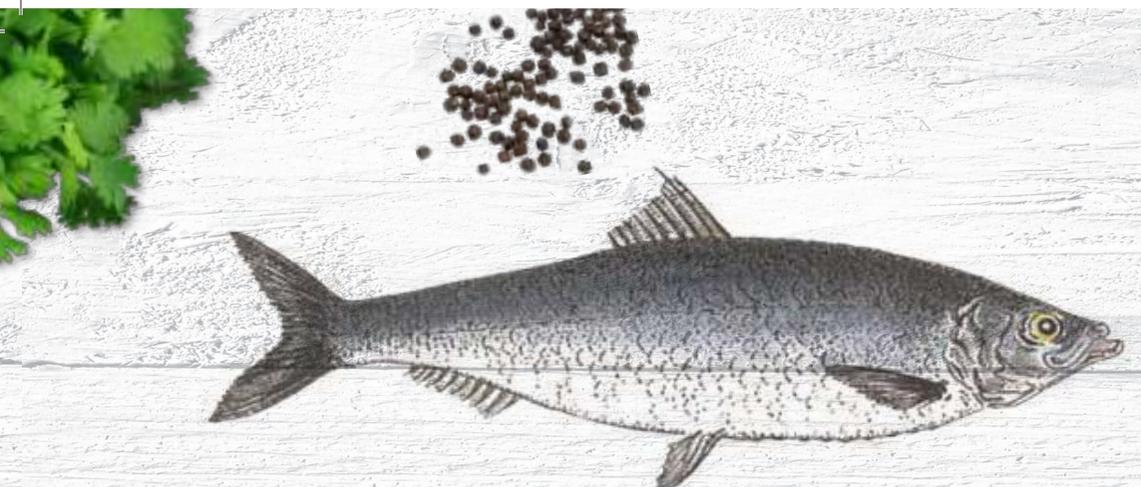
North
East
Atlantic

MCS Rating:



IUCN Rating:





Herring

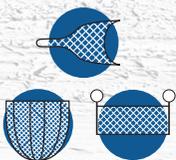
Also known as Silver Darlings (*Clupea harengus*)

Good to eat all year round depending on stock as at least one population in UK waters spawn in any one month of the year.

Herring is an oily fish that is high in Omega-3 – good brain food! It is also really versatile and can be pickled, fermented and smoked. Despite being a tasty and sustainable fish, the majority of the U.K.'s catch (generally caught in South West England) is exported to France. Much like its relative the Sardine, Herring has an important position in the food chain. Any overfishing of this species would have a knock-on effect on the ecosystem.

Good to know: There are many Herring fisheries that are Marine Stewardship Council certified so keep an eye out for the logo.

Method:



Capture area:

North East Atlantic – North Sea, Eastern English Channel, Irish Sea, Celtic Sea, South West of Ireland

MCS Rating:



IUCN Rating:



PICKLED HERRING WITH GHERKIN & POTATO SALAD

(Serves 1)

By Tim Roberts,
National Marine Aquarium

This recipe can be used with Herring, Sardines, Smelt or Whitefish.

Ingredients:

200 grams Cornish salt
1 litre water, divided
500 grams Herring fillets
300 millilitres of cider vinegar
200 grams sugar
Bunch of dill roughly cut
2 teaspoons black peppercorns
3 bay leaves
3 cloves
1 lemon, thinly sliced
1 medium red onion thinly sliced

1 tablespoon English mustard
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
Small red onion, thinly sliced
2 tablespoons chopped fresh parsley, for garnish
Chives

Cook the potatoes in boiling water (approximately) 20 to 28 minutes; drain and set aside. When cool enough to handle, slice the potatoes in half.

Mix the mayonnaise (to your taste), gherkins, gherkin juice, mustard, salt and pepper to form a dressing. Add the potatoes, the red onions and chives, and gently fold together. Season as needed.

Gherkin & Potato Salad:

500grms new potatoes
Mayonnaise
200grms chopped sweet gherkins
3 tablespoons gherkin juice

MEGRIM SOLE WITH GINGER, GARLIC AND SOY

(Serves 2-4)

By Ryan Marsland, The Fig Tree @36

This is great for plonking on the table and digging in with friends and family.

Deeply slash the fish on both sides and season with salt and pepper.

Mix the garlic, ginger, soy sauce, lime and olive oil together and rub into both sides of the fish. Make sure to stuff it into the slashes you've made.

Place onto a greased tray and pour over any remaining marinade.

Bake in a hot oven for 10-15 minutes. The fish should feel slightly firm to the touch.

Serve straight away with a good salad or slaw and some new potatoes.

Sit back and look good!

Ingredients:

2 large, whole Megrim Sole – trimmed
Thumb size piece of ginger, cut into matchsticks
5 cloves of garlic, finely sliced
Dash of soy sauce
Olive oil
1 lime, juiced
Salt and pepper



Megrim

Also known as Whiff (*Lepidorhombus whiffiagonis*)

Best to eat September – March as spawn in spring and summer (April – August)

A common flatfish that is found on the seabed throughout the Northeast Atlantic. They tend to range between 100 – 400 m down, feeding on small, bottom-dwelling fish, squid and crustaceans. Their maximum size is generally 60 cm.

Eating this species would reduce pressure on other species of flatfish and also encourage landed fish to be sold in the UK rather than being exported.

Good to know: Avoid eating immature fish less than 25cm in size.

Method:



Capture area:

Northern
North Sea,
West of Scotland

MCS Rating:



IUCN Rating:





Plymouth's 15 most sustainable fish

The purpose of the NMA is "To connect us with our Oceans" and encouraging society to treat our Oceans with care – after all, our Oceans sustain life and provide coastal communities with a range of services that benefit us all. We must look after our Oceans, so they can continue to look after us.

We hope that you have enjoyed this guide and found something to peak your interest, whether it be the history of our fishing industry, discovering new species and recipes to expand your seafood horizons or simply knowing what to look out for at the local supermarket. Any or all of these are great ways to Reconnect with our Oceans and most importantly, the food you eat. By choosing to buy some of the top sustainable fish landed in Plymouth rather than purchasing the usual big 5, you are helping reduce pressure on these stocks and increasing the value of underutilised species. The power to influence the fishing industry is in your hands and we welcome you on Plymouth's journey to become a sustainable fish city that supports our local industry.

Herring Rift net, pelagic trawl or purse seine in North East Atlantic (North Sea, Eastern English Channel and Irish Sea).	1	Pouting Demersal otter trawl, beam trawl or fixed gill net in North East Atlantic.	2-3
Hake Fixed gill net or demersal otter trawl in North East Atlantic.	1-2	Whiting Demersal otter or seine netted in North Sea and Eastern Channel or Southern Celtic Sea.	2-3
Sardine (European Pilchard) Purse seine in Cantabrian Sea, Atlantic Iberian waters or Bay of Biscay.	1-2	Cuttlefish Demersal otter trawl or traps in North East Atlantic and English Channel.	3
Brown Crab Pot in Western English Channel, Devon Inshore Potting Agreement Area.	2	European Squid Demersal otter trawl in North East Atlantic.	3
Mackerel Handline Drift net or pelagic trawl in North East Atlantic, Western and North Sea, Cornwall or South West.	2	John Dory Demersal otter trawl or fixed gill net in North East Atlantic.	3
Megrim Otter trawl in Northern North Sea and West of Scotland.	2	Lemon Sole Demersal otter trawl, seine net or fixed gill net in North Sea and Eastern English Channel.	3
Plaice Beam trawl & demersal otter trawl in Western & Eastern English & Bristol Channel; Irish, Celtic & North Sea.	2	Red Gumard Demersal otter trawl in North East Atlantic.	3
Pollack Handline in the South West (Celtic Seas and English Channel).	2		

Rated by



Contributors

This guide has only been made possible with the collaboration and contributions of the following people and organisations:

- Bluestone360
- Britain's Ocean City
- Fish2fork
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- Marine Conservation Society
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- Cornwall College

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- Chris Robinson (Historian and historical expertise)
- Debby Mason (Illustrations and recipes)
- Graeme Searle (Fisherman)
- Iain Holman (Fisherman)
- Marc Dando (Illustrator)
- Mike Gamble (Illustrator)





CONNECTING US WITH OUR OCEANS

Marine Conservation Charity Number 1032491