



SEA MULLET WHITING TAILOR NANNYGAI
SHARK SNAPPER CRABS PRAWNS FISH FILLETS

Our Seafood

Fresh, Local & Sustainable

Fresh seafood is one of the great food experiences in life, to help you choose the right fish for your next meal, we have set out the range of seafood we sell with photographs, background information and hints & tips to help you get the most from your next order. This information is also available as a free, full colour Our Seafood brochure you can download & print off.

If you have any questions about our range of seafood or would like more advice about preparing & cooking it, please contact us, we'll be happy to help. You will also find a comprehensive website created by the [Fisheries Research & Development Corporation](#) (FRDC) covering preparation, storing & cooking seafood.

Please note that being fresh, all our seafood is subject to availability. Please contact us if you want to find out what's available at the moment.

Sea Mullet

Mullets are flavoursome fishes that are generally available year round.

Bake, grill or smoke mullets with rich flavours for best results, or use them to produce a tasty finfish pâté. Marinate with grilled fennel, bake with mushrooms or grill with oranges. Try them baked, wrapped in oiled brown paper. When the paper starts to crisp, peel and flake into large pieces. Toss in balsamic vinegar and olive oil dressing and use it to crown a bed of rough-chopped, garden-fresh vegetables. Other appropriate ingredients to complement the strong flavour of mullet include onion, garlic and tomato.



More Information from [FishFiles](#)

Available in 500 gram packs

Flavour	Oiliness	Moisture
Strong	Low to High	Moist

Smoked Sea Mullet

Our own smoking process using a blend of Sheok sawdust & hickory chips lends the fish an intense smoky flavour, excellent for lunch with salads or for a main meal with vegetables.

Ideal to heat in the microwave, grill or BBQ



More Information from [FishFiles](#)

Pack of 4 fillets



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Whiting

Whiting are prized for their sweet, delicate flavour. They are versatile fishes that can be prepared in a number of ways including steaming, baking, barbecuing and grilling, with frying the most common. Careful handling is required because of their soft and delicate texture.

Fried whiting fillets are fantastic served with chips. Smaller whiting are delicious deep fried whole.

Steamed whiting fillets with the rib bones carefully removed have a well-earned reputation as an ideal food for invalids and children because they contain very little oil and are easily digested. Butterfly fillets are also popular as there are few bones.

With the exception of trumpeter whiting, which has soft flesh, all whiting species can be used for sashimi.

Complementary flavourings for whiting are the herbs dill, basil, chives, parsley and tarragon. When whiting is grilled or barbecued, a salad of grapefruit, orange, lime and lemon, with a citrus and olive oil dressing, will complement the flavour wonderfully. Other suitable sauces and condiments are lemon and herbed butters or beurre blanc. Crusts of cumin, coriander and ground turmeric are also tasty.



More Information from [FishFiles](#)

Available in 500 gram packs

Flavour	Oiliness	Moisture
Mild	Low	Moist

Blue Swimmer Crabs

With their sweet, nutty flavour, and evenly textured, moist, firm flesh, blue swimmer crabs make superb eating.

The firm texture and delicate flavour of the blue swimmer crab make it excellent for serving with pasta. Either as a filling for tortellini and ravioli, or as the "meat" layer in a lasagne, blue swimmer makes a delicious addition.

Crabs are cooked to our own traditional recipe. Raw crabs available fresh Tuesday - Saturday 24hrs notice required for raw crabs orders.



More Information from [FishFiles](#)

Available each or by the Kilo.

Flavour	Oiliness	Moisture
Mild	Low	Moist

Wild Caught King Prawns

King prawns are the most popular species of prawn in Australia, due no doubt to their rich flavour and moist flesh. They are extremely versatile and excellent for display purposes. Suggested coatings include batters (regular or tempura) with a touch of saffron. Crumbs made from brioche make a good match with the sweetness of the prawns. Blend in saffron, turmeric, cumin or ground coriander for added flavour.

Available cooked or raw. We buy direct from the boat that catches them.



More Information from [FishFiles](#)

Available by the Kilo.

Flavour	Oiliness	Moisture
Medium	Low to medium	Moist



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Tailor

Tailor is a well-known Australian finfish with a rich, strong flavour. Its high oil content makes it ideal for grilling, barbecuing or baking but it can also be fried. The flesh is soft so minimal handling and careful cooking are required.

If grilling, prepare in fillet form with a mustard meunière. Smoked, it is considered a delicacy. The smoked flesh also makes a succulent pâté. If baking, score to ensure even heat penetration.



More Information from [FishFiles](#)

Available by the Kilo.

Flavour Oiliness Moisture
Strong Medium Moist

Pink Snapper

A tender, white to pinkish flesh and a sweet and mild flavour make snapper a popular and versatile finfish, suited to poaching, steaming, frying, baking, grilling, barbecuing, smoking or sashimi.

Try deep frying fillets in batter or crumbs and serve with tartare sauce. Alternatively, leave snapper whole—wings, head and all—score well on both sides, and deep fry. Serve with sweet chilli, coriander and lemongrass dressing for a perfect result.

Caught fresh in WA waters



More Information from [FishFiles](#)

Available by the Kilo.

Flavour Oiliness Moisture
Mild Low Moist

Sea Scallops

Scallops are strong and rich in flavour with a medium-firm texture. They are popular grilled or barbecued, but avoid overcooking, which causes shrinkage, or the use of too much salt. Grill under a salamander, then drizzle with lime juice and olive oil, or sprinkle with fresh lemon zest and cracked pepper. Combine with coriander, avocado and chilli salsa on a crispy pappadum.

Caught fresh in WA waters Not available in shells - meat only.



More Information from [FishFiles](#)

Available by the Kilo.

Flavour Oiliness Moisture
Medium Low Moist



SEA MULLET WHITING TAILOR NANNYGAI
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Gummy Shark

Smaller sharks have sweet and delicious flesh, and are popular for their boneless and thick flakes. They have been commonly used for the traditional "fish and chips" but should not be overlooked for barbecuing, poaching, braising and baking. Marinate first in oil and lemon to tenderise the flesh.

Remove the skin before cooking, particularly when barbecuing, to prevent it shrinking and tearing the flesh.

Excellent for soups, shark is most popularly used in Asian-style shark fin soup and can also be successfully combined with crab meat. The texture of shark also makes it a great ingredient for fish cakes or kebabs.



More Information from [FishFiles](#)

Available by the Kilo.

Flavour Oiliness Moisture
Medium Low Medium

Bronze Whaler Shark

Smaller sharks have sweet and delicious flesh, and are popular for their boneless and thick flakes. They have been commonly used for the traditional "fish and chips" but should not be overlooked for barbecuing, poaching, braising and baking. Marinate first in oil and lemon to tenderise the flesh.

Make good use of the firm flesh and enhance the flavour by cooking slowly with strong tomato and herb sauce.

Ammonia odour in shark flesh can be reduced by soaking it in milk, vinegar and water or lemon juice. However, if ammonia odours are detected, it is advisable to reject the product.

The "smoky blacktip shark salad frenzy" from the Northern Territory's Bonrook Lodge utilises blacktip shark in a creative way. The hickory-smoked shark is complemented by a fresh, lively salad drizzled with a spicy, fruity dressing..



More Information from [FishFiles](#)

Available by the Kilo.

Flavour Oiliness Moisture
Medium Low Medium

Australian Sea Herring

Australian herring is a staple species for recreational and commercial fisheries in the south of Western Australia. Although named for a superficial resemblance to the herring of the northern hemisphere, they are not related. Australian herring can grow up to 41 cm in length but most are caught at about 20-25 cm.

An endemic Australian species, it occurs in the coastal waters of southern Australia. Its lifecycle depends on prevailing currents. Australian herring populations are all from the same genetic stock.



More Information from [DoF](#)

Available by the Kilo.



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Nannygai

Firm, versatile white flesh with a mild fishy flavour, sometimes referred to as Bight Redfish. Good, plate size fish for baking, grilling or BBQing. Meat is particularly well suited to soups, curries or bouillabaise as it holds up well.



More Information from [Get Fishing](#)

Available by the Kilo.



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Wattsies Place

Retail & Wholesale Seafood



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Providing locally caught fresh seafood since the 1890's

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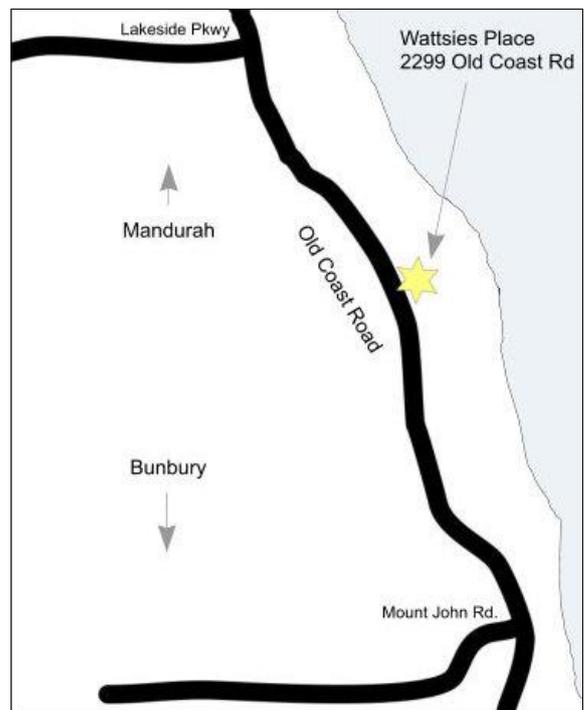
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