

The
SEAFOOD of the
Eyre Peninsula



Eyre PeninsulaTM
Australia's seafood frontier

“The Eyre Peninsula has to be the most exciting place to work with seafood in Australia. There would not be a collection of ports in the world possessing such well-managed, individually tailored fishing practises that protect the sustainability, quality and integrity of an incredible diversity of ocean treasures. Throughout this user guide I’ve dished up some tips based on my experience as a chef and living in the region over many years I hope they help! Happy cooking.

Tony Ford



The SEAFOOD of the Eyre Peninsula

CONTENTS

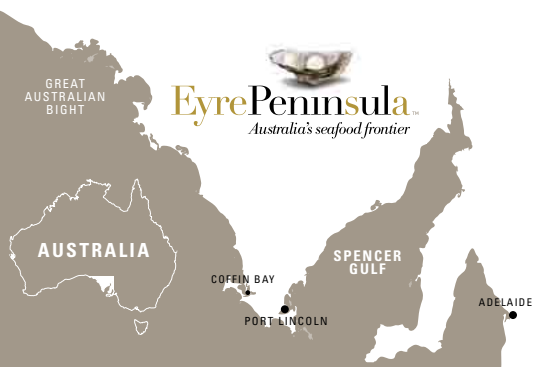
THE EYRE PENINSULA	2
THE EYRE PENINSULA AND SUSTAINABILITY	4
THE BLUE MUSSEL	6
THE OYSTER	12
THE SPENCER GULF KING PRAWN	18
THE SOUTHERN ROCK LOBSTER	24
THE ABALONE	30
THE HIRAMASA KINGFISH	36
THE KING GEORGE WHITING	42
THE SARDINE	48
THE SNAPPER	54
THE SOUTHERN BLUEFIN TUNA	60
THE SOUTHERN CALAMARI	66
CONTACT	72



THE EYRE PENINSULA

Australia’s seafood frontier

Rugged, remote, pristine and pure, the Eyre Peninsula is like no other region on earth. Whether it’s on land, at sea or in the air, the Eyre Peninsula is a region of astounding biodiversity.



Bound by the Spencer Gulf in the east, and stretching across the Great Australian Bight to the South Australian-Western Australian border, the Eyre Peninsula provides idyllic conditions for a bounty of stunning seafood.

Covering 230,000km², the region offers a pristine environment with clean unpolluted waters, a low population base and vast stretches of untouched coastline bordered only by the sanctity of the Southern Ocean.

Accounting for a staggering 69% of South Australia’s seafood production, the waters of the Southern Ocean are home to arguably the world’s finest seafood with a reputation that stretches far and wide.

The largely unspoiled region mirrors a mild Mediterranean climate with coastal temperatures averaging 28°C during summer, while the cooler months

experience maximum temperatures of 15°C to 18°C.

These climatic conditions combined with the fresh and saline wetlands and a long and undisturbed coastline produce Australia’s finest seafood – either caught or farmed – sent fresh to market.

Whether it’s Spencer Gulf King Prawns, Hiramasa Kingfish, Mussels, Pacific and Angasi Oysters, Southern Bluefin Tuna, Southern Calamari, Southern Rock Lobster, Wild Abalone, Sardines, Snapper or the pride of South Australia – the King George Whiting, there is no doubting the luxurious properties of the seafood of the region.

The Eyre Peninsula, Australia’s Seafood Frontier, is rugged yet spectacular, untamed and richly abundant with a diverse range of produce.

While its rugged coastline reflects the

grandeur of nature, the enterprising and innovative pursuits of the Peninsula’s people demonstrate an equally engaging expression.

More recently the expertise of the fishing industry has been transferred to the aquaculture industry, which has gained an international reputation in its own right as a producer of high quality seafood products.

The Eyre Peninsula’s key fishing industry sectors are recognised leaders in developing and adopting the world’s best fishing practices and standards. The ecological sustainability of these fisheries is widely promoted and actively championed by all of the sectors as it is a key driver in ensuring their long term success.

The ecological sustainability of the tuna, prawn, rock lobster and abalone fisheries is

widely promoted and actively championed by all sectors of the industry as it is a key factor in ensuring long term business success for all within the region.

Sustainability is a key driver for the region and the fishing practises ensure that the objective to maintain or increase production is never at risk of jeopardising the ecosystems that deliver such an abundant harvest.

All fisheries on the Eyre Peninsula operate under a range of Commonwealth and State laws which prohibit the harvesting or growing of seafood in an unsustainable manner and further, several have undertaken independent third party audits to validate their sustainability.

The Spencer Gulf King Prawn fishery has recently been accredited by the Marine Stewardship Council, being the first wild

catch prawn fishery in the world to achieve this status.

The Southern Rock Lobster fishery’s Clean Green program is regarded globally as one of the most comprehensively thorough sustainable fishing programs.

Cleanseas have had their Kingfish farming certified by both Friend of the Sea and the International environmental standard ISO 14001.

The seafood industry of the Eyre Peninsula goes beyond the legal requirements in relation to sustainable best practice, recognising that their special environment is the cornerstone to the amazing seafood and must be preserved for future generations of those of the frontier.

That’s why the Eyre Peninsula is Australia’s seafood frontier.

THE EYRE PENINSULA AND SUSTAINABILITY

Eyre Peninsula’s fisheries are among the best managed in the world with every aspect of the fishery strictly regulated, researched and closely monitored to world’s best practise standards.

The Eyre Peninsula fishing sector is driven by a passionate and innovative community who actively collaborate with State and Commonwealth Government departments to ensure the harvest can be continued year after year, without compromising the future of the fish population and the marine ecosystem it depends on.

Eyre Peninsula’s wild catch fisheries are managed by the State and Commonwealth Government’s strict quota programs with leading sectors seeking third party certification including Marine Stewardship Council (MSC), the world’s leading certification and eco-labelling program for sustainable seafood.

The Spencer Gulf King Prawn fishery exemplifies the region’s commitment to sustainability being the world leader in the lowest by-catch of a trawl fishery. Eyre Peninsula’s aquaculture fisheries

are regulated by extensive Government laws and regulations with leading sectors accredited through third party program, *Friend of the Sea*.

The Commonwealth and South Australian Government actively partners with Eyre Peninsula’s fishermen to pioneer new programs which reduce environmental impacts and maintain fish populations. The Eyre Peninsula seafood community is a primary stakeholder in the review and development of all areas of regulation which is based on sound science. The region’s fisheries effectively adapt to new information and changes in a continued commitment to sustainability.

Eyre Peninsula has successfully and proudly managed its fisheries for sustainability since inception and is truly a global leader in sustainable fisheries management with over 40 years of fishing experience to prove it. Eyre Peninsula’s premium seafood can be enjoyed globally, with confidence, knowing that it is produced in a responsible and sustainable fishery.



Mark Cant
CEO, Regional Development Australia
Whyalla and Eyre Peninsula.



The BLUE MUSSEL

Mytilus Galloprovincialis



THE BLUE MUSSEL

soft, sweet, succulent

The Blue Mussel has been growing in the Eyre Peninsula for at least 6,000 years, however, contemporary farmers using world’s best practices are producing some of Australia’s finest shellfish.

Boston Bay as a mussel farming region is like Barossa Valley is to wine – a mix of perfect growing conditions and best in class farming producing a consistent, high quality product.

Three and a half times the size of Sydney Harbour, Boston Bay is where the desert meets the sea, an area of coastal savannah and spectacular rugged seas.

The mussel farming industry is only relatively new to Boston Bay, but with ten years under its belt, it has proved to be the ideal location for farming mussels in Australia.

This is thanks to the phenomenal natural environment of Boston Bay – fed by the nutrient rich waters from the Southern Ocean. These conditions are ideal for growing soft and sweet Blue Mussels.

In Tasmania and Victoria mussel farmers have to rely on hatchery produced spat, which is difficult and expensive.

In Boston Bay, the farmers catch wild spat and can grow them to market size in 9-12 months.

The Australian Blue Mussels grown in Boston Bay are characterised by their sweet and clean flavour and soft buttery texture.

The mussel farming in Boston Bay is based on the long-line system, where mussel spat is “seeded” onto lines which are suspended into the water at between two and 15 metres below the surface.

This form of growing removes the need for the mussels to be purged of sand or mud post harvesting, unlike the European dredged mussels.

A simple bivalve mollusc, which opportunistically feeds on the nutrients available to them in the water, mussels don’t require any additional feeding, making them environmentally benign and low maintenance.

Mussels are a true reflection of the environment in which they grow with the flavour and texture reflective of the waters from which they come. The unique nature and abundant quantity of food available to the mussels of the Eyre Peninsula produces a unique sweetness.

The new industry standard for mussels from the Eyre Peninsula is a pre-scrubbed, graded and de-bearded mussel, pre-packed in a ready-to-use form.

These pre-packed mussels offer much more than convenience, the pre-packed live animals experience a far less stressed existence than their loose packed cousins.

The result is that the characteristic sweetness of the Eyre Peninsula mussel is retained.

Mussels from the Eyre Peninsula are simple to use and delicious, it is no wonder that they are fast finding popularity amongst all levels of the foodservice industry, from fine dining to the humblest pub.



“Our innovative preparation techniques have set the industry standard to deliver to you a perfectly delicious and convenient seafood treat,”

Andrew Puglisi

“I spent years looking for the best water to grow mussels and found that Boston Bay met every aspect I needed to grow great mussels,”

Mark Andrews

IN THE BEGINNING...

Mytilus Galloprovincialis

FARMING METHOD

Mussels are grown on long lines, suspended in the water table from 3 -20 metres and are harvested by pulling the lines in and stripping them of mussels.

SUSTAINABILITY

Mussels are a passive aquaculture system, which means it does not require feed. Coupled with their rapid growth and zero output make them a number one sustainable choice – Kinkawooka Mussels have gained *Friend of the Sea* certification; while Boston Bay Mussels has earned NASAA organic certification as well as the use of the National Heart Foundation Tick logo.

The South Australian Shellfish Quality Assurance Program (SASQAP) is a joint initiative between Primary Industries and Resources SA (PIRSA) and the shellfish industries of South Australia. SASQAP provides the public with health protection where shellfish can only be harvested from approved harvesting areas. Following guidelines set out under the Australian Shellfish Quality Assurance Program the waters where shellfish grow and the shellfish are routinely tested to ensure that the shellfish is safe for human consumption. Shellfish should only be sold from approved growing areas.

SEASONALITY

Mussels in the Eyre Peninsula are harvested 12 months of the year because the major farming operations have multiple growing sites. However, Petit Bouchet mussels are only available from June until September.

QUALITY

The external shell should be clean. Once opened, look for plump, fullness of the gonad and either a strong orange/peach (female) or creamy white (male) colour.

THE MIDDLE MAN...

METHODS TO MARKET

The majority of mussels from the Eyre Peninsula are sold in 1kg pre-packed, scrubbed, cleaned and de-bearded “pot ready” form. However they are also available in 500g to 4kg pot ready sizes; and 5kg or 20kg. A cooked in the bag-chilled mussel is also available in single serve units.

HANDLING AND STORAGE

Live “pot ready” mussels are sent to market with a 10 day shelf life from day of production. The packs should be stored at <6°C to ensure the live mussel is kept alive without being subject to thermal abuse. Pre-packed mussels should be left in their bag until time of use. The mussels should be emptied from their bag and rinsed quickly under fresh water prior to use. Loose mussels should be stored at 4-8°C and should be checked for dead and broken mussels prior to de-byssing (de-bearding) immediately prior to use.

FRESH V FROZEN

Live mussels (either loose or pot ready) cannot be frozen as the flesh will not reconstitute – if freezing is necessary, the mussels should be blanched first.

THE END USER...

YIELD

Good quality mussels will have a meat to shell ratio of greater than 38%

APPEARANCE

The external shell should be clean, free from over catch, dirt or worm and “pot ready” mussels should be cleaned of their byssal thread (beard). Cooked mussels should be full in the shell and will be either orange/peach (female) or cream (male) in colour.

AROMA

Blue Mussels from the Eyre Peninsula will have a clean sweet fresh seaweed aroma with savoury hints of spiced saffron when cooked.

FLAVOUR

Eyre Peninsula mussels have a sweet, rich flavour with a light, mild brininess and egg yolk characteristic.

TEXTURE

The initial mouthfeel is silky smooth with the interior of the mussel having a mousse like texture.

NUTRITION

Mussels are high in iron, protein, selenium, iodine and omega 3.

MOISTURE

Mussels will retain a high moisture content if not overcooked.

CULINARY APPLICATIONS

Boston Bay mussels are highly versatile, absorbing flavour readily. Well suited to steaming, poaching, roasting, baking, wok frying. Steamed meat extracted from the shell can be coated.

Mussels not opened after cooking can be eaten, gently prize open with a butter knife. If they don't have a clean oceanic aroma, don't eat.

FORDIE'S TIPS
“The complex buttery sweetness of these mussels have an amazing ability to infiltrate pastas, polenta, cous cous and rich sauces; but hard to top simply poached in sea water with sour dough and mayo”

MASTERCCLASS

PAGE 10 The SEAFOOD of the Eyre Peninsula



1. The mussels from the Eyre Peninsula come already scrubbed, cleaned and de-bearded in a ready-to-use pot ready form
2. Empty the mussels from the bag, discarding the liquor in the bag
3. Rinse the mussels under fresh water to remove excess saltwater
- any remaining beards and remove by pulling the beard from the hinge of the mussel to the mouth in a short, sharp tug
5. Cook mussels over a high heat, constantly stirring them as they cook to keep heat distribution even
6. Remove mussels as they open, remembering that unopened mussels may still be cooked – the unopened shells can be prized open with a butter knife
7. Return cooked mussels to sauce or dish and serve immediately

PAGE 11

The OYSTER

PACIFIC AND ANGASI

Pacific – *Crassostrea gigas*

Angasi – *Ostrea angasi*



THE OYSTER

plump Pacific and rich Angasi

Pacific and Angasi Oysters are grown all over the world, however, those from the Eyre Peninsula are highly regarded for their unique flavours and premium quality.

There is no other seafood that reflects the terroir of it's provenance like an oyster.

The range of flavours, sizes and textures of oysters from the Eyre Peninsula reflect the broad range of micro climates from which the oysters come.

The Pacific Oyster industry on the Eyre Peninsula is a relatively contemporary activity.

The Pacific was introduced to Tasmania in 1947 from Japan and from there to Coffin Bay in 1969.

Since then it has become renowned worldwide for the quality and consistency of the oysters it produces.

The Angasi Oyster, which is a native to the Eyre Peninsula has been in commercial production in the area since 1848.

Even then, gourmands revered the extraordinary culinary characteristics of one the Peninsula's truly great luxury foods.

Some growers start production on the east coast of Eyre Peninsula then move the oysters to the west coast of the region because the nutrient levels are much higher and are ideal for finishing the oysters.

Pacific Oysters

The Pacific Oyster was originally introduced onto the Eyre Peninsula from Japan via Tasmania and is now the most prolifically grown oyster in the region.

Typically, it is large with a spiky shell and clean white interior.

The Pacific oyster can be characterised by its fresh, clean and salty flavour – just like being rolled in the surf.

As it spends the majority of its life underwater, the Pacific Oyster is a relatively easy oyster to open and for the novice opener is a good starting point.

The Pacific Oyster is popular as a cooking oyster, particularly with Japanese and Chinese chefs, who regard its simple flavour and texture a great vehicle for flavours.

The Pacific Oyster prefers the cooler months, spawning in summer – depending on the region it comes from, it is available from March to early December.

Adult Pacific Oysters are sessile, meaning that they are unable to move about.

While they can grow in brackish waters their preference is a saltwater environment where they can tolerate a wide range of salinities and water quality.

The waterways of the Eyre Peninsula provide a broad range of conditions and micro climates well-suited to producing a range of flavours and sizes of Pacific Oysters.

Pacific Oysters have very high growth rates (they can grow to over 75mm in their first 18 months) and high rates of reproduction.

Like most oyster species, Pacific Oysters change sex during their life, usually spawning first as a male and subsequently as a female.

Spawning is temperature dependent and occurs in the summer months.

Thus, whilst the popular eating period for oysters is summer, a natural Pacific Oyster from the Eyre Peninsula is unlikely to be in premium condition at this time.

Recent developments have allowed oyster growers to produce a spawnless oyster, or triploid, allowing some growers from the Eyre Peninsula to produce oysters year round.

Angasi Oysters

The flat or *native* oyster as it is sometimes called, is a unique and very special oyster indeed.

Although one of the first known seafoods farmed on the Eyre Peninsula (by indigenous Australians some 6,000 years ago) the Angasi has only recently become fashionable with farmers again, due mainly to the difficulty they have in growing it.

If the Pacific Oyster from the Eyre Peninsula is the Sauvignon Blanc of oysters, the Angasi Oyster is certainly the Shiraz!

Full-flavoured and textured, the Angasi is big, very rich and flavourful, with an almost meaty flavour and texture.

The Eyre Peninsula with its unique and varied bays and waterways allows oyster farmers to produce an amazing range of styles and flavours of oysters, justly becoming the oyster bowl of Australia.

“In the middle of winter, when it's rough, freezing cold and the water is so deep that we swim to collect our oysters, that's when the oysters are at their best,”

Brendan Guidera



IN THE BEGINNING...

Pacific – *Crassostrea gigas*
Angasi – *Ostrea angasi*

REGION OF ORIGIN

The principal growing regions on the Eyre Peninsula are – Cowell, Streaky Bay, Coffin Bay, Ceduna and Smoky Bay.

GROWING CONDITIONS

The contemporary nature of the oyster farming industry on the Eyre Peninsula has resulted in farmers using world’s best practice techniques, including floating rack and basket systems which ensures the oysters have access to the maximum amount of food at all times.

SUSTAINABILITY

Oyster farming is a benign aquaculture activity which has no environmental impact on the surrounding flora or fauna of the region. The South Australian Shellfish Quality Assurance Program (SASQAP) is a joint initiative between Primary Industries and Resources SA (PIRSA) and the shellfish industries of South Australia. SASQAP provides the public with health protection where shellfish can only be harvested from approved harvesting areas. Following guidelines set out under the Australian Shellfish Quality Assurance Program the waters where shellfish grow

and the shellfish are routinely tested to ensure that the shellfish is safe for human consumption. Shellfish should only be sold from approved growing areas.

HARVESTING METHOD

Pacific Oysters grow from spat to pack size in 12-18 months on the Eyre Peninsula.

Angasi Oysters grow from spat to pack size in 18-24 months.

SEASONALITY

Pacific – Peak season for Pacific oysters from the Eyre Peninsula is March to December, with some Triploid oysters available year round.

Angasi – Available from March to December with peak season for plump Angasi April to August.

SIZE

Pacific – Sizes can range anywhere from 50mm to 150mm+, however industry grading is as follows:

Jumbo	100-120mm
Large	85-100mm
Standard	70-85mm
Buffet	60-70mm
Bistro	50-60mm

Angasi – 70-75mm is the average size.

THE MIDDLE MAN...

METHODS TO MARKET

Most oysters grown on the Eyre Peninsula are sold to end users via a trade intermediary (processor or wholesaler) in live, whole shell form. Most of these oysters are processed prior to delivery to the foodservice and retail trade.

The Angasi oysters are only sold unopened.

HANDLING AND STORAGE

Live Pacific Oysters should be stored at 4-8°C, covered with a damp cloth in an airtight container. Pre-opened Pacific Oysters should be consumed on day of purchase.

Angasi Oysters should be covered with a damp cloth and kept closed either with a weight or an individual tie on each oyster and should be stored at 4-8°C in an airtight container.

When opened, oysters should be stored at 0-2°C. Some oyster processors prefer to open the oyster from the front, but this method requires the oyster to be washed free of any shell which may be shattered in opening. Front-opened oysters are typically placed back into the shell post washing, with their belly facing up.

THE END USER...

APPEARANCE

Pacific – The flesh colour of the Pacific Oyster varies by region/sub region and grower – but are typically steely grey/white to a full cream colour.

Angasi – Typically khaki to cream in colour with a black external frill.

FLAVOUR

The flavours vary between the regions/subregions and growers but can be summarised as follows:

Cowell Pacific – salty with a clean iodine zing and light finish

Coffin Bay – unique full flavour with sweet front palate underpinned by salty, iodine notes with a fresh ocean spray finish

Streaky Bay – full sweet and round flavour with a light salty finish

Smoky Bay – balanced ocean sweetness and salty zing, with a long lingering aftertaste

Ceduna – big oceanic burst of upfront flavour with a clean, fresh finish

Coffin Bay Angasi – a complex, full umami flavour of seaweed and citrus with long, deep and rich aftertaste and mouthfeel.

TEXTURE

Pacific – The texture of the Pacific Oysters vary from light/tight texture in March to a full milk creaminess from August to December.

Angasi – The Angasi ranges from soft, ripe and creamy April to August, and lean and firm September to late December.

CULINARY APPLICATIONS

The ultimate experience is to enjoy an oyster within 20 minutes of opening it.

Pacific Oysters are especially suited to steaming, poaching, roasting, frying and grilling.

Angasi are well suited to wok-frying, pan-frying and roasting. Do not overcook either type.

Larger oysters are great coated with Japanese breadcrumbs and deep-fried, or placed unopened in hot ashes until the lid pops – and eaten straight from the shell.

FORDIE’S TIPS

PACIFIC OYSTERS
“Nature’s truly simple treasures”

ANGASSI OYSTERS
“A steely mineral beauty, they are jam-packed with flavour”

MASTERCLASS



1. Oysters from the Eyre Peninsula are available (left to right) Angasi, Standard Pacific 70-80mm, Buffet 60-70mm, Bistro 50-60mm



2. Oysters should scrubbed and stored at 4-8°C under a damp cloth, in an air-tight container



3. To open oyster – position oyster with flat shell facing up and oyster ‘ear’ facing out – insert oyster knife at 15 degrees to the bottom shell and gain purchase between the shells



4. Twist oyster knife using a motorcycle ‘accelerator’ grip to break hinge between shells



5. Slide oyster knife along the top shell to the 2 o’clock position on the top shell and snip abductor muscle – releasing the top shell



6. Snip abductor muscle from under the oyster on the bottom shell, releasing oyster from shell



7. Place oyster knife against the underside of the oyster and gently roll oyster over in shell



8. Present oyster and serve

SPENCER GULF KING
The PRAWN
Melicertus latisulcatus



THE SPENCER GULF KING PRAWN

sustainable, special, delicious

The western king prawn has a wide distribution over the Indo-Pacific region.

The world's largest known population of western king prawns is in the Spencer Gulf.

The prawns of the Spencer Gulf are rich and savoury with a subtle vanilla sweetness.

South Australia's prawn fisheries are somewhat unique due to their geographical location, cold-water environment and the existence of only one commercial prawn species in the fishery.

The Spencer Gulf King Prawn fishery has recently been certified by the Marine Stewardship Council. It is Australia's first prawn fishery to receive MSC certification.

The exclusive Spencer Gulf King Prawn fishing community has only 39 licensed prawn fishers who fish on average a mere 55 nights per annum.

The fishery only operates in about 15% of the Gulf, this combined with such a short fishing period, self-imposed permanent closures, leaves much of the Gulf untouched – this ensures a healthy ecosystem and natural regeneration of the prawns.

The fishing operations correspond with the phases of the moon, conducted over the dark of the moon in the months of November, December, March, April, May and June.

Fishing takes place at night, with the average trawl a mere 50 minutes. After each trawl the catch is emptied onto a sorting table where the prawns are graded and either cooked or packed raw green and snap frozen on the vessel.

The time the prawn takes to go from the prawn landing to the freezer is generally

less than 30 minutes – this minimal time guarantees the culinary integrity of the prawn.

A world leader in the way the catch is handled, using the latest technology, including the use of 'crab bags' to exclude mega-fauna bycatch, 'hoppers' for efficient sorting of the catch and rapid return of bycatch, 'graders' to sort the prawns into marketable size categories, and on-board freezing facilities that enable full processing on-board.

South Australia's Spencer Gulf King Prawn fishery has been certified as sustainable against the MSC environmental standard for sustainable and well managed fisheries, and its western king prawns can now bear the blue MSC ecolabel. Represented by the Spencer Gulf and West Coast Prawn Fisherman's Association (SGWCPFA), this fishery is the first prawn fishery in Australia, and also the wider Asia Pacific region, to gain certification and carry the MSC trust mark.

The Spencer Gulf King Prawn Fishery has demonstrated – through the rigorous, independent assessment process conducted by Moody Marine – that the king prawn stocks being targeted are healthy, its fishing practices have minimal impact on the marine ecosystem and overall the fishery is well managed. The Spencer Gulf King Prawn is not only sustainable but is a genuinely superior culinary experience.



“We have always known that the Spencer Gulf King Prawn is the most delicious and sustainable wild caught prawn available, and now we have MSC certification to prove it,”

Barry Evans

IN THE BEGINNING...

Melicertus latisulcatus

REGION OF ORIGIN

Prawn fishing is not permitted within waters less than 10 metres in depth. While the fishing grounds cover a relatively large area of the west coast and Spencer Gulf, they are adjusted based on survey results and commercial catch statistics.

Some areas have been permanently closed to fishing to protect juvenile prawns, other fish species, high biodiversity areas (including rocky or reef systems). Generally fishing only takes place in areas where catch is known to be located. The main home ports for the fisheries are Port Lincoln, Wallaroo and Venus Bay.

GROWING CONDITIONS

Prawns tend to prefer to live in warmer tropical or sub-tropical water regimes. Spencer Gulf King Prawns are considered to be at the lower limit of temperatures for this species of prawn, making them unique.

SUSTAINABILITY

The Spencer Gulf King Prawn Fishery has long recognised the importance of fishing to the highest sustainable standards and has become the first tropical prawn in the Asia Pacific region to be certified sustainable by the Marine Stewardship Council. The fishery is mandated to maintain ecological sustainable stock levels and minimise impacts on the ecosystem.

FEED

Spencer Gulf King Prawns, like other prawns, exist at the bottom of the food chain. They are omnivorous scavengers, feeding on plant material, crustacean and small fish.

HARVESTING METHOD

Prawn fishing is undertaken using the demersal otter trawl technique. This essentially consists of towing a funnel-shaped net leading into a bag over the sea bottom behind a boat. Otter boards (or doors) are used to keep the trawl nets open horizontally while being towed. During fishing the prawns jump up from the soft mud sediment into the net, leaving some prawns behind. A separate large mouthed bag (crab bag) acts to retain blue crabs, while prawns flow to the cod end. The crab bag reduces crab mortality, incidental damage to prawns and allows the crabs to be discarded alive back into the sea.

AVAILABILITY

As the prawns are all snap frozen at sea, availability is consistent and year round.

SIZE

Spencer Gulf King Prawns are packed in the following grades:

Under 6 pieces per lb (13 per kg)

Under 8 pieces per lb (18 per kg)

10 to 15 pieces per lb (22-33 per kg)

15 to 20 pieces per lb (34-44 per kg)

21-30 pieces per lb (45-66 per kg)

THE MIDDLE MAN...

METHODS TO MARKET

Spencer Gulf King Prawns are sold frozen only packed in 10kg cartons in either cooked or raw (green) forms. Some value added prawn products are available from specialist processors.

HANDLING AND STORAGE

Frozen prawns should be thawed quickly at room temperature by removing from carton and immersing in iced, salty water.

When thawed, prawns should be placed on tray sitting on ice, inside a sealed container. Thawed prawns should be used within 24 hours – green prawns will begin to oxidise and blacken within several hours.

FRESH V FROZEN

Don't be afraid to buy frozen prawns. The integrity and quality of prawns processed and packed frozen from live will always be superior to one which has endured days of variable handling in a fresh state.

THE END USER...

COLOUR

The raw whole Spencer Gulf King Prawn is light peach in colour with a translucent electric sheen distinctly characteristic blue tail and legs. The raw meat is a light translucent grey/white colour. The cooked meat has a light peach orange skin with a bright, white flesh.

FLAVOUR

Spencer Gulf King Prawns are characterised by having a deep rich savoury flavour underpinned with a subtle vanilla sweetness and a fresh iodine zing on the finish.

YIELD

Prawn meat yields 50-55% from gross weight

APPEARANCE

As a guide to buying prawns, firstly see it has all of its legs, feelers and eyes in tact and that the tail has a firm spring when curled. Smell the prawn – it should have a crisp, clean iodine aroma, with absolutely no signs of ammonia, old fish or brackish water. Peel it and give it a taste – it should be firm in texture and immediately sweet, with long clean finish and no strong aftertaste.

CULINARY APPLICATIONS

If using a prawn for a hot dish, buy them green and cook them only once. If you are using them for a salad or eat them as they are, buy them pre-cooked. A prawn cooked from live and then refreshed in brine ice will always be firmer, crisper and sweeter than a dead, green prawn put through the same process.

FORDIE'S TIPS

"Eat the whole prawn. I really enjoy crunching into the shells after a light bbq grilling; bursting with real flavour that will last well into the next course"

MASTERCLASS



The
SOUTHERN ROCK
LOBSTER
Jasus edwardsii

THE SOUTHERN ROCK LOBSTER

exotic, rich and seductive

The Southern Rock Lobster found off the coast of the Eyre Peninsula, is considered the supreme lobster by true lovers of the delicacy. Larger than the Western Rock Lobster found off Western Australia, and other Rock Lobsters from many parts of Australia, it has superb taste and texture. It is truly an exotic, rich and seductive luxury.

Lobsters are arguably the world's best-known seafood, and demand for clean, safe seafood of all kinds is growing worldwide. The Southern Rock Lobster from the Eyre Peninsula is amongst the best of them all.

The Australian Southern Rock Lobster (*Jasus edwardsii*) is amongst the world's rarest and most sought after crustacean.

The Southern Rock Lobster's exotic, seductive richness and addictive 'sea spray' flavours truly define luxury and its mere presence elevates dining to its most opulent.

There's a world of difference when it comes to the Australian Southern Rock Lobster, caught in the pristine wilderness of the Southern Ocean off the Eyre Peninsula. Its unique flavour and texture are revered by chefs globally.

This rugged Southern Ocean is amongst the cleanest and coldest in the world – its vast waters running between Australia and the pristine wonderland of Antarctica.

With most of the catch being exported live, stringent regulations are followed and extreme care is taken when catching and handling the lobsters so they arrive at their destination in peak condition. It is a fine art, and the fishers of the Eyre Peninsula are true masters of their craft.

Fishing vessels are equipped with either a wet well or a tank with a pump that circulates sea water to keep lobsters in top

condition from the time they are caught until they are sold.

Once landed they are transported to port-based processors, where they are placed in water refrigerated at 10-12°C, which slows the metabolism and prevents damage in transit.

Just prior to shipping to market, the water temperature is further lowered to 5-7°C. The lobsters are then packed with insulation into polystyrene boxes and sealed.

The Southern Rock Lobster industry has created a certified sustainability program, entitled the Clean Green program.

Fundamental to the success of the Clean Green product certification program is the third party auditing of environmental, culinary, quality, safety and workplace standards.

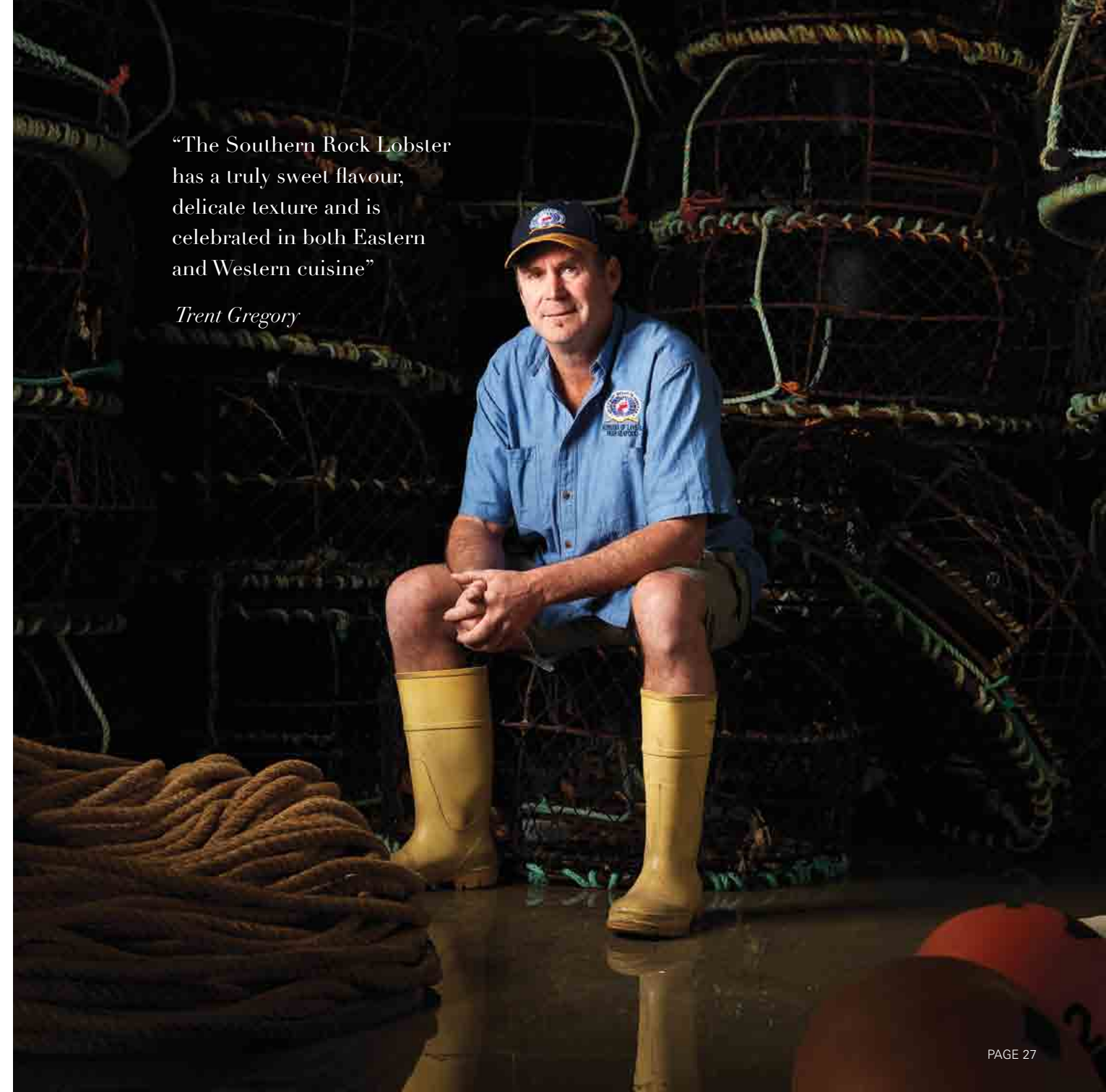
The Southern Rock Lobster Clean Green certification has become a hallmark of global lobster fisheries.

The Southern Rock Lobster from the Eyre Peninsula enjoys a unique environment which produces lobster with unique flavour and texture.

Southern Rock Lobster is characterised by its sweet rich flavour, low oiliness and moist, medium-firm flesh, which is translucent when raw and white with orange tinges when cooked. The leg meat is often a little sweeter than tail meat.

“The Southern Rock Lobster has a truly sweet flavour, delicate texture and is celebrated in both Eastern and Western cuisine”

Trent Gregory



IN THE BEGINNING...

Jasus edwardsii

REGION OF ORIGIN

The Eyre Peninsula is part of what is classified as the northern zone of the Southern Rock Lobster Fishery. It encompasses a stretch of coastline in excess of 3,700km, including all waters adjacent to South Australia west of the River Murray mouth to the Western Australian border, from the low water mark out to 200 nautical miles.

GROWING CONDITIONS

The Eyre Peninsula catching zone is characterised by patchy and discrete, predominantly granite reef formations, that are separated by large expanses of flat sandy bottom. These reef structures generally afford less habitat for rock lobster shelter than other areas and results in larger lobsters than other areas.

SUSTAINABILITY

The Southern Rock Lobster industry of the Eyre Peninsula is committed to ecological sustainable development. It recognises the imperatives of delivering an exclusive and safe seafood of the highest quality. The industry has developed its own standard, referred to as the Clean Green Program. Based on a purposely developed Australian Product Standard, the program is designed to ensure World's

Best Practice for the environment, the boats, the crew, the lobsters and food safety.

FEED

Southern Rock Lobsters are scavengers and head out once it's dark to feed on dead fish, clams, small crabs and sea urchins.

HARVESTING METHOD

Southern Rock Lobsters are caught by pots which are set with bait. Undersized lobsters can escape from hatches in the pots and all live lobsters are re-graded on board the harvest vessel.

SEASONALITY

The Rock Lobster fishery of the Eyre Peninsula is closed for commercial fishing between the beginning of June and the end of October, coinciding with the spawning season for the lobsters.

SIZE

Winter – NA

Summer – generally abundant but subject to market pressure of export.

THE MIDDLE MAN...

METHODS TO MARKET

Predominantly live whole or cooked whole – fresh or frozen.

HANDLING AND STORAGE

Handling: The most humane and easiest method of preparation of a Southern Rock Lobster is to first chill it in the freezer for roughly 45 minutes until it becomes insensible. Once in this state the lobster is ready for your preferred cooking method.

Storing: Essentially any live crustaceans should be consumed as soon as possible after purchase. Place live lobsters in a container, cover with damp paper or cloth and keep in the warmest part of the refrigerator (optimum 5°C). You can do this for up to two days providing you keep their covering damp. Wrap dead Rock Lobsters in plastic wrap or place in an airtight container and refrigerate for up to three days or freeze for up to three months below -18°C.

FRESH V FROZEN

The premium food comes from live lobsters, however, commercially frozen lobster can retain most of the culinary characteristics of of their live counterparts.

THE END USER...

APPEARANCE

The Southern Rock Lobster has translucent flesh when raw, but when cooked the flesh is white/ opaque with orange tinges and the shell turns red.

FLESH FAT CONTENT

Little to none.

FLAVOUR

The Southern Rock Lobster flesh is firm, with a sweet medium and rich taste, almost foie gras like, with a pronounced crustacea flavour of prawn and scallop. The aroma is reminiscent of seaweed with a sweet iodine zing on the palate.

TEXTURE

The texture of raw Southern Rock Lobster is creamy and rich, when cooked it has a crisp, firm texture, which should soften easily in the mouth – unless overcooked.

YIELD

Complete extraction techniques can consistently achieve meat to shell ratios between 45% and 52% with a consistent 30% of the total weight being Grade 1 sashimi.

CULINARY APPLICATIONS

Southern Rock Lobster is excellent poached, baked or barbecued, grilled, steamed, or sliced for sashimi. However, guard against over-cooking or the meat will become tough and leathery. Southern Rock Lobsters have excellent presentation potential, so take care not to damage the legs and head. The liver or mustard is highly sort after in many countries, shells are super for stocks and bisques.

FORDIE'S TIPS

“Love getting down and dirty with the bits most folks forget about. The liver or mustard is especially good, while the shells are super for stocks, soups and bisques”

MASTERCCLASS



1. Check lobster is lively, it's legs and tail have a springy resistance and are all intact. Store live in a coolroom under a damp cloth



2. Prior to use, bury the lobster under ice or place in a freezer for 30 minutes



3. To remove tail, cut gently around the tail between the head and body



4. Holding firmly, twist the tail to remove



5. Cut along both edges of the shell on the underside, peel back and gently prise meat from the shell



6. For cooked lobster to be used in salad, tie a wooden spoon to the extended lobster to maintain shape and immerse into rapidly boiling saltwater – remove tail meat per previous



7. The body and head of Southern Rock Lobster contain a significant amount of meat

The BLACKLIP AND GREENLIP ABALONE

Blacklip – *Haliotis rubra*
Greenlip – *Haliotis laevis*



THE ABALONE

wildly unique, very special

Abalone, is surely one of the most quintessential of all seafood, it embodies luxury in every sense – rare, exotic and delicious. The abalone harvested from the wild waters of the Eyre Peninsula is regarded as some of the finest in the world.

Abalone are marine snails known worldwide for their beautiful, mother of pearl shell and their large muscular foot, a prized delicacy. Belonging to the family of molluscs, abalone are gastropods which inhabit rocky shorelines, from shallow water up to depths of 40-50 metres.

Abalones have succulent meaty bodies and are both delicate and delicious in flavour placing them in high demand in premium dining markets, especially those of Asia.

Of over 100 species of abalone living in the world today, at least twenty three of these occur in Australia: however on the Eyre Peninsula it is only the two largest species which form the basis of the commercial abalone fishing industry – the Greenlip Abalone (*Haliotis laevis*) and the Blacklip Abalone (*Haliotis rubra*).

Abalone lives on the rocky bottom and each species has a distinctive habitat. Greenlip abalone occurs in two types of habitats.

Blacklip Abalone tend to live in the shallower water, with the Greenlip Abalone occurring in rough water at the base of steeply sloping granite cliffs, and usually along the sides of gutters or clefts from depths of 10 to 45 metres.

Elusive to find, the abalone is harvested by divers, who are one of the few predators to the ear shaped shell.

Abalone diving is truly unique, with divers

mainly using the 'hookah' air supply system, spending up to seven hours in the water.

With winter temperatures in the Southern Ocean dropping to below 12°C and the physical demands on the divers' body, this practice can be extremely dangerous.

In addition to the physical dangers of diving, many of the waters fished are well known for sharks, in particular, the man-eating white-pointer. Many divers, especially those fishing on the West Coast of South Australia, dive in cages for protection, although danger still looms as these cages are not fully shark-proof.

Blacklip Abalone

The Blacklip Abalone (*Haliotis rubra*) is the most common specie on the Eyre Peninsula and is found from the head of the Great Australian Bight to Port Lincoln. Blacklip Abalone ranges from 100-400g (fresh meat) and when fully grown, the shell can measure up to 20cm.

Greenlip Abalone

The Greenlip Abalone (*Haliotis laevis*) is found in the same region as the Blacklip Abalone. The Eyre Peninsula is recognised as the premium Greenlip Abalone region in Australia based on superior colour, size and texture. Greenlip Abalone ranges from 150-500g (fresh meat) and when fully grown, the shell can measure up to 20cm.

“Our workplace is some of the most incredible and dangerous water in Australia, it’s no surprise the abalone from here are so valued and so respected,”

Damon Edmunds



IN THE BEGINNING... THE MIDDLE MAN...

Blacklip Abalone – *Haliotis rubra*
Greenlip Abalone – *Haliotis laevis*

GROWING CONDITIONS

Abalone seldom move about (except sometimes in stormy weather) and generally remain fixed to a particular spot on the rock. The animal will grow rapidly if exposed to currents or surges that drift algae (their main food source) past their fixture. Where this does not occur, they grow slowly or seasonally and divers have reported ‘stunted populations’.

SUSTAINABILITY

The strict quota systems imposed on licensed catchers ensures that the volume of harvest is kept at well below sustainable levels.

HARVESTING METHOD

Hand harvested by divers using a blunt heavy knife. The live abalone are leveraged off the rocks and sent live to the surface using balloon bags.

SEASONALITY

Wild abalone – both Greenlip and Blacklip is harvested year round, but is subject to strict quotas and is mostly harvested to peak demand periods such as Chinese New Year and the Golden Week holidays in Japan.

METHODS TO MARKET

Fresh: Both Greenlip and Blacklip Abalone can be supplied fresh, via airfreight, in 10kg cartons to Asian and Australian markets.

Canned: Blacklip Abalone is currently the only abalone available canned. Before canning the pigment is removed before being canned in a light brine and cooked to government regulations resulting in a soft, intensely rich meat.

Frozen: Both Blacklip and Greenlip Abalone meat are Individually Quick Frozen (IQF), using blast freezer technology. The high quality frozen product is destined for consumption, predominantly, in the fine dining rooms of Asia.

HANDLING AND STORAGE

Canned abalone should be drained and rinsed prior to use. Frozen abalone should be thawed slowly in a coolroom overnight in an airtight container. Fresh Abalone should be kept refrigerated at all times at <5°C.

FRESH V FROZEN

Frozen should show no signs of freezer burn, cuts or tears to the flesh. Canned/pouched cooked abalone should maintain a consistent texture and flavour. Supply of fresh abalone is dependent on weather conditions, availability and logistics.

SIZE

Canned – 213g and 425g drained weight.

Frozen – graded the following way:

1-2 pieces per lb

2-3 pieces per lb

3-5 pieces per lb

THE END USER...

YIELD

Meat from shell is approximately 35%. Canned Abalone meat should be within + – 5% of drained weight. Frozen abalone meat is fully bled prior to freezing, so minimal weight loss on thawing.

APPEARANCE

The muscular foot, when cleaned of gut, roe and frill has the appearance of a solid white puck of meat – it should be clear white to cream in colour, the Blacklip Abalone with a slight black tinge to the extremities and the Greenlip Abalone a green tinge to the extremities.

AROMA

The raw abalone has an intense vegetal aroma, with notes of the sea and a strong iodine zing – the Greenlip has a slightly sweeter aroma than the Blacklip both have a slightly acidic cream aroma when very fresh.

FLAVOUR

The flavour of the Blacklip Abalone is mild to strong – an intense meaty flavour with a subtle sweetness and a savoury umami of miso soup. The Greenlip Abalone has an intense full flavour which is round along with a lingering sweetness and mild umami character of a quality chicken consommé.

TEXTURE

The texture of abalone varies dramatically depending on its preparation form. In its raw form, it has a crisp bite with a subtle mouthfeel. Wok fried in thin strips cut against the grain, it is soft and giving. The long braised or canned abalone has the texture of a cooked cheese such as taleggio with a supple, yet firm texture and genuine bite.

MOISTURE

Low

OILINESS

Low to medium

CULINARY APPLICATIONS

Abalone can be braised, poached, stir fried, served as sashimi, grilled, roasted or poached – in all preparations, extreme care must be taken to ensure it doesn’t lose its subtle flavour nor become tough.

FORDIE’S TIPS
“Whether it’s a flash in the pan, al natural or long slow pot roast; Abalone’s royal velvet, lingering texture hits a mystical note”

MASTERCCLASS



1. Using a firm, stout pallet knife, insert under the base of the abalone and release meat from shell



2. Once the foot is released, peel the meat from the shell



3. Using a sharp knife remove gut and roe from meat



4. Trim frill from the external edges of the foot of the abalone



5. Scrub the algae from the surface of the abalone



6. Trim base of abalone foot



7. For sashimi or stir fry, slice thinly across the abalone



HIRAMASA
The KINGFISH
Seriola lalandi

THE HIRAMASA KINGFISH

the king of Yellowtail

Famous in Japan, made in the Eyre Peninsula, the Hiramasa Kingfish has become the must-have on menus not only in Australia, but all over the globe.

Indigenous to Australia, the Yellowtail Kingfish is found year round in both temperate and tropical waters surrounding the mainland.

A natural inhabitant to the waters of Southern Australia, the Yellowtail Kingfish (*seriola lalandi*) is variously known around the world as Amberjack, Gelbschwarz, Magiatiko, Cheruteiro and Lechas.

In Japan, where it is known as the Hiramasa, it is regarded as one of the finest sashimi fish. The pale pink flesh and sweet, rich flavour make the Yellowtail Kingfish popular with both Japanese and Western gourmets.

A powerful swimmer, whose torpedo-shaped body, small scales over sleek, wetsuit like skin and strong body muscles make it one of the fastest fish in the sea.

This ‘bullet of the sea’ requires masses of fuel and its opportunistic feeding patterns make it ideal for farming.

Over the last nine years, it has also become one of the great success stories of Australian aquaculture.

Cleanseas call the farmed Yellowtail Kingfish by its Japanese name *Hiramasa* – differentiating it from the wild fish.

It is the unique culinary qualities of the fish that have made gourmets and consumers worldwide stand up and take notice.

With a flesh fat content pushing over

19% in the late autumn months, it has a beautiful, smooth and rich texture raw and has great versatility cooked.

The clean, naturally sweet flavour of the flesh suits both Eastern and Western preparations – raw and cooked.

Hiramasa is regarded by the Japanese Sushi-san as second only to the famed bluefin tuna as the premier sashimi finfish.

The Hiramasa Kingfish farmed by Cleanseas is genuinely superior to the wild, with a higher fat content, cleaner flavour and firmer texture making it more versatile, consistent and delicious.

Farmed to the highest environmental standards, Operating to certified ISO 14001 and ISO 9001 standards, and with certification by *Friend of the Sea* (Sustainable Seafood) the Hiramasa Kingfish was the first certified sustainable finfish in Australia.

Importantly, farmed Hiramasa Kingfish is not subject to the naturally occurring parasite found in wild fish, especially in those caught North of the 33rd latitude parallel (approximately Sydney). This parasite can cause the flesh of perfectly good looking wild Yellowtail Kingfish to turn to an inedible paste when cooked.

With world’s best practice, in husbandry, environmental management and handling, the Hiramasa Kingfish has become the serious centreplate seafood star in Australia.

“If it wasn’t bloody good eating, then we’d be out of business and looking to do something else”

Hagen Stehr

IN THE BEGINNING...

Seriola lalandi

REGION OF ORIGIN

A natural inhabitant of the waters of Southern Australia, the Hiramasa Kingfish are farmed by Cleanseas in Boston, Arno and Fitzgerald Bays, Spencer Gulf, South Australia.

GROWING CONDITIONS

Hatchery raised fingerlings produced from wild brood stock fish are grown in open ocean sea-cages located in the Spencer Gulf, South Australia.

SUSTAINABILITY

Grown in compliance with ISO 14001 and ISO 9001 requirements, Certified by Friend of the Sea. The use of natural feeds, minimal stocking densities and site fallowing practices, delivers a fish which is totally sustainable against the world’s best practices.

FEED

Locally produced, natural feeds from sustainable sources. All feeds are GMO product free and are varied to suit seasonal changes.

THE MIDDLE MAN...

HARVESTING METHOD

The latest technology is used to pneumatically stun and gill bleed the fish in the traditional Ike Jime manner, the fish are then placed into a brine ice slurry to lower their core temperature.

AVAILABILITY

Year round – the fish are in their best condition between June and October, when the largest, Ichiban grade are harvested.

SIZE

Winter whole fish – 4.5-5.5kg per fish
Summer whole fish – 3.5-4.5kg per fish

METHODS TO MARKET

Hiramasa Kingfish is mostly sent to market in a fresh whole form as the flesh can oxidise quickly on cutting, losing its appealing colour quickly. Pre-processed and super frozen fillets can be found, often they are in a Japanese form with the collar, rib-cage and skin on, designed to protect the delicate flesh.

HANDLING AND STORAGE

Whole Hiramasa Kingfish should be kept at <1°C. Ideally it should be gilled and gutted, with the gut cavity wiped clean and the whole fish wrapped in go between to avoid the fish drying out. Fillets should be removed as close to service as possible to avoid oxidation. When filleting, the flesh should never be exposed to fresh water to avoid leaching the flavour and damaging the texture of the flesh. Fillets removed from the carcass, should be wrapped tightly in an absorbent paper and then further wrapped in cling film to avoid drip loss and oxidation.

FRESH V FROZEN

The super frozen fillets retain the integrity of the flavour and texture of the fresh fish well, and it is suggested to purchase the fillets in a ‘processed at harvest’ form. The fresh fish, kept in premium condition, will typically have a slightly firmer texture in its raw state than the frozen and will typically have a slightly sweeter back pallet to the frozen.

THE END USER...

APPEARANCE

White to pale pink

BONE STRUCTURE

Minimal

FLESH FAT CONTENT

Winter 16-19%
Summer 14-17%

FLAVOUR

Sweet, rich and clean flavour, the raw Hiramasa Kingfish has a light aroma suggestive of chicken broth. The flavour is far more multidimensional, with sweet citrus notes balanced by the clean sweetness of its fat. Cooked, the Hiramasa Kingfish takes on a slight sirloin steak characteristic – a faint savoury hint with a clean acidic note reminiscent of ripe tomatoes.

TEXTURE

Firm, broad flake, the flesh is composed of a tightly textured, broad scalloping flesh, the cooked flesh has a firm elasticity, which breaks into large, even flakes with a silky character. If overcooked, the flesh can become dry as the inter-muscular fat runs from the flesh.

FLESH YIELD FROM WHOLE FISH

Gutted 91%
Gilled & Gutted 87%
Headed & Gutted 77%
Japanese Fillet (collar on, rib cage in) 65%
Fillet – skinless, boneless 45%

CULINARY APPLICATIONS

Whole fish – roast, poach, steam
Whole Fillet – roast, poach, steam, smoke (hot & cold)
Shoulder Fillet – sashimi, grill, roast, pan-fry, smoke, steam, poach, cure, deep fry.
Belly Fillet – sashimi, tartare, grill, roast, cure, smoke
Tail Fillet – sushi-maki, tartare, grill, deep fry, pan fry
Collar – braise, fry, curry
You can also use the lips, wings and cutlets for practically any application.

FORDIE’S TIPS

“When this gorgeous beauty made its debut, the applause started... and hasn’t stopped. With constant availability, this is often the star attraction on my menus. A feel good fish that loves a quick sear and a slow finish.”

MASTERCCLASS



1. Check whole fish for firm flesh, clear eyes and bright, clean gills

2. Remove gills by cutting free from gill plate, insert knife and remove gut and wipe clean

3. Insert a sharp knife behind head at shoulder of fish and follow the backbone to the tail – turn whole fish over and run knife from tail to front of belly cavity

4. Insert knife behind ‘wing’ of fish and cut to the top of the shoulder, lifting the fillet from the backbone

5. Remove rib cage by running a sharp knife along the underside of the ribs

6. Although skin can be eaten, if required, remove by holding tail firmly and pulling skin against knife

7. Remove pin bones by cutting top and bottom loins from either side

8. Slice sashimi slices from loin by cutting directly across the fillet

9. Cut sashimi slices of belly by cutting at a 15 degree angle across the fillet

PAGE 40 The SEAFOOD of the Eyre Peninsula

PAGE 41



The
KING GEORGE
WHITING
Sillaginodes punctata

THE KING GEORGE WHITING

the jewel of South Australia

**If there was ever a fish that held a special place
in the heart of South Australians,
the King George Whiting would certainly be it.**

Found in the intertidal seagrass areas surrounding the South Coast of Australia the King George Whiting is a prolific breeding fish with a short life cycle.

The King George Whiting is caught mainly via hook and line or small seine netting operations by dedicated lone fisherman.

The King George Whiting lives in the semi-sheltered estuaries around Streaky Bay, Coffin Bay, Ceduna, Port Lincoln and up the east coast to Cowell.

The King George Whiting is a prize catch for chefs that know and understand its culinary capabilities.

The King George Whiting is distinguishable from other Australian whittings thanks to its unique bronze spots, dusky yellow markings and a highly elongated shape.

The King George Whiting normally spawns from April to June offshore with the tidal currents carrying fertilised eggs and larvae into the sheltered bays. As the warmth of summer takes hold the King George Whiting grows rapidly and come winter, can reach up to 2kg and sometimes a bit larger in summer.

Single fisherman take a small boat through semi-sheltered estuaries around Streaky Bay, Coffin Bay, Ceduna, Port Lincoln and up the East coast to Cowell looking for the right mix of sand and weed – where the fish congregate.

The King George Whiting is a benthic carnivore that congregate in shallow waters feeding on tapeworms, weeds, crustaceans, worms, molluscs and fish.

The lone fisherman drops anchor with line and hook or carries out drift fishing using burly and a small whiting hook. Once caught, the King George Whiting is placed directly into a slurry in a plastic esky, increasing shelf life and maintaining flavour and texture.

It is available year round, although the best fish are caught during winter – June to September. With a low oil content the King George Whiting is high in moisture when raw, but retains this moisture when cooked.

The King George Whiting is especially prized for it's sweet, delicate flavour and soft, tight grained texture – revered by chefs and consumers alike.

King George Whiting has a delicate flesh and contact with water should be avoided at all times.

The ultimate experience is fresh whiting. In particular the clean, fresh iodine zing it is renowned. The King George Whiting is a unique Australian fish experience. It's incredibly sweet flavour and firm, moist flesh give it Dover Sole characteristics.

The archetypical battered and deep-fried King George Whiting is arguably one of the great seafood experiences from the Eyre Peninsula.

“The prized King George Whiting we catch are exceptional in flavour, and we attribute this to the unique estuaries and bays that these fish inhabit,”

Dion Edmunds



IN THE BEGINNING...

Sillaginodes punctata

REGION OF ORIGIN

Found in the intertidal seagrass areas throughout the Eyre Peninsula, especially in the shallow, estuarine areas of the inlets and bays.

SUSTAINABILITY

Good – they are a fast growing, frequently spawning fish, which combined with the artisan harvest methods (predominantly hook and line) and strict fishery management systems in place, make it a sustainable fishery.

FEED

Most King George Whiting taken on handlines are caught during the day, indicating that they are visual feeders. Their mouths are relatively small and are adapted to sucking up such bottom organisms as polychaete worms, bivalve molluscs (cockles) and small crustaceans, accounting for their succulent, sweet flesh.

HARVESTING METHOD

The King George Whiting is caught mainly by single fisherman via hook and line and small seine netting operations.

SEASONALITY

Caught year round, peak catches are caught in winter June to September, although the largest fish are caught from November to February.

SIZE

Winter – 145g-1.5kg (31cm-60cm)
Summer – 145g-2kg (31cm-70cm)

THE MIDDLE MAN...

METHODS TO MARKET

King George Whiting is mostly sent to market in a whole round form, fresh, where processors mostly fillet (sometimes butterfly fillet, where the two sides are attached at the collar) the fish, leaving the collar on and pin bone in. As much of the catch occurs in winter, it is common for the fillet to be packed in 1, 1.5 or 2kg blocks, fresh or frozen.

HANDLING AND STORAGE

King George Whiting has a delicate flesh and contact with water should be avoided at all times. Whole fish should be gutted, scaled and wrapped tightly in freezer liner. Fillets should be similarly dried before wrapping tightly and placing on a rack over ice, in a sealed container to avoid absorption of any flavours or aromas.

FRESH V FROZEN

The ultimate experience is fresh whiting. In particular the clean, fresh iodine zing it is renowned for is more pronounced, however, the processing industry has been established for a long time and is well geared to same day processing and freezing, delivering a high quality frozen fillet. Frozen fillets should be thawed in a coolroom, over a drip tray in a sealed container.

THE END USER...

FLESH COLOUR

The flesh colour of the raw King George Whiting is a translucent grey/white, sometimes with a slight yellow bloom. The cooked flesh is brilliant pearl white, sometimes with delicate dark veins through the flesh.

BONE STRUCTURE

The King George Whiting has fine rib bones and pin bones, which are frequent through the upper body but are easily removed.

FLESH FAT CONTENT

Winter – relatively low
Summer – relatively low

FLAVOUR

Mild, delicate and sweet, with a unique iodine burst of flavour on the back palate. When cooked, the aroma is piquant and savoury and the flavour is rich and mouth filling with an almost hazelnut sweetness and depth.

FLESH TEXTURE

Soft to medium – can retain a firmness when raw but softens on cooking.

YIELD

Medium – skin-on boneless fillet approximately 45% net yield.

CULINARY APPLICATIONS

The King George Whiting is a unique Australian fish experience. Its incredibly sweet flavour and firm, moist flesh give it Dover Sole characteristics. Delicious cooked on the bone, it is more commonly found as a skin-on boneless fillet which is ideally suited to simple preparations using plenty of moisture and medium heat – pan frying, poaching, steaming, deep frying and roasting is especially good with this fish.

FORDIE’S TIPS

“Simply beer battered this has to be the world’s best fish and chips. Don’t waste too much beer though”

The King George Whiting

MASTERCLASS



1. Check King George Whiting for quality – clear, protruding eyes; bright red gills; a fresh sea slime



2. Scale the fish by running the back of a knife from tail to shoulder of the fish, from top to belly on both sides



3. To gut Fish, run knife from base of tail to gills and pull entrails from body of fish



4. Cut gills from base of head and pull firmly to remove



5. Using a pair of kitchen shears, trim the fins from the fish



6. To store whole fish, place on a tray over ice, in an air tight container



7. Fish should be stored at 1-3°C



8. Remove the rib cage by running knife from shoulder to belly, following the ribs as a guide



9. Remove the central pin-bones by V cutting them from the main fillet



The **SARDINE**
Sardinops Sagax

THE SARDINE

from fish food to a delicious Mediterranean meal

The sardine fishery of the Eyre Peninsula was established to service the burgeoning Southern Bluefin Tuna industry but now, crafty fishermen are seeing a bigger opportunity bringing this humble but delicious fish to the finest tables

With superfoods and healthy eating on the tips of so many consumers' lips, the Eyre Peninsula's Omega 3 rich sardines are fast becoming the protein of choice on dinner plates across the country.

Sardines are fast growing pelagic species that inhabit the continental shelf region off the Eyre Peninsula— making them relatively accessible to the catching fleet – this results in premium quality and consistency.

The Eyre Peninsula waters are blessed with an abundance of Australian sardines (*Sardinops Sagax*) and primary growth in the sardine fishery was due to demand from Port Lincoln tuna farmers that utilise sardines as feed for the Southern Bluefin Tuna that are ranched in the region from February to September. Whilst the main market for sardines is the tuna farm sector, recent investment by several Port Lincoln based operators in specialised processing equipment, presents an exciting development in the fishery.

Inexpensive, consistent and versatile, sardines offer the foodservice operator incredible opportunity. But the best part about sardines is the sustainability of the fishery. The sardines living in the waters off the Eyre Peninsula are carefully managed, with current catches at only 15 -20% of the sustainable annual volumes.

The Eyre Peninsula Sardine Fishery is the biggest single species fishery in Australia. There is a fishery-wide quota of 34,000

tonne per annum and the operators in partnership with the Commonwealth and South Australian Government invest in research activities to ensure the harvest is long-term sustainable.

Australian Southern Exporters are an innovative sardine producer that is vertically integrated with a post harvest processing and marketing program aimed at bringing consumers the best sardines in Australia.

The Eyre Peninsula Sardine Fishery covers all waters adjacent to the Eyre Peninsula coastline, however the focus of harvesting activities is in the waters surrounding Port Lincoln.

The Southern Spencer Gulf yields the majority of the catch with the main port of unloading being Port Lincoln and to a lesser extent Coffin Bay.

There are 12 vessels, ranging from 20m to 50m in length, currently involved in the harvest of sardines. The vessels utilise a method of harvesting called purse seining which is an active form of fishing that incorporates the use of sonar to target schools of sardines at night.

A single catch can yield between 5 to 100 tonne. Fish are pumped on-board the vessel into refrigerated sea water holds.

As sardines feed on plankton, they are fast growing and prolific breeders, they are at the top of the sustainable chain, which along with carrying an amazing level of omega 3, make them a perfect seafood.

“We have fished for a range of species but it is the sardine that I think has the biggest future – they are prolific, sustainable and a traditional European favourite,”

Joe Tapley



IN THE BEGINNING...

Sardinops Sagax

REGION OF ORIGIN
Mainly schools offshore, although inshore schools can sometimes occur, the fleet fishes within 30-50km off Port Lincoln.

GROWING CONDITIONS
Fast growing (4-6months)

HARVESTING METHOD
Most sardine fishing activities are at night, making use of sonar to locate sardine schools. Once located nets are deployed and pursed around the schools of sardines. Live fish are pumped onto the vessels and immediately ice-slurried.

SUSTAINABILITY
A great sustainable choice – fast growing, prolific breeding, plankton eating.

FEED
Feed on plankton

SEASONALITY
Fishing for Australian sardines is conducted over 12 months of the year in the Eyre Peninsula, with prime fishing months being November through July.

SIZE
Sardines from the Eyre Peninsula range from 14-17cm all year round.

THE MIDDLE MAN...

METHODS TO MARKET
Whole – fresh or frozen
IQF – individually quick frozen
Packaged sardine fillets
Headed and gutted Australian sardines fresh or frozen

HANDLING AND STORAGE
Sardines should be handled with extreme care, their high fat content and fine bone structure make them quite fragile. Fresh sardines should be cleaned and stored on dry kitchen towel, on a rack atop ice, sitting in an air proof container.
Frozen sardines should be thawed quickly (at room temperature) and used immediately.

FRESH V FROZEN
For the premium experience use fresh, although contemporary processing delivers excellent, consistent quality in frozen product.

THE END USER...

APPEARANCE
The flesh should be a brilliant, deep red with a translucent sheen

BONE STRUCTURE
The fine bones structure allows the fish to be cooked on the bone or if filleted the back bone and rib cage can be easily removed

FLESH FAT CONTENT
Winter – 8-10%
Summer – 10-12%

FLAVOUR
The aroma of good quality, fresh and freshly defrosted sardines should be clean with a cool metallic note and an iodine zing. The flavour should be rich and deep with a meaty, sesame nuttiness and long, lasting back palate with a drying salty finish.


TEXTURE
The texture of a raw/marinated sardine should be soft and moist, when cooked they will display a firmness and crunch.

YIELD FROM WHOLE FISH
40-45%


CULINARY APPLICATIONS
The sardine is highly versatile, culinarily. It's high oil content and robust flavour make it ideal for marinated/raw preparations along with pan frying, grilling, frying and even BBQ (be careful not to overcook).

FORDIE’S TIPS
“Hard to beat grilled with currants, garlic and good old lemon, extra good to cook on the bone. Real finger food”


MASTERCCLASS




1. Select sardines that are clear eyed, firm to the touch and with no signs of belly breakage




2. Remove head by cutting from the shoulder to the belly behind the gill plate of the sardine




3. Cut belly from head to tail, removing gut




4. Trim pectoral fins using sharp knife or scissors



5. Store cleaned whole trunks at 0-3°C – place on kitchen towel, on a rack placed above ice – in an airtight container



6. To fillet, run a sharp knife from shoulder to tail inside the rib cage on one side – leaving the backbone and rib cage of opposite side



7. Remove backbone and remaining rib cage by running a sharp knife from tail to shoulder, under the backbone and rib cage



The SNAPPER

Pagrus auratus

THE SNAPPER

the glamour fish of saltwater

Found throughout the Eyre Peninsula, Snapper are a delicious eating fish. Its tender white flesh and sweet, mild flavour make it one of the most popular and versatile fish available.

Although actually a bream, the common name 'snapper' was given to this fish by Captain James Cook on his voyage through Australia in 1770.

He mistook it for a member of the true snapper family Lutjanidae, a group of fish with which he had become familiar in American waters. Although he mistook the fish, he spelt the name correctly, in South Australia, the Germanic derivation has historically been Schnapper.

Snapper is one fish that a lot of fishermen dream about catching.

As with King George Whiting, South Australia and in particular the Eyre Peninsula, has the densest numbers and the biggest size fish, in Australia. Snapper are a schooling fish, and tend to travel in large groups of similar size and age.

Snapper has pinkish skin with pale blue spots, pale pink with blue tinged fins and a scattering of iridescent bright blue spots on the back and flanks.

Most adult fish are this colour as well but some extremely large solitary specimens may become a fairly uniform dark grey, having lost their iridescent blue spots. The mature fish often have a distinctive forehead hump formed from their foraging for crabs and scallops in the sand.

Juveniles mainly inhabit the inlets, bays and other shallow, sheltered marine waters found throughout the east and west coasts

of the Eyre Peninsula, often over mud and seagrass. Small fish measuring less than 30cm are common inshore around reef areas often in groups of around 30 individuals. Larger fish are shy and are less frequently seen outside of their massive schools which come up the Spencer Gulf in November.

The scales of a snapper usually show clear year rings, marking the winter months when body growth almost stops.

In recent times, the use of the Japanese fishing technique known as Ike Jime has been introduced to improve the flesh quality suitable for its use in sashimi preparations. A number of fishermen from the Eyre Peninsula have mastered this fishing method, where the fish is landed live on a line, brain spiked and gilled bled, prior to being immersed in a ice slurry.

Although found throughout Australia, the snapper from the Eyre Peninsula enjoy an abundant diet of prawns, bugs, mussels, scallops, sea urchins and squid – resulting in a fat content and flavour unlike snapper found from any other region.

Snapper is regarded as one of the glamour fish of saltwater fishing in South Australia and is an important recreational and commercial specie.

Snapper from the Eyre Peninsula vary in colour from red to golden pink, to light grey on their backs and sides, with numerous iridescent blue spots which are retained longer with Ike Jime fish.



“The clean, cold water of the Eyre Peninsula produce a fish rich and deep in colour with flesh of exceptional quality,”

Craig McCathie

IN THE BEGINNING...

Pagrus auratus

REGION OF ORIGIN

Snapper are found throughout the Eyre Peninsula. Juvenile snapper are mainly found in inlets, bays, shallow and sheltered marine waters from Port Augusta at the eastern tip of the Eyre Peninsula through to Ceduna on the far west coast of the Eyre Peninsula. Adults are often found near reefs, underwater structures including limestone ledges, and man made structures such as artificial reefs and wrecks.

SUSTAINABILITY

Snapper are prolific breeders making them a good sustainable choice. Strict fishing management controls the harvest of snapper to hook and line only.

FEED

The natural diet of snapper includes crabs, squid, sea urchins and mussels – all of which are found in abundant quantities on the Eyre Peninsula.

HARVESTING METHOD

Snapper are caught by the use of handline or longline, and most are landed live. The Ike Jime handling method is becoming more popular with commercial fishermen who are realising an increased return for the premium quality this catching method delivers.

SEASONALITY

Caught throughout the year, the snapper is most abundant during mid-late winter and again in early summer but are available throughout the year.

SIZE

Winter – Snapper are generally slightly smaller with an average of 2-3kg.
Summer – Snapper from the Eyre Peninsula can be up to 10-12kg with an average often greater than 5kg.
Small <2kg
Medium 2-4kg
Large >4kg

THE MIDDLE MAN...

METHODS TO MARKET

Most of the snapper caught on the Eyre Peninsula are sent to market in a fresh whole form.
Processors scale and fillet, sending to restaurants in a skin on, rib cage removed form.
Chefs seeking to use the fish for sashimi often take whole, scale on and gut in fish, preferring to fillet to order.

Small fish fillets, large fish filleted portions and cutlets are available. Also available in 5kg layer packs/freezer packaging.

HANDLING AND STORAGE

Snapper from the Eyre Peninsula is characterised by having a high fat content, thus the flesh of the snapper is typically softer than that of snapper from other regions. It is important that the flesh of the snapper is not exposed to fresh water as this can hasten the breakdown of the flesh.
Fish should be kept whole, gutted, scale on for as long as practical prior to filleting, for the longest shelf life.
Fillets should be dry cut, wiped gently with a cloth dampened with salt water and wrapped tightly in freezer wrap. Wrapped fillets should be stored on a drip tray sitting over ice, in a tightly sealed container.

THE END USER...

FLESH COLOUR

Raw – variable from white, to pink/grey but with a shiny, translucent cherry red blood line
Cooked – pearl white

BONE STRUCTURE

A well defined backbone and rib cage make snapper a relatively simple fish to fillet – the central ‘pin’ bones can be readily removed by V-cutting.

FLESH FAT CONTENT

Winter – low to medium
Summer – medium

FLAVOUR

Snapper is characterised by it’s sweet, slightly gamey aroma with a juicy, mild flavour. The skin is especially flavoursome with a rich buttery flavour when cooked.

TEXTURE

Sashimi grade snapper will have a firm crisp bite when raw , cooked, snapper has broad, scalloping flesh which can vary from soft in larger fish to medium in smaller ones.

FLESH YIELD

Whole fish Snapper will yield 50-65% net weight for boneless fillet. Skinless and boneless yield is up to 35%; Skin on, wing off, rib out, pin bone in yield is up to 50%.

CULINARY APPLICATIONS

The tender, white flesh and its sweet mild flavour, make snapper a popular and versatile fish, well suited to a broad range of preparation. Snapper carry a layer of fat just under the skin, thus the skin should be left on as it crisps up with pork crackling like qualities. Served raw, poached, pan-fried, grilled, steamed, roasted or fried the snapper rarely disappoints.

FORDIE’S TIPS

“Low yielding but plenty of different cuts to play with. My favourite fish for grilling and the bones are gold for a deep clarified stock”

MASTERCCLASS



The
SOUTHERN BLUEFIN
TUNA
Thunnus maccoyii

THE SOUTHERN BLUEFIN TUNA

the world's most luxurious fish

With a mouthfeel of foie gras and a flavour profile that only a luxurious level of natural animal fat can give, the Southern Bluefin Tuna is an amazing culinary experience.

The Southern Bluefin Tuna live in the open sea and stay in the upper layer of water called the mixed layers, where the water is warmed by the sun and air.

It's amazing to consider but a Southern Bluefin Tuna can accelerate at twice the rate of a Ferrari and has the capacity to swim long distances at speeds which are illegal on most urban Australian roads.

The constant physical action also creates an enormous demand for energy and a need to eat large quantities of food.

The Southern Bluefin Tuna, has been commercially fished in Australia almost as long as commercial fishing has existed. Over the past 20 years however, a radical change in the fishery has occurred.

A significant reduction in the total annual allowable catch and the emergence of the Japanese sashimi market has transformed the fishery into one of the world's most significant premium fisheries.

The birth of the Southern Bluefin Tuna ranching industry in 1991 saw the fishermen move from catch and kill to harvesting the live fish for fattening and has now developed to be the largest farmed seafood sector in Australia.

The Southern Bluefin Tuna are located by the fishermen when the fish are undertaking their annual migration through the Southern Ocean between December

and March. They are then purse seined, then transferred through underwater panels between nets to specialised tow pontoons.

The fish are then towed back to farm areas adjacent to Port Lincoln at a rate of about one knot; this process can take several weeks.

Once back at the farm sites, the tuna are transferred from the tow pontoons into 40-50m diameter farm pontoons.

They are then fed bait fish six days per week, twice per day and 'grown out' for three to eight months.

Their delicate skin can be easily damaged if touched by human hands and too much handling can be fatal.

Harvesting of the fish includes the use of specialised divers and the Ike Jime method of brain spiking and gill bleeding the fish to produce the highest quality flesh.

A large percentage of the harvested fish are cryogenically super frozen at -60°C, preserving the culinary integrity and quality without any detrimental effect on the flavour or texture of the flesh.

The Southern Bluefin Tuna industry in Australia is one of the most important commercial fisheries.

The quota is highly guarded not only by the Government Fisheries management agencies, but also by the fishermen who own the valuable rights to catch the fish.



“Southern Bluefin Tuna is a genuine luxury – it is one of the great culinary experiences on the planet and should be celebrated,”

Steve Moriarty

IN THE BEGINNING...

Thunnus maccoyii

REGION OF ORIGIN

Juvenile Southern Bluefin Tuna are caught on the continental shelf in the Great Australian Bight region.

SUSTAINABILITY

Fished under strict government quota controls and management regimes introduced in 1991 (scientists measured the biomass and calculated how much can be taken out in order to protect the species).

FEED

Southern Bluefin Tuna are still largely fed fresh or frozen small pelagic fishes, and the use of formulated pellets is not yet viable although scientists are currently trying to develop less expensive fish feed. Feeds are designed to replicate the natural feeding pattern of the fish in the wild, delivering a clean, natural taste.

HARVESTING METHOD

Wild Bluefin Tuna are purse seine caught in the Great Southern Ocean and ranched in Port Lincoln.

SEASONALITY

Wild caught between December and February, ranched from February to September.

SIZE

On arrival from the wild harvest to the ranching operations, the Southern Bluefin Tuna average 15-20kg in size. By completion of the 6-9month ranching, they may be as large as 50kg, mostly averaging 35-40kg.

THE MIDDLE MAN...

METHODS TO MARKET

Although some fresh Southern Bluefin Tuna may be available between April and September, it is mainly sold in frozen speciality cuts, typically carrying their traditional Japanese names – otoro, chutoro and akami.

Akami literally means ‘red meat’, and comes from the top loin, shoulder and tail of the fish. It’s the most abundant part of the fish, which makes it less expensive than the other cuts. A lot of people prefer akami because it has a clean, bright flavour and vibrant colour.

Otoro means ‘big fat’ in Japanese and that’s what it is – a piece of well-marbled otoro looks like a top-quality wagyu steak, and comes from the fatty belly section of the fish.

Chutoro means ‘medium fat’ and comes from the area of the belly fillet behind the otoro – slightly lighter in colour than the akami.

HANDLING AND STORAGE

Fresh fish should be kept in whole form for as long as possible and only fillets removed. Frozen loins or cuts should be defrosted at room temperature and used as soon as possible. Both fresh and frozen fillets should be allowed to ‘bloom’ at room temperature without any cover, prior to serving – developing their colour and allowing the intermuscular fat to soften. Unused fillets should be wrapped tightly in Japanese rice paper, then wrapped tightly in plastic wrap and buried under ice in a leak proof container.

THE END USER...

FLESH COLOUR

The colour of the flesh varies by cut

Otoro – marbled pink in colour

Chutoro – pale pink/white in colour

Akami – deep rich red in colour

Consistent across all Southern Bluefin Tuna, the fish will bloom into full colour soon after cutting and maintain the premium colour for approximately four hours only if not refrigerated. If placed in refrigerator it will maintain its full colour for 8-12 hours.

FLESH FAT CONTENT

The Southern Bluefin Tuna are harvested specifically to maximise the fat content at its peak – approximately 50% in the otoro and 18% akami

FLAVOUR

The aroma is distinctive with a deep, yet clean smell that is slightly full flavoured. The flesh from the various parts of the fish display unique characteristics:

Otoro has a sweet rich buttery flavour and long lasting umami finish.

Chutoro is slightly less sweet but has a clean, full flavour.

Akami is a lighter, simpler flavour with light sweet note on the front palate.

Cooked Southern Bluefin Tuna is characterised by it’s amazing meaty umami reminiscent of pork crackling with an underlying nuttiness of fresh baked bread.

FLESH TEXTURE

Soft to medium – the flesh has distinctive knots. As with the flavour profiles, the texture will vary by cut of the fish:

Otoro is soft and yielding in the way of butter.

Chutoro has a slightly firmer texture, similar to a fresh mozzarella cheese.

Akami has a crisp texture, similar to raw salmon.

YIELD FROM WHOLE FISH

Skin-on boneless fillet yields approximately 65% flesh of which 10% is otoro, 20% chutoro and 70% akami.

CULINARY APPLICATIONS

Southern Bluefin Tuna is a luxury – an extreme eating experience which carries unique and special characteristics. Best served raw or cooked using wet methods to avoid drying. The unique culinary characteristics of the bluefin are best enjoyed raw or just warm.

FORDIE’S TIPS

“Long live the bluefin. Seared sashimi tuna is fantastic; apprentice foodies will have a go and quickly appreciate the raw stuff. A textural adventure”

The Southern Bluefin Tuna

MASTERCCLASS



1 & 2. The top loin is known as akami grade while the bottom loin includes the fatty otoro, chutoro and akami grade closer to the tail



3. The fatty otoro with its pale colour and high fat content is regarded as the premium cut



4. To prepare the otoro and chutoro, remove the top of the fillet, skin and belly lining



5. The three grades akami, chutoro and otoro



6. The loin is broken into primary blocks



7. Remove the top triangle of the loin for sashimi slices



8. Cut loin vertically to produce classic ‘saku’ blocks for sashimi and sushi slices

The
SOUTHERN
CALAMARI
Sepioteuthis australis



THE SOUTHERN CALAMARI

the queen of the cephalopods

Calamari is the term applied to a range of both domestic and imported squids, however, the trade refer to the premium squid from the Eyre Peninsula as Southern Calamari – it is truly unique amongst squids with a flavour and texture like no other.

Found en mass at the bottom of the Eyre Peninsula, with small amounts up both coasts, the Southern Calamari is the premier species of its kind.

With a lifecycle of just 18 months they can grow to 50cm in length.

Single fisherman, using hand-jigged lines, drift all day in their tinnies along the coast hugging the bays and points of Port Lincoln.

Southern Calamari are seasonally plentiful in the Eyre Peninsula's large bays and inlets and on the West Coast's coastal waters.

Southern Calamari are a fast growing and short-lived species.

They can grow by up to 4cm each month – females usually faster than males growing to over 2kg – with most calamari not living any longer than 18 months.

These traits make calamari less susceptible to fishing pressure than longer lived, slower growing species.

Spawning occurs in the shallow coastal waters around the Eyre Peninsula and is concentrated during spring to summer.

The finger-like egg capsules are laid by the females in masses of 50 to several hundred. On hatching, the juveniles swim to the surface and feed amongst the plankton layers.

Southern Calamari are voracious feeders eating krill, fish and other squid found

throughout the inshore marine environment of the Eyre Peninsula.

The Southern Calamari of the Eyre Peninsula has long, rounded side fins running almost the full length of their body.

Their eyes carry a range of iridescent colours, green, blue and purple. The flesh is typically a translucent/pearl white.

The Southern Calamari prefers winds from the offshore, which delivers cleaner waters to congregate. Fisherman get the best catch at sunrise and sunset.

Fisherman sometimes use two jigs at a time for maximum catch, while maintaining the industry standard of 20kg per fisherman per day.

Once caught, the squid goes straight into an ice slurry in a plastic tub to reduce the temperature maximising shelf life through maintaining flesh texture and flavour.

A small amount of Southern Calamari is caught incidentally as a by catch in the Spencer Gulf Prawn Fishery, and while generally skin damaged and mixed grade, is frozen immediately on catch and thus retains its integrity of flavour and texture.

The Southern Calamari of the Eyre Peninsula has a mild, subtle flavour, low-medium oiliness, and is dry with firm texture, which can be tough if poorly prepared, though it is generally more tender than most squids.

“I’ve fished for calamari throughout Australia and New Zealand and believe that the calamari from here is the best eating I have ever caught.”

John Franco



IN THE BEGINNING...

Sepioteuthis australis

REGION OF ORIGIN

Throughout the Eyre Peninsula

GROWING CONDITIONS

Calamari aggregate to spawn during spring and early summer and their life cycle is complete after spawning.

SUSTAINABILITY

An excellent sustainable choice – fast growing, short life cycle, prolific breeding. Generally, the Southern Calamari are believed to live, on average, 18 months from birth to death, and are prolific breeders. Fast-growing and short-lived species can sustain high levels of fishing pressure, which, combined with the low impact fishing method (one license, one fisherman with a hand line) delivers optimum sustainability of the calamari of the Eyre Peninsula.

FEED

Calamari or squid are very aggressive and fast-moving predators, attacking small fish, crustaceans and molluscs. They are voracious feeders and will eat large quantities of prey, if available, in a short time.

THE MIDDLE MAN...

HARVESTING METHOD

The principal form of harvesting is hand-jig and there is some caught as a by-catch to the Spencer Gulf Prawn Fishery.

SEASONALITY

Year round, best volumes and quality May to August.

SIZE

Calamari taken during spring and early summer tend to be bigger than those taken in autumn.

METHODS TO MARKET

The premium product is shipped to market fresh, whole. Calamari frozen within hours of harvest retain much of the integrity of flavour and texture of the fresh and are infinitely easier to handle – the skin is removed more simply and there is less chance of ink-explosion, common with fresh calamari. Cleaned tubes (sold with the wings and tentacles) of Southern Calamari are rare and often quite expensive. Trawler packs (typically 5/10kg) from the by catch of the Spencer Gulf Prawn Fishery offer excellent value for ungraded product and is typically smaller than the jigged calamari.

HANDLING AND STORAGE

At the market, look for firm squid with bright eyes. They should have a certain slipperiness about them but shouldn't be slimy. Ideally, fresh calamari will have an iridescent translucency and a fresh 'seaweed' aroma. Avoid too much fresh water in the processing of the calamari as this can have a detrimental effect on both the flavour and texture of the calamari. Once cleaned, the hood, wings and tentacles should be wrapped tightly in freezer wrap and placed on a tray atop an ice-bed, in a sealed, air tight container – to avoid the absorption of deleterious aromas. Frozen calamari should be gently defrosted overnight in a coolroom, prior to processing or use.

THE END USER...

APPEARANCE

The flesh of very fresh Southern Calamari is translucent white, with an iridescent hue. Frozen/defrosted calamari is pure white. Cooked calamari is snow white.

BONE STRUCTURE

A central quill runs the length of the calamari body and cartilages connect the wings to the hood.

FLAVOUR

The aroma of Southern Calamari is light and mild, reminiscent of the water in which eggs have been poached with a light iodine/seaspray note. The flavour is equally mild, soft, clean flavour – light iodine notes with the lactic tang of fresh cream.

TEXTURE

Southern Calamari, if eaten raw/sashimi is meltingly tender, with a rich, mouth filling texture similar to ripe avocado. Cooked quickly/lightly the texture remains medium to firm with a crisp, characteristic bite.

YIELD

High – approximately 80 per cent of usable flesh from whole calamari, including the wings, the tentacles and the legs. Yield on the tube alone is approximately 30 per cent.

CULINARY APPLICATIONS

Highly versatile, Southern Calamari can be served raw, poached, steamed, grilled, fried or roasted but is best cooked fast and over high heat or slow over low heat with plenty of moisture. The hood, wings and tentacles all cook at different temperatures and this should be considered when designing the dishes. The ink from the Southern Calamari has many culinary applications thanks to its viscosity and intensity. It is easier to extract the ink sack from a frozen whole calamari than a fresh one.

FORDIE'S TIPS
"The most multitalented player in the sea; pot roasted whole, sashimi, micro trellised, seared. Pity the secrets out"

MASTERCLASS



1. Check Southern Calamari for quality – clear, bright eyes, translucent flesh and no broken skin



2. Gripping the head and top of the quill firmly, draw the head, gut and quill from the body



3. Inserting fingers under the cartilage connecting the wings to the hood, remove wings and skin together



4. Cut cartilage from wings



5. Cut beak and eyes from tentacles – leaving cleaned hood, wings and legs

INDEX

Blue Mussel

Andrew Puglisi
Kinkawooka Shellfish
P: +61 8 8682 3091
M: 0419 823 317
E: andrew@kinkawookamussels.com.au
W: www.kinkawookamussels.com.au
A: PO Box 2976, Port Lincoln SA 5606

Mark Andrews
Boston Bay Mussels
M: 0427 440 194
E: mark@sasea.com.au
W: www.bostonbaymussels.com.au
A: PO Box 2513, Port Lincoln SA 5606

Oyster

Trudy McGowan
South Australian Oyster Growers Association
M: 0407 883 333
E: saoga.saorc@bigpond.com
W: www.oysterssa.com.au
A: PO Box 757, Stirling SA 5152

Spencer Gulf King Prawn

Simon Clark
Spencer Gulf & West Coast Prawn Fisherman’s Association
P: + 61 8 8682 1859
M: 0437 424 600
E: eo@prawnassociation.com.au
W: www.prawnassociation.com.au
A: PO Box 8, Port Lincoln SA 5606

Southern Rock Lobster

Trent Gregory
Northern Rocklobster Association
M: 0413 996 121
E: trent@sorl.com.au

Abalone

Dion Edmunds
P: + 61 8 8626 1768
M: 0428 102 184
E: abalone@streakybayseafood.com.au
W: www.streakybayseafood.com.au
A: PO Box 20, Streaky Bay SA 5680

Hiramasa Kingfish

Gail Spriggs
Cleanseas Tuna
P: + 61 8 8621 2900
E: gail@cleanseas.com.au
W: www.cleanseas.com.au
A: PO Box 159, Port Lincoln SA 5606

Sardine

Anne Tapley
Australian Southern Exporters
P: +61 8 8682 1097
M: 0408 837 139
E: asexporters@bigpond.com
A: PO Box 1729, Port Lincoln SA 5606

Snapper King George Whiting Southern Calamari

Craig McCathie
Port Lincoln Fresh Fish Co.
P: +61 8 8682 2166
M: 0428 830 328
E: craig@portlincolnseafood.com.au
W: www.portlincolnseafood.com.au
A: PO Box 2011, Port Lincoln SA 5606

Damon Edmunds
Streaky Bay Marine Products
P: +61 8 8626 1161
M: 0429 000 006
E: sales@streakybayseafood.com.au
W: www.streakybayseafood.com.au
A: PO Box 20, Streaky Bay SA 5680

Southern Bluefin Tuna

Brian Jeffriess
Australian Southern Bluefin Tuna Industry Association
P: +61 8 8373 2507
M: 0419 840 299
E: austuna@bigpond.com



Project Partners

Regional Development Australia Eyre Peninsula
89 Liverpool Street
Port Lincoln SA 5606
P: + 61 8 8682 6588
W: www.seafoodfrontier.com.au

Fisheries Research and Development Corporation
Locked Bag 222
Deakin West ACT 2600
P: +61 2 6285 0400
W: www.frdc.com.au

Food SA
PO Box 24
Glenside SA 5065
P: +8 8303 9416
M: 0412 442 268
W: www.foodsa.com.au

Printed on paper stock which is derived from sustainable forest pulp, Forest Stewardship Council (FSCR) certified and 100% certified carbon neutral
Printed using vegetable based inks, by a carbon neutral, ISO 14001 accredited printing company.

Credits

Concept development and editorial
John Susman and Anthony Huckstep

Photography
Randy Larcombe

Photography producer and stylist
Suzi Ting

Graphic design
Karen English, elevenacross

