



FEBRUARY 2023

Fisherman's Catch



MARKET SUMMARY

More consistent landings around the UK has seen wild fish prices and availability improve after weeks of high prices.

White fish such as **hake**, **haddock**, **cod** & **coley** are a great pick for a February menu. These fish thrive in the cold waters so they are excellent quality and we are starting to see market prices return to a palatable level after the Christmas break.

Lemon soles remain high however other flat fish including **plaice** and **cornish sole** are great value for money in their final months before spawning season begins.

Farmed Fish is relied upon for its consistency in quality and availability, however we continue to experience issues with logistics, exchange rate and labour costs which in turn are driving up prices week on week.

Import **lobsters** remain consistent on pricing and availability whilst we await the April return of Natives.

INDUSTRY NEWS

- **Wild bass** ban comes into effect In February through till the end of March to reserve Commercial quotas.
- **Loch Duart salmon** will be a market scarcity through Mid-Month as they carry out boat maintenance for the year.
- Brixham Fish Market hails newly built boats, sustainable fishing methods and a great Cuttlefish Season as their points for success of a record-breaking year in 2022.
- A proposed 'water tax' in Norway of around 20% will drive **salmon** prices up if implemented.



RECIPE CORNER

INGREDIENTS

3kg lobster bodies or	2 shots of pernod
5kg langoustine shells	1 bulb of fennel
12 shallots halved	2 leeks
1 litre tomato juice	2 head of celery
1 star anise	2 bunch tarragon
1 tbsp. coriander seeds	1 bunch parsley
2 heads of garlic	

METHOD

1. Crush your lobster bodies and roast with shallots till lightly browned.
2. Add your spices and deglaze with pernod and tomato juice.
3. Add your vegetables and top up with water till just covered.
4. Bring to the boil and simmer for 2 hours.
5. Take off the heat and add herbs to infuse for 30 minutes
6. Pass through a chinois or sieve and reduce down by 2/3.
7. Heat 100ml to order with 2 tbsp.
8. Double cream and a squeeze of lemon.

CATCH OF THE MONTH

Cornish Sole is Fisherman's choice this month for a competitively priced high-quality product.

Keep an eye out for the return of strong market fish like **Gurnard** & **Red Mullet** to add variety to menus and specials lists.



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