



Welcome to February's newsletter. We're out of the EU now and in our year of transition. What that hopefully should mean for our industry is access to more sustainable British fish, which will benefit everyone from fishermen to the fish processors right down to the diners.

It's a tough time and it seems the industry is being used as a bargaining chip by the government – these are people's livelihoods on the line, no matter your political persuasion, let's not forget that.

On a lighter note, exciting things are still in the works behind the scenes at Marrfish HQ. We're launching something very special in the next few months that will benefit all our customers so stay tuned...

This Month's Recommendations

Our MD Andrew has suggested species that are abundant and in great condition. These are some the fish that should be on your menus...



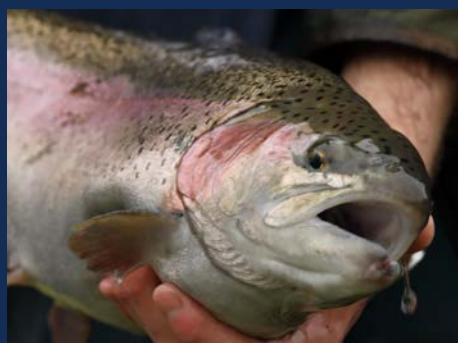
Ray Wings



Haddock



Torbay Sole



Chalk Stream Trout



Coley



Farmed Sea Bass

What is the Nutritional Content of Fish?

We might assume that meat is meat and fish is fish - it's all the same protein isn't it? Not quite; when you look at the fish we catch and pair them off, it's actually quite revealing. This month we look at haddock vs coley...

Weight G	Fish	Calories	Protein G	Fat G	Carbs G	Vitamins	Vitamins	Vitamins	Vitamins
180g	Coley	148	32	2	0	b12	Iodine	Selenium	Omega 3
193g	Haddock	135	23	1	0	b6	b12	Magnesium	Omega 3

Who would have thought that such an underused fish like coley would be a superstar when it comes to protein content? Containing around 10g more on a comparable sized portion! We also list the 4 highest vitamins contained in each fish, which itself is interesting to see.

Our Boats

The Guiding Light is built by Parkol Marine and launched in June 2018. She pair trawls with her sister vessel The Guiding Star which launched in 2014. Apart from a small number of differences, both vessels are almost identical which is a testament to the performance of the Guiding Star, as a second order was placed for the Guiding Light.

The Guiding Light was made to trawl for whitefish around the Peterhead area and into the North Sea.

The vessel has a whole host of technology onboard designed to increase the efficiency of fishing and to control the nets whilst being trawled behind the boat.

As with all our boats, the Guiding Light is part of the Fishing for Litter Scheme which gives the crews a designated place to store litter that's brought up from the ocean floor. Our boats take this litter back to port and dispose of it properly.

The vessel has a gutting facility on board and the crew will semi prepare the fish whilst out at sea, pack them and chill them on ice ready to go to market.

There is much sensing and detection technology on board the boat as this helps the skipper locate fish and fishing grounds. Our skippers map the oil pipes on the seabed around Peterhead as they provide preferred shelter for many fish and identifying this helps our boats catch more fish.



Key Facts:

Length: 26.01m | Tonnage: 261 | Engine Power: 480HP

Catches:

Cod | Haddock | Whiting | Coley | Hake | Halibut | Monkfish | Ling | Flatfish

Canary Island Farmed Sea Bass

Wild sea bass fishing has been banned entirely until the end of March. This



means there will be no sea bass commercially available. Wild bass are currently spawning and the ban is in place to conserve numbers and give them time to breed. Obviously we want more sea bass in the future and forever – this is a good thing for sustainability but not so good for your menus.

We've sought the perfect alternative – farmed Canary Island sea bass. This wonderful fish is completely sustainable and grown for at least 36 months in the strong tidal waters off the coast of the Canary Islands making for a meaty fish.

Canary Island sea bass is set to take Europe by storm and more and more chefs are realising it's great potential. It's a high quality product with two distinguishing characteristics: an intense and excellent flavour and a firm and tender texture. These two characteristics have made Canary Island sea bass a worldwide success demanded by the best Chefs.

The hard work the fish do swimming against the current of the Atlantic makes these fish strong and they range in size from 1.5kg right up to 4kg+.

We have our first landings starting 10-02-2020 so make sure you order yours in time for your Valentines menus – 01279 501051.



Available NOW 01279 501051

Exceptional size, between 1.5kg 4kg+ | At least 36 months in the rough waters of the ocean

Fish Identification

Let's look at a selection of fish and their distinct markings along with a few facts.

John Dory



Often named St. Peter's fish (St. Pierre in France, Janitore in Spain), as he is alleged to be the origin of the distinctive dark 'thumbprint' (or spot) on its side as a thank you for some help with his tax! The English name John Dory arrived from the French 'jaune doré' meaning 'golden yellow' – a good description for this unusual looking fish, which varies in size from smaller 230-450g fish up to 2kg. Because of the large head (like Monkfish, this accounts for half its weight), John Dory is best filleted.

The flesh is creamy white, with a dense texture similar to Dover Sole, which holds up well during cooking. Ideal panfried or grilled, John Dory works well with Mediterranean flavours, salsas, and peppery sauces. It may be an expensive fish with a low yield – but it's worth it!

Turbot



Like Halibut, Turbot is a highly prized species and often regarded as the best of the flatfish with great flavour and firm, white flesh. It has an almost round shaped body, studded with bony tubercles on its dark side. Colour varies from light to dark brown, spotted with green or black and a white blind side.

Turbot ranges in size from 400g to 10kg. The texture is similar to Halibut, but it has a slightly more pronounced 'fishy' taste, so requires very little to enhance the flavour. It's also a chef's dream, as it retains plenty of moisture during cooking, preventing it from drying out – ideal for functions. Turbot are now also being successfully farmed giving good availability, and are distinguished by their lighter skin.

Dover Sole



Considered the king of the soles, the Dover Sole has a crisp white flesh which is firm to the touch and possesses a sweet taste.

Dover Soles range in sizes from 340g – 1.3kg. The fish benefits from standing time as the flesh is often too firm straight after being caught so is best after 1 or 2 days.

The flesh resembles carbon fibre in appearance.

Lemon Sole



Lemons have an oval body; more rounded than a Dover, with a lighter, yellowy-brown dark side. Ranging in size from 230g to 1kg, Lemon Sole have a sweet delicate flesh, ideal for any sole recipes and work especially well with creamy white wine sauces.

As well as being a great fish cooked on the bone, fillets are always popular, and are great for rolling around a filling (delice), then steaming or baking.

While found in the Eastern Atlantic and North Sea, Lemon Sole from the South Coast are generally considered the best, and often command a higher price. A popular fish on Christmas menus.

Stone Bass



Stonebass belongs to the family Sciaenidae. It loves deep up to 300 m under the surface preferring reefs or shipwrecks to make their home.

It is a carnivorous fish and feeds on smaller fish and swimming crustaceans.

They can grow to over 2 meters in length and a weight of up to 100kg.

The scales have a silvery “piled up” look to them.

Something Different



Frozen Fish Sale

Find a bargain as we continue our frozen sale on our website.



Get in touch to place an order today for delivery next day...

Follow Our Social Media



That's all for this month, we'll see you March when the season starts to change which always brings excitement at Marrfish - take care for now.