



JUNE 2023

Fisherman's Catch



MARKET SUMMARY

We can look forward to **mackerel** returning to our shores this month with line-caught fish from the Southwest being the most sustainable. A fantastic summertime fish at great value.

Hake prices have gone through the roof as fishing boats across the South have changed their gear to focus on **Wild Turbot** and **Monkfish**. This is also having a knock-on effect on **Wild Bass** as the Dayboat line-caught fish are not keeping up with demand.

Fish and chips will be a pub garden favourite whilst the sun is shining so maximising the stable prices of **codling** and **haddock** over the next month is our advice. These two species will become difficult when the Icelandic quota finishes, and the boats are tied up at the end of July.



RECIPE CORNER

INGREDIENTS

1-1.5kg Fresh Salmon/Chalk Stream Trout Fillet
50ml Vodka
200g Rock Salt
140g Caster Sugar
½ bunch of Tarragon
½ Bunch of Parsley
12 Peppercorns
5 grated beetroots (skin off)

METHOD

1. Freeze Fillet for 24 Hours at -20c
2. Mix all above ingredients and spread over the top of the flesh side of fillet.
3. Wrap fillet and mix tight in Cling film.
4. Place a heavy weight on top of the fillet and refrigerate.
5. Cure for 36 hours turning the fish over every 12 hours.
6. Remove fillet from cling film and rinse the mix off thoroughly.
7. Dry fillet on jay cloths.
8. Slice and serve cold as required.

INDUSTRY NEWS

- **National Fish & Chip day will be celebrated in the UK on June 2nd**
- **Norwegian Parliament pass additional Tax on Aquaculture in Norway with an increase of 25% to apply from January 2023.**

CATCH OF THE MONTH

Mackerel is perfect for those summer time dishes.

Cornish (Megrim) Sole is still good value and a sustainable choice through June.



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01707 257 462