



DECEMBER 2023 & JANUARY 2024 Fisherman's Catch

MARKET SUMMARY

As we approach the end of the year 2023, there are some important tips to consider in accommodating your needs during this busy period.

Customers favourite such as Salmon, Hake, Monkfish and Scallops tend to skyrocket in price, hence making it difficult to purchase at a reasonable price.

What do we suggest? Capitalise on our daily specials to maintain your GP!

As you know, January brings its own challenges as availability and prices fluctuate.

We have a wealth of knowledge to help direct seasonal availability with a strong range of high-quality frozen products that will help you manage your January Menus.

Get in touch with your account manager to talk through your options.

INDUSTRY NEWS

- The European union announced their step towards promoting sustainable fisheries.
- Salmon has a 3% decrease in imports into the UK.

RECIPE CORNER

Cured Salmon

INGREDIENTS

550g Salmon fillet, skin on.
2 sticks lemongrass. Roughly chopped.
125g caster Sugar
150g coarse sea salt.
2 limes, zested, 1 juiced.
5 tbsp Japanese rice vinegar, plus a dash.
2 garlic cloves, crushed.
Small bunch coriander (half of 28g pack)
20g pack dill
2 fresh red Thai chillies, (deseeded if you don't like it too hot).
140g baby turnips, skin on.
1 small red onion, peeled.
6 tbsp full-fat crème fraiche.
12 large cooked peeled prawns.

METHOD

To make the cure, put the lemongrass, 125g sugar, the salt, lime juice, zest of 1 lime, 1 tbsp rice vinegar, 1 garlic clove, the coriander and half of the dill including stems into a food processor. Blitz until the lemongrass is finely chopped, then stir in a quarter of the sliced chillies.

PREP: 40 minutes

CATCH OF THE MONTH

This time of the year, menus are set and you know what you need. If you have a space on your menu for a daily special make sure you have signed up to our Daily email offer. Visit www.sticklebackfish.co.uk and follow the link to sign up, it takes a few seconds!!



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