



MAY 2024

Fisherman's Catch



MARKET SUMMARY

Time for a more positive outlook!..... We think so.

Availability has improved across the board as fishing conditions improve and some of our favourite fish species come into their prime.

Flat fish such as **Lemon Sole** and **Plaice** are a great addition to your menu for May, the smaller, less utilised sizes can work as a great starter when served as a whole fish. Our expert fishmongers can get them pan ready for you.

If you are looking for a premium fish then **Wild Turbot** and **Bass** are both great options and bang in season right now.

The price of **Salmon** is still high and we do not expect it to recover fully until June or July. The Scottish farms have begun to offer fish again which will provide some relief.

If you are looking for a real GP winner, then you should speak to your Account Manager about the different types of **Tiger Prawns** we offer. With lots of options you can get an attractive, popular dish on the menu which on a £ per kilo ratio is better value than most other protein options



RECIPE CORNER

Sweet & Sour Prawns

INGREDIENTS

For the sauce:	1kg Peeled Deviened Tiger Prawns 16-20
15gTbspn Rice Vinegar	1 Fresh Pineapple
20ml Dark Soy Sauce	2 Red Chillies
200ml Ketchup	1 Thumb Ginger
200ml Brown Sauce	2 shallots
50ml Worcestershire Sauce	
2 Dried Chipotle	

METHOD

1. Add all Sauce ingredients to a pan and bring to the boil, reduce down mixture by 1/3.
2. Pass off Dried Chillies.
3. Dice up Pineapple into 1 inch Cubes.
4. Finely slice Shallot, Chillies & Ginger.
5. Add All prepped vegetables to a pan on high heat and quickly fry off till softened.
6. Add prawns and sear on both sides until pink and firm.
7. Add 1 small ladle of sauce and deglaze the pan and serve immediately.

INDUSTRY NEWS

- Barcelona hosted the Seafood Expo at the end of April. A place where many of the leaders from across the industry can be found trying to ensure they stay ahead of the curve with trends and industry news
- A large percentage of production grade salmon is causing real issues for Norwegian farms. It is against the law in Norway to sell production grade fish.

CATCH OF THE MONTH

Wild Turbot will be the target for many of the fishing boats going out from the south coast in May. A fish which costs a premium but worth every penny.

Tiger Prawns are great value and there are many varieties to choose from so if you have a space on your menu, these would be a great choice.



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