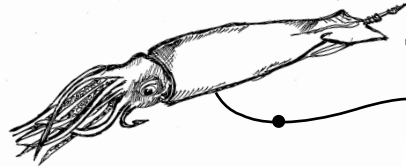


JAMIE'S FISH GUIDE

"We all love fish and chips, but unfortunately, we love them so much that the poor old cod and haddock are having a bit of a tough time of it at the moment. We don't need to stop eating them, but if we all start trying a few different fish as well, it will really help to take some of the pressure off." - Jamie Oliver

MUSSELS

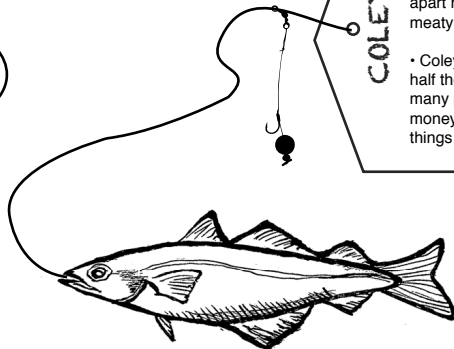
- When cooking with mussels, check through them first and pick out any open ones. Give a gentle tap and the shell should close – if it doesn't, the mussel is no good to eat so throw it away. When all your mussels are cooked, check through them again and if any are still closed, throw them away too.
- Mussels are tender, sweet and delicious. They're best enjoyed simply steamed with a lovely broth-type sauce, and are equally as delicious used in fish stews and soups.
- Mussels are quick and easy to cook so are great for a last-minute supper. They're also readily available and cheap.
- The Belgians know what they're talking about – a pint of beer, a bowl of chips and a big plate of open mussels is one of the best things in the world.
- Mussels don't need any feeding; they live off tiny plants that they filter out of the water so they actually clean the sea.



SQUID

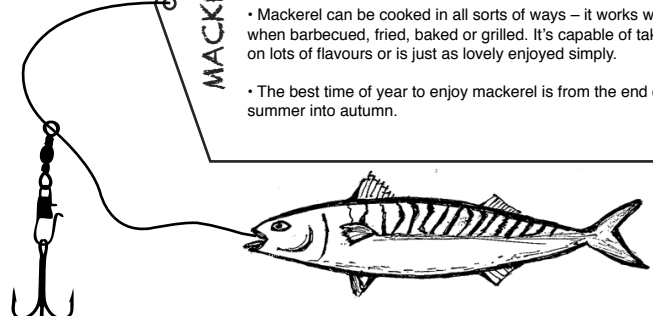
- Squid are best from June to November.
- A lot of people have probably tried battered squid or 'calamari' in restaurants. This is a great way to enjoy it, although it is equally delicious when simply pan-fried or griddled.
- Squid may look a bit weird but don't let that put you off cooking it at home. The great thing about squid is that it's very robust and doesn't need careful handling which is great for beginners.
- It's meaty and delicious and will go well with all kinds of big flavours.
- Keep an eye on squid as it cooks and as long as you don't overcook it and make it chewy, it'll be delicious.

- ## COLEY
- Coley is also known as saithe and coalfish.
 - Coley is similar to cod in texture – it's fairly firm, a beautiful ivory white colour and flakes apart really well when cooked. It's sweet, meaty and delicious.
 - Coley is a really versatile fish and is literally half the price of cod so you can feed twice as many people, or just save yourself loads of money. Use it where you would normally use things like cod or haddock.



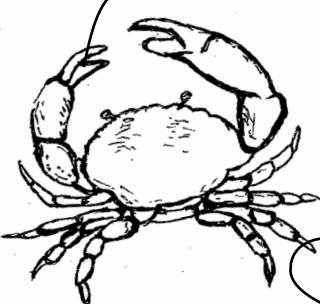
MACKEREL

- Mackerel is a great alternative to tuna. It's widely available in our waters and way down the food chain so we need to be buying and selling more of it.
- Mackerel is delicious, versatile and very good for you.
- Mackerel can be cooked in all sorts of ways – it works well when barbecued, fried, baked or grilled. It's capable of taking on lots of flavours or is just as lovely enjoyed simply.
- The best time of year to enjoy mackerel is from the end of summer into autumn.



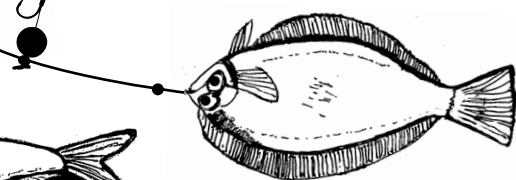
BROWN CRAB

- In the UK you can buy blue, snow, spider and brown crabs in supermarkets and fishmongers.
- You can either buy crab live, picked, or picked and then cooked in lovely little shells.
- Brown crabs are the most common, and contain brown meat in the top shell and white meat in the legs. If you can, use a mixture of the white and the brown meat when you're cooking – the white meat gives you texture and sweetness and you get good attitude and a nice meatiness from the brown.
- Brown crabs are best between April and November.



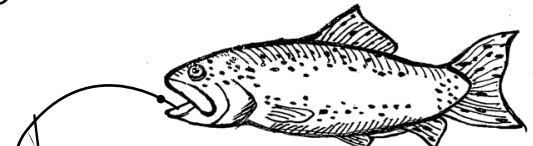
DAB

- Dab is sweet, juicy and delicious and is similar to lemon sole. It's simple to cook on or off the bone and everyone will love it.
- The majority of dab is thrown back into the sea, dead, so we need to create a demand for it and get it in the shops. Next time you're at the supermarket or fishmongers, ask for it. If enough people do the same, they're sure to start stocking it.



FARMED RAINBOW TROUT

- As salmon's little brother, rainbow trout has that gorgeous, delicate sweet pink flesh. It's extremely tasty and really cheap to buy.
- You can cook rainbow trout whole or in fillets and it's fantastic fried, barbecued or griddled. It's so quick and easy to cook and also delicious cold or even smoked.



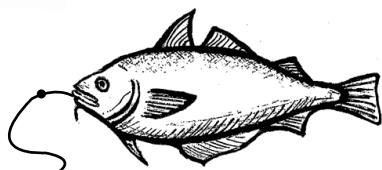
HERRING

- Herring is dead cheap, so it's a real 'value' fish.
- Because cod and haddock normally feed on herring, as their numbers deplete, the numbers of herring are obviously rising. So we really need to be eating further down the food chain!
- Herring is an oily fish; it's fairly salty but much more delicate than an anchovy. They come from the same family as mackerel and sardines.
- Herring feed on plankton and so on, they're the ones that are really full of those omega 3s, vitamin D and all that other good stuff.
- Herring can be enjoyed all year round but will be most delicious during the autumn.



POUTING

- Pouting is also known as bib.
- Taste-wise it's buttery, juicy and delicious. It's also a great carrier of flavours.
- Use pouting where you would normally use fish like cod or haddock. It makes fantastic fish and chips or home-made fish fingers and is half the price.



SARDINES

- Sardines are also known as pilchards. They're really good for you, cheap, and are a great fish for taking on bold flavours.
- It's true that sardines have lots of little bones, but when you cook them whole, you can strip out all the bones in one piece.
- Sardines are great cooked on the barbecue in the summer, quickly roasted in the oven or griddled whole in a pan.
- You can get sardines all year round as they are found in many places, but from British waters they are available from July to November.

