

# Switch the Fish

& find what's right for your dish

GoodFishBadFish

goodfishbadfish.com.au

SUSTAINABLE TABLE

sustainabletable.org.au

Based on information from the GoodFishBadFish 'Seafood Converter'

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COOKING TECHNIQUE	Avoid	Try		Also Good		
PAN-FRY	Orange Roughy (AKA Sea Perch or Deep-Sea Perch)	Bream Mullet	Whiting Flathead	Australian Herring (AKA Tommy Ruff) Australian Sardine	Luderick Snapper (Victorian)**	Squid & Calamari Trevally
GRILL OR BBQ	Swordfish or Marlin	Bonito Mahi Mahi	Spanish Mackerel Leatherjacket	Australian Salmon (AKA Bay Trout)* Australian Sardine Bream	Flathead Leatherjacket Luderick Mullet	Octopus Squid & Calamari Tailor Trevally
	Imported Prawns	Local wild prawns, especially King Prawns from the Spencer Gulf, SA and Banana, Tiger and Endeavour Prawns from the Northern Prawn Fishery, which both have MSC certification.		Crab Squid & Calamari		
BRAISE, CURRY OR STEW	Skate or Ray	Leatherjacket Mahi Mahi	Mackerel Trevally	Bonito Crab	Luderick Mussels	Octopus Snapper (Victorian)**
RAW, CURED, SMOKED OR PICKLED	Bluefin Tuna or Sea-Cage farmed Salmon	Bonito Mackerel	Whiting	Australian Salmon (AKA Bay Trout)* Flathead	Mullet Mussels Octopus	Oysters Snapper (Victorian)**
DEEP-FRY	Shark (Flake)	Bream Flathead	Whiting	Mackerel Trevally	Squid & Calamari	

\* Australian Salmon are an oily, schooling species of fish found in coastal waters throughout southern Australia. They are well known to recreational beach fishers. They are related to Australian Herring (Tommy Ruff), rather than the orange-fleshed Atlantic Salmon. Do not confuse them with Australian-grown Atlantic Salmon, which is grown in Open-Pen Sea Cages in Tasmania.

\*\* Snapper from Port Phillip Bay, Victoria, has been found to be sustainable by the Australian Conservation Foundation's Sustainable Australian Seafood Assessment Program. Other stocks may be overfished.

Two common species well loved by most Australian's are Barramundi and Snapper. Both are tricky, so we thought we better have a closer look at them.

## SNAPPER

Snapper is caught by a range of fishing methods throughout Australia, from the south of Qld right around to central WA. It is also imported from NZ. Most have been overfished in the past, and they are in various states of recovery. The Victorian stock is currently the healthiest and was accredited as sustainable by the Sustainable Australian Seafood Assessment Program (SASAP) in 2011.

## BARRAMUNDI

The Barramundi available to us in Australia comes from a range of sources. It may be imported farmed product, local wild, or local farmed. **So how are we to decide which Barramundi we should be eating?** The AMCS recommends that consumers 'Say No' to imported farmed Barra as well as local product that is the result of sea cage aquaculture, while advising that you 'Think Twice' about local fish from the wild or land-based farms. However, Cone Bay Barramundi, a product of sea cage aquaculture, has been identified as sustainable by the Sustainable Australian Seafood Assessment Program (SASAP) due to its best practice management and low environmental impact.

## DECIDE WHAT SITS BEST WITH YOU

The different guides out there serve different purposes and have varying core values at the heart of their recommendations. It is the task of you as a consumer to find a group whose values align with your own.

Choosing sustainable seafood isn't black and white, but it doesn't have to be a stressful experience either.

You may want to consider the origin of what you purchase, and how it was fished or farmed. **If in doubt, start by supporting Australian producers and go from there. Never be afraid to ask questions, it's the only way seafood suppliers, retailers and the hospitality industry will know what their customers want.**

For more information on how to find, choose and cook sustainable seafood, check out [goodfishbadfish.com.au](http://goodfishbadfish.com.au)



'Sustainability' is a very hard thing to define, especially when it relates to seafood. There are many different factors that need to be assessed, such as a species' total biomass, breeding habits and migration routes, as well as the effects of fishing pressure on the broader ecosystem. And that's just wild fisheries... Aquaculture is another kettle of fish entirely! No wonder that different groups and individuals sometimes come to different conclusions about what is sustainable and what isn't.