

# Seafood from Scotland

## A seasonal guide to key Scottish Seafood

Whitefish		
<b>Haddock</b> ( <i>Melanogrammus aeglefinus</i> )  		Scotland's favourite whitefish, caught in the North Sea and off the west coast of Scotland. A sweet flavoured fish with medium to large flakes, versatile for many cooking methods. Whole haddock are available up to 3.5kg, but most commonly as 2 whole side fillets up to 400g. Look out for the MSC logo on Scottish North Sea haddock products.
<b>Cod</b> ( <i>Gadus morhua</i> )  		Caught in the North Sea, a sweet flavoured fish with large succulent white flakes lending itself to a great variety of filleting options and cooking methods. Cod range from 500g to 6kg, the larger 4-6kg size providing several fillet portions from each side of the fish.
<b>Saithe (Cooley)</b> ( <i>Pollachius virens</i> )  		A good alternative to cod and haddock. It is a fine flavoured species abundant in all waters around Scotland. Similar to cod, the species ranges from 500g to 6kg as whole fish.
<b>Whiting</b> ( <i>Merlangius merlangus</i> )  		A smaller fish from the cod family with a silver-grey body and round belly, this species is often sold around 2kg. Similar to many of the whitefish species, it takes very little cooking. Mainly caught in the northern North Sea.
<b>Hake</b> ( <i>Merluccius merluccius</i> )  		An excellent fish, very popular in Europe, fished in the North Sea and west of Scotland, hake has a soft flesh which firms up when cooked. Ranging from 1 to 5kg, hake has a long, round slender body, great for cutting into steaks or loins.
<b>Monkfish</b> ( <i>Lophius piscatorius / L. budegassa</i> )  		Scotland's premium fish, with a firm meaty textured flesh and sweet shellfish flavour. Caught on the continental shelf to the north and west of Scotland, generally the tail is the most popular cut, ranging from 350g to 4kg. The cheeks and livers are also sold, regarded as a premium delicacy across Europe and countries such as Japan.

## Some of the World's Finest Seafood Grows in Scotland's Naturally Pure Waters!

Scotland produces some of the world's finest seafood from the clean cool waters of its deep lochs and surrounding seas. Fishermen, fish farmers and shellfish growers from around the 12,000 Kilometers of pristine coastline, land over 65 species of the highest quality farmed fish and wild seafood.

The Scottish seafood industry has a long and proud heritage, whilst also continually investing in modern equipment, techniques and training. Through innovation and product development, Scotland adapts to changing market needs to produce world class seafood; safe, fully traceable and delicious.

From pelagic, to whitefish, shellfish and farmed species in all formats, fresh, live or frozen, Scotland is one of Europe's largest seafood producers. Renowned throughout the world for its high quality produce, Scotland's seafood meets the needs of today's demanding consumer and the ambitions of the world's best chefs.

We are proud of the efforts made to ensure a highly regulated seafood industry. Scotland leads the way in many responsible and sustainable farming and fishing practices, maintaining its pristine marine environment and helping to preserve the seas and fish stocks for future generations.

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 @SeafoodFromScot

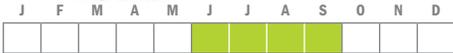
Flatfish	
<b>Plaice</b> ( <i>Pleuronectes platessa</i> )  	A versatile meaty flatfish with a sweet, mild flavour, this species is fished from the North Sea. Ranging from 230g to 2kg and most commonly available between 500g to 750g, these whole fish are easy to identify with their distinctive orange spots. Best cooked whole for a great flavour.
<b>Lemon Sole</b> ( <i>Microstomus kitt</i> )  	A high quality, prime fish with a delicate sweet flavour, fished from the North Sea. Whole fish start from 230g to 1kg, most common between 500g and 750g and are best cooked whole.
<b>Witch Sole</b> ( <i>Glyptocephalus cynoglossus</i> )  	Sometimes known as Torbay sole, this lesser known flatfish species is generally between 225g and 900g whole weight and fished from the North Sea. Great cooked whole for the best flavour.
<b>Megrim</b> ( <i>Lepidorhombus whiffiagonis</i> )  	Caught on the continental shelf to the north and west of Scotland. Whole fish range from 225g to 900g and for the best flavour should be cooked whole.

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### Oil-rich Fish

#### Herring (*Clupea harengus*)



High in Omega 3, this sustainable oil rich fish is great grilled or baked whole, and of course when smoked makes fantastic Scottish kippers. A smooth, slender body, silvery skin with hints of green and blue, they range in size from 100g to 450g. Look out for the MSC logo on Scottish herring products.

#### Mackerel (*Scomber scombrus*)



Scotland's most abundant and valuable species, sustainably fished and high in Omega 3, this is an excellent healthy choice. With a strong unique flavour this species is growing in popularity around the world. Ranging in size from 200g - 800g.

#### Salmon (Farmed) (*Salmo salar*)



Farmed in the cool, clear waters of the Highlands and Islands, sustainably farmed Scottish salmon was named 'best farmed salmon in the world' in a poll of international seafood buyers. Scottish farmed salmon has held the French Government's top quality award, Label Rouge, for 20 years. It was the first non-French food to receive this accolade. The Atlantic salmon offer from Scotland includes fresh, frozen and smoked products. Delicately flavoured flakes of Scottish salmon can be used for carpaccio, sushi, sashimi or cooked in a variety of ways.

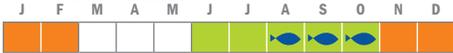
#### Rainbow (Farmed) (*Oncorhynchus mykiss*)



Scottish farmed trout is produced both in freshwater and sea lochs. High in Omega 3 and many other vitamins and minerals including vitamin D and selenium, it has a sweet subtle flavour and can be filleted and cooked in a variety of ways. Small trout range in size from 230g to 1kg and large sea trout can be supplied up to 5kg total fish weight.

### Cephalopods

#### Squid (*Loligo forbesii*)



With a firm texture and medium flavour, squid is also known as calamari. It is found on the west coast and in the North Sea and can be purchased from 100g to 1kg weight.

### Shellfish

#### Brown Crab (*Cancer pagurus*)



Traditionally fished by pot and creel, particularly around the west coast and the Scottish isles. Brown crab can be bought live, cooked, dressed or as readymade products such as crab cakes or terrines. The rich white meat found in the claws is very sweet and the brown meat is particularly rich in omega 3 and other beneficial vitamins and minerals. Male crabs range from 1kg to 2kg with an estimated yield of 35%. Look out for the MSC logo on brown crab from the Shetland Isles.

#### Velvet Crab (*Necora puber*)



Popular on the European continent, velvet crabs are caught in the North Sea & west of Scotland, mainly from inshore waters from boats, fished using mobile gear, pots and creels. Look out for the MSC logo on velvet crab from the Shetland Isles.

#### Langoustine (*Nephrops norvegicus*)



Caught in the North Sea and inshore Scottish waters, Scotland has the world's largest share of langoustines. Highly prized and sought after, they are versatile and cook in minutes. Similar to a king prawn, but actually a closer relation of the lobster, they grow up to a maximum of 250g, have a meaty tail, soft prawn-like texture and a very sweet shellfish flavour.

#### Lobster (*Homarus gammarus*)



Traditionally fished by pot and creel around Scotland's coastline. With a strong sweet flavour and meaty texture, Scottish lobster are some of the finest in the world. Sizes range between 23 and 38cm, weighing between 0.7kg and 2.2kg.

#### Mussel (*Mytilus edulis*)



Rope grown on the west coast of Scotland and around the Scottish isles, mussels are a highly sustainable species and are quick and easy to cook. Scottish mussels have a meaty flesh and sweet medium seafood flavour. Look out for the MSC logo on sustainable Scottish mussels.

#### King Scallop (*Pecten maximus*)



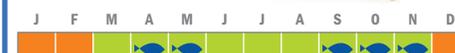
Caught around Scotland's coast, using mobile gear or by hand diving. Scallop meat has a sweet delicate flavour and needs minimal cooking. Scottish King scallops have approximately 15cm wide shells, with 18-35 pieces of meat per kg (out of shell). Queen scallops have approximately 7cm wide shells and 40 to 120 pieces of meat per kg. Look out for the MSC logo on scallops from the Shetland Isles.

#### Pacific Oyster (*Crassostrea gigas*)



Cultivated on the west coast and isles, Scottish oysters are a much sought after product. Pacific oysters, the main species grown in Scotland, take 18-30 months to develop to market size of 70-100g live weight, normally with a shell length greater than 75mm.

#### Razor Clams (*Solenidae*)



A hand gathered delicacy with a fine delicate flavour, Scottish razor clams are between 16cm and 20cm long, with 8-11 pieces per kg for extra large sizes or 12-13 per kg for large sizes. Razor clams can be bought live and frozen.