

















A seasonal guide to key Scottish Seafood

Widely available

Variable availability

 Prime Fishing Season

WHITEFISH

 <p>Haddock (<i>Melanogrammus aeglefinus</i>)</p>  	<p>Caught in the North Sea and off Scotland's west coast, this flaky whitefish is popular and versatile. Whole haddock is available up to 3.5kg, but it's most commonly sold as fillets up to 400g. Look for the MSC logo on North Sea products.</p>
 <p>Cod (<i>Gadus morhua</i>)</p> 	<p>Caught in the North Sea, cod is a sweet whitefish with large flakes. It lends itself to a variety of filleting and cooking options, and comes in sizes from 500g to 6kg.</p>
 <p>Saithe (Coley) (<i>Pollachius virens</i>)</p>  	<p>This alternative to cod and haddock is abundant in waters all around Scotland's coast. Similar in size to cod, a whole saith ranges from 500g to 6kg.</p>
 <p>Whiting (<i>Merlangius merlangus</i>)</p>  	<p>Mainly found in the northern region of the North Sea, this small member of the cod family has a mild and delicate flavour. It's often sold around 2kg.</p>
 <p>Hake (<i>Merluccius</i> <i>s</i>)</p>  	<p>Caught in the North Sea and off the west coast of Scotland, this 1kg to 5kg fish is very popular in Europe. Its soft flesh firms up when cooked, making it perfect cut as a steak or loin.</p>
 <p>Monkfish (<i>Lophius piscatorius</i> / <i>L. budegassa</i>)</p> 	<p>Found on the continental shelf to the north and west of Scotland, this firm, meaty fish has a sweet flavour not unlike shellfish. The tail, ranging from 350g to 4kg, is most popular in Scotland - although monkfish cheeks and livers are considered delicacies in other countries.</p>

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 Kilometres 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.

FLATFISH

 <p>Plaice (<i>Pleuronectes platessa</i>)</p>  	<p>Caught in the North Sea, this meaty fish has a sweet, mild flavour. It is most commonly available 500g to 750g, but can be found up to 2kg. Plaice is best cooked whole.</p>
 <p>Lemon Sole (<i>Microstomus kitt</i>)</p> 	<p>This delicate, sweet fish is caught in the North Sea and also best cooked whole. Size-wise it is most commonly available from 500g to 750g.</p>
 <p>Witch Sole (<i>Glyptocephalus cynoglossus</i>)</p> 	<p>Also known as Torbay sole, this flatfish is caught in the North Sea. It is generally sold between 225g to 900g and tastes best when cooked whole.</p>
 <p>Megrim (<i>Lepidorhombus whiffiagonis</i>)</p> 	<p>Caught on the continental shelf to the north and west of Scotland and ranging 225g to 900g, this flatfish should be cooked whole to get the best flavour.</p>

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OIL-RICH FISH

 **Herring** (*Clupea harengus*)

A sustainable, oil rich fish, high in Omega 3, herring ranges from 100g to 450g. Herring is loved for its versatility and can be grilled or baked whole, or smoked to make Scottish kippers. Look for the MSC logo.

 **Mackerel** (*Scomber scombrus*)



Scotland's most abundant species, this sustainable fish is high in Omega 3 and usually found in sizes 200g to 800g. Its strong, unique flavour is growing in popularity.

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



Scotland's flagship species, sustainably farmed around the Highlands & Islands, Scottish salmon was the first non-French food to be awarded the French government's top quality mark, Label Rouge. Delicately flavoured and available fresh, frozen, or smoked, it can be eaten raw or cooked in a variety of ways.

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





High in Omega 3, vitamin D, and selenium, this sweet, mild fish is farmed in freshwater and sea lochs. It can be filleted and cooked in a variety of ways and is available from 230g all the way up to 5kg.


CEPHALOPODS

 **Squid** (*Loligo forbesii*)




Found in the North Sea and along Scotland's west coast, this firm textured and medium-flavoured cephalopod is often listed on menus as calamari. It can be found from 100g to 1kg.


 Marine Stewardship Council sustainable certification

 Friend of the Sea sustainable certification

 RSPCA Assured

 Best Aquaculture Practice

 Aquaculture Stewardship Council

 Label Rouge accreditation

Seafood from Scotland is globally recognised for its qualities. However, please note that accreditations are awarded to fisheries or producers, not to entire species.

SHELLFISH

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





Traditionally fished by pot and creel around Scotland's west coast and isles, crabs range from 1kg-2kg. They can be bought live, cooked, dressed, or as readymade products like terrine. Brown meat is rich in Omega 3, and the white meat in the claws is sweet. Look for the MSC logo on crab from the Shetland Isles.

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



Most commonly caught in the North Sea and west of Scotland in inshore waters from boats or fished using mobile gear, pots and creels, velvet crab is particularly popular in Europe

 **Langoustine** (*Nephrops norvegicus*)



Scotland has the world's largest share of langoustines, a highly prized shellfish. Caught in the North Sea and inshore Scottish waters, it grows up to 250g and cooks in a matter of minutes. Its meat tail and soft, prawn-like texture has a sweet shellfish flavour.

 **Lobster** (*Homarus gammarus*)



Scottish lobster are some of the finest in the world, with a strong sweet flavour and meaty texture. Traditionally fished by pot and creel around Scotland's coastline, they can grow 23cm-38cm and range from 700g to a mighty 2.2kg.

 **Mussels** (*Mytilus edulis*)



This highly sustainable species is rope-grown off Scotland's west coast and around the Scottish isles. With meaty flesh and a sweet, medium seafood flavour, they are quick and easy to cook. Look for the MSC and ASC logos.

 **Scallop** (*Pecten maximus*)







Caught off Scotland's coast with mobile gear or by hand divers, scallop meat has a sweet, delicate flavour and needs minimal cooking. King scallop shells are around 15cm wide and offer 18-35 pieces of meat per kg, while queen shells are 7cm wide and provide 40-120 pieces per kg. Look for the MSC logo on scallops from the Shetland Isles.

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



Cultivated on Scotland's west coast and isles, this is the main oyster species grown in Scotland. They take 18-30 months to reach market size of 70g-100g live weight, with a shell size greater than 75mm.

 **Razor Clams** (*Solenidae*)



A hand-gathered delicacy with a fine, subtle flavour, razor clams can be bought live or frozen. Found all around Scotland's tidal sands, they are usually 16cm-20cm long and offer 8-13 pieces per kg, depending on size.