

Yellowfin Bream

Yellowfin Bream is a common species in the waters surrounding the Moreton Bay region. Usually cooked whole, Bream have a mild sweet flavour and soft texture, making it a highly prized dining species. Bream is a multi use species which can be cooked many different ways, including the BBQ, oven, grill or pan.

Yellowfin Bream: *Acanthopagrus australis*

Flavour: Mild sweet flavour.

Texture: Soft-medium flesh

Oil Content: Low to Medium

Seasonality: Available all year round,
Peak season May through September.

Harvested from: Moreton Bay

Harvest method: Tunnel netting

Sustainability Credentials: Fishery is assessed under the Australian Government's Environment Protection and Biodiversity Conservation Act 1999 (EPBC Act). In addition, the fishers have created their own Environmental Management System and Code of Practice.

Moreton Bay fishers work in harmony with the environment.

Tunnel netting is a traditional technique that has been practiced for over a century in the pristine waters of Moreton Bay. Stocks have been maintained at healthy levels, and fishermen have implemented various gear modifications to ensure sustainability throughout the fishery and ecosystem.



MORETON BAY

FRESH

**YELLOWFIN
BREAM**



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Asian Style Oven Baked Fish

Serves 2

Alternative Species: Tarwhine, Tailor, Whiting.

Ingredients

- 2 whole fish, about 450g each (see note)
- 2 tbs vegetable or sunflower oil
- 1 tbs sesame seeds
- 2cm piece ginger, peeled, cut into wafer- thin strips
- 1 red chilli, seeds removed, cut into thin strips
- 1/3 cup (80ml) soy sauce
- 1 tbs white wine vinegar
- 2 shallots (spring onions), sliced diagonally, to garnish
- Steamed rice, to serve

Method

1. Preheat the oven to 220°C.
2. Clean and scale the fish. Make 2 slashes in the thickest part of the fish flesh. Brush a roasting pan with 1 tablespoon of the oil and place fish in the pan. Brush the flesh with remaining oil, season with salt and pepper, and sprinkle with the sesame seeds. Bake for 20-25 minutes or until the fish are cooked through (the flesh will flake away easily when tested).
3. Meanwhile, place the ginger, chilli, soy, vinegar and 2 tablespoons of water in a pan. Cook over low heat until the ginger and chilli have started to soften. Place the fish on a large plate and pour the Asian-style dressing over top. Garnish with shallots and serve with rice.

