Flathead

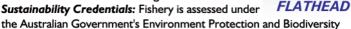
Two common species of Flathead are harvested from the Moreton Bay Region. Both species have identical dining qualities.

- I. Dusky Flathead Platycephalus fuscus
- 2. Bartail Flathead Platycephalus indicus

Flavour: Distinct, mild flavour

Texture: Flakes easily, tender/firm white meat

Oil Content: Low to Medium
Seasonality: All year round
Harvested from: Moreton Bay
Harvest method: Tunnel netting



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.

Moreton Bay fishers have created and voluntarily implement their own Environmental Management System (EMS) and Code of Practice (CoP). This is a public document outlining their commitment to environmental best practice and continual improvement in their fishery.



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Parmesan-crusted Flathead

Serves 4 Alternative Species: Garfish, Tarwhine, Whiting.

Ingredients

3/4 cup dried multi-grain breadcrumbs

1/4 cup finely grated parmesan cheese

1/4 cup low-fat natural yoghurt

720g flathead fillets

I 1/2 tablespoons olive oil

1/2 cup tartare sauce, coleslaw and lemon wedges, to serve

Method

- Combine breadcrumbs and parmesan cheese in a shallow dish. Place yoghurt into a separate bowl. Turn fish in yoghurt to coat. Dip into breadcrumbs, making sure fish is well coated.
- Heat oil in a non-stick frying pan over medium heat. Cook fish, in batches, for 2 to 3 minutes each side or until golden and cooked through. Drain on paper towels. Serve with tartare sauce, coleslaw and lemon wedges.









