

# Garfish

Three common species of garfish are harvested from the Moreton Bay Region, all have identical dining qualities;

1. River Garfish - *Hyporhamphus regularis*
2. Three-by-two - *Hemiramphidae* and
3. The snub-nose garfish - *Arrhamphus sclerolepis*.

**Flavour:** Sweet and delicate

**Texture:** Fine to medium white meat

**Oil Content:** Low to Medium

**Seasonality:** 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.** Professional fishers work in the various types of fisheries of Moreton Bay, supplying a diverse selection of wild caught seafood. The fishers harvest from many locations in the Bay, ensuring fishing effort is evenly distributed across the region.



MORETON BAY

FRESH

**GARFISH**



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# *Garfish fried in a crispy coating*

**Serves 4**

Alternative Species: Flathead, Tarwhine, Whiting.

## **Ingredients**

12 garfish (scaled, cleaned and butterflied) or 24 fillets

Lemon juice

4 tablespoons flour

½ teaspoon salt

½ teaspoon cracked black pepper

½ teaspoon paprika

1 egg, beaten with a tablespoon of water

1 cup of breadcrumbs

Oil (enough for shallow fry)

## **Method**

1. Sprinkle the Garfish with lemon juice.
2. Coat the fish lightly in flour that has been seasoned with the salt, pepper and paprika.
3. Dip into a mixture of beaten egg and water, and then roll into the breadcrumbs.
4. Shallow fry the fish in oil until golden in colour.
5. Serve with potato wedges, a crisp salad and lemon wedges.

