

# Tailor

Tailor is a delicacy when served fresh, its flesh has a mild flavour, with delicious flakes and plenty of omega 3 oils. It is ideally suited to smoking, particularly cold smoking or smoke curing as alternatives to grilling, baking or pan frying.

Tailor: *Pomatomus saltatrix*

**Flavour:** Fresh distinct flavour

**Texture:** Soft-medium flesh, slightly oily

**Oil Content:** Medium to high

**Seasonality:** Available in small quantities 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.**

Since 2010, a network of green zones or 'no fishing' zones has been introduced to Moreton Bay. The fishers have been able to adapt their sustainable practices to maintain a healthy fishery within the Bay.



MORETON BAY

FRESH

**TAILOR**



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# *Pan Fried Tailor with Sweet Potato and Basil Mash*

**Serves 2**

## **Ingredients**

- 1 large sweet potato
- Nutmeg
- Fresh basil
- Salt
- 1 bunch broccolini
- Pepper 2 tailor fillets
- Extra virgin olive oil

## **Method**

1. Boil sweet potato with a pinch of nutmeg, salt and water.
2. Slice 3 basil leaves and mash together. Add 1 tablespoon butter. Steam a bunch of broccolini and toss through butter, salt and pepper.
3. Pan fry tailor fillets for 2 minutes on each side.
4. Place mash and broccolini on a plate and top with fish.

## **Serving suggestions**

Drizzle with a little extra virgin olive oil and serve with a slice of lemon.

