

Whiting

Whiting has a delicate, sweet flavour, low oil content with fine textured flesh and easily removed fine bones. The skin is edible and adds flavour while the bones make excellent stock.

Yellowfin Whiting: *Sillago schomburgkii*

Flavour: Delicate, slightly sweet

Texture: Fine

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.

The wild seafood harvest from Moreton Bay is rich and diverse; the product is locally caught and freshly supplied to local consumers. So always ask your local seafood supplier for Moreton Bay Fresh.



MORETON BAY

FRESH

WHITING



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- 1) If you haven't already, register your phone with the application store by clicking your 'app store' icon.
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Beer Battered Whiting Fillets with Crispy Chips

Serves 4

Alternative Species: Garfish, Tarwhine, Flathead.

Ingredients

- 12 whiting fillets
- 4 large desiree potatoes, cut into wedges
- Vegetable oil, to deep-fry & 2 tsp olive oil
- 225g (1 1/2 cups) self-raising flour
- 1 egg, lightly whisked
- 375ml (1 1/2 cups) chilled light beer
- Salt & freshly ground black pepper
- Sea salt flakes, Lemon wedges, to serve

Method

1. Preheat oven to 200°C. Line a baking tray with non-stick baking paper. Place potato on tray. Drizzle with olive oil. Cook in oven, turning occasionally, for 40 minutes or until golden brown.
2. Meanwhile, place flour in a bowl. Add the egg and stir to combine. Gradually whisk in the beer until batter is smooth. Season with salt and pepper. Cover and place in the fridge for 30 minutes to rest.
3. Add enough vegetable oil to a large saucepan to reach a depth of 8cm. Heat to 190°C over high heat (when oil is ready a cube of bread will turn golden brown in 10 seconds). Dip 2 pieces of fish, 1 at a time, into batter to coat. Drain off excess. Deep-fry for 3-4 minutes or until golden brown and cooked. Transfer to a plate lined with paper towel. Repeat, in 3 more batches, with remaining fish and batter, reheating oil between batches.
4. Season with sea salt flakes. Serve with tartare sauce and lemon wedges.

