



Sustainable Fish Swaps



ATLANTIC COD

SUSTAINABILITY RATING:

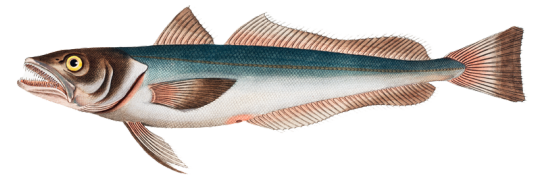


WATCH OUT FOR:

- Cod caught using beam trawls
- Cod caught in the Celtic Sea or English Channel.

THREATS:

They are overfished and are often caught as bycatch. Discards are high, especially for juveniles.



EUROPEAN HAKE

SUSTAINABILITY RATING:



GO FOR:

Hake is rated 1 to 2 regardless of the fishing method or location.



Hake has a more subtle taste, with a medium flake so it can hold its shape.



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HADDOCK

SUSTAINABILITY RATING:

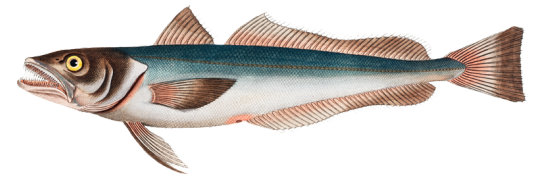


WATCH OUT FOR:

- Haddock caught using beam trawls
- Haddock caught in Cornwall

THREATS:

They are caught as bycatch, with high landings due to their popularity in chip shops. Discards are high, especially for juveniles.



EUROPEAN HAKE

SUSTAINABILITY RATING:



GO FOR:

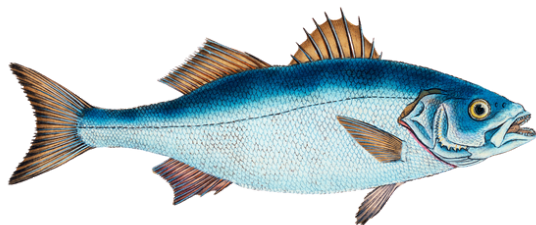
Hake is rated 1 to 2 regardless of the fishing method or location.



Hake has a more subtle taste, with a medium flake so it can hold its shape.



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SEABASS

SUSTAINABILITY RATING:

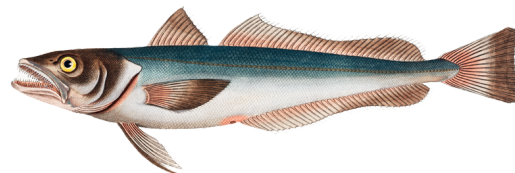


WATCH OUT FOR:

- Seabass caught in the Bay of Biscay (South)
- Seabass caught using otter trawls

THREATS:

They are often caught as bycatch, with high landings. Discards are also high, especially for juveniles. Stock is low although recovering, so farmed seabass is common.



EUROPEAN HAKE

SUSTAINABILITY RATING:



GO FOR:

Hake is rated 1 to 2 regardless of the fishing method or location.



Hake has a more subtle taste, with a medium flake so it can hold its shape.



Sustainable Fish Swaps



PLAICE

SUSTAINABILITY RATING:



WATCH OUT FOR:

- Plaice caught in the South Celtic Sea
- Plaice caught by pulse trawling (electrical fishing)

THREATS:

Plaice are vulnerable to overfishing. They have high discard rates and are often caught with beam and otter trawls which damage the seabed.



FLOUNDER

SUSTAINABILITY RATING:



GO FOR:

Flounder is rated 3 regardless of fishing methods or location.



Flounder can be mild, meaning they benefit from a delicate balance between sweet and salty flavours



Sustainable Fish Swaps



ATLANTIC SALMON

SUSTAINABILITY RATING:



WATCH OUT FOR:

- All wild caught salmon

THREATS:

Numbers in the wild are very low due to overfishing, and some farmed salmon have problems with pollution, lice, and fish escaping.



RAINBOW TROUT

SUSTAINABILITY RATING:



GO FOR:

Rainbow Trout are freshwater fish that are often farmed for food. They are rated 2 when farmed in freshwater pond without recirculation. They are rated 3 when using open net pens.



Trout has firm medium-fat flesh, and can be baked, broiled, or fried.



Sustainable Fish Swaps



BLUEFIN TUNA

SUSTAINABILITY RATING:



WATCH OUT FOR:

- All bluefin tuna

THREATS:

Bluefin Tuna are vulnerable to overfishing. Illegal, unreported and unregulated fishing is a major concern.



MACKEREL

SUSTAINABILITY RATING:



GO FOR:

Mackerel is consistently rated 1 or 2 regardless of the fishing method or location.



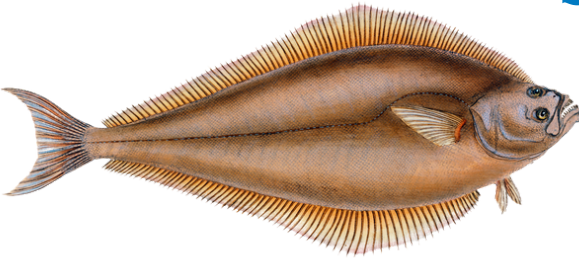
Mackerel has a rich flavour and is best grilled or baked. Any sauce should be sharp to complement its flavour.

IN PARTNERSHIP WITH:





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WILD HALIBUT

SUSTAINABILITY RATING:



WATCH OUT FOR:

- All wild caught Atlantic halibut

THREATS:

Wild Atlantic Halibut is vulnerable and heavily overfished, regardless of fishing method or location.



FARMED HALIBUT

SUSTAINABILITY RATING:



GO FOR:

Scottish farmed halibut is the best option, because the closed tanks they're farmed in have no impact on wild populations. Open net pen farming is also better than wild caught halibut, although there are some issues with pollution, and disease spreading to wild halibut.



Halibut dries out quickly when cooked, so it is best fried, grilled or roasted briefly