

# Fish from the Old Boathouse Stores

Fish prices in kilos refer to whole fish weight, including head, bones etc. Rule of thumb, times by two for price of fillet meat. Prices and availability vary throughout the year.

**01736 871215** telephone orders before 6pm



## ROUND FISH

**Hake** – meaty, big flake fish similar to cod with a full flavour. Comes in loin portions 180g – 200g. Versatile, can be pan fried dusted with seasoned flour, roasted or baked in foil parcels, barbequed, battered or fried in breadcrumbs. Typically £4 - £4.50 per portion.

**Haddock** – distinct flavour, flaky fish often found in fish and chips. Can also be pan fried, baked or cooked in milk and flaked for pies. £4.50 - £5 per portion 180g – 200g.

**Pollack** – used to be a cheap alternative to cod until Huge Brackenly Wherewithall got his hands on it and now is more expensive. Has a more subtle flavour and can be used similar to hake and haddock. £5 - £5.50 per portion 180g – 200g.

**Cod** – not so common as in other ports but high quality fillets are available from Newlyn most of the time. Typically £5 - £5.50 per portion.

**Ling** – little appreciated fish, good flavour, quite robust meat. Comes in strips after deboning and at The Old Boathouse we usually dice it. Good for pies, curries, stews, etc. and a cheap alternative to monk. Typically £12 - £15 per kilo – we keep diced ling, 500g for £6 to £8

**Monk** – well known, steak-like meat from the tail of the fish. Useful for curries, kebabs, stews, etc. Typically £20 - £25 per kilo

## FLAT FISH

**Megrim (Cornish Sole)** – Flavoursome member of the sole family, eaten on the bone or larger fish filleted. Typically £8 - £10 per kilo

**Lemon Sole** – Subtle, delicate flavour small fish, can be filleted for small fillets possibly wrapped around prawns in fancy style. Typically £12 - £15 per kilo

**Plaice** – vary in size, filleted or on the bone. Typically £10 to £12 per kilo for a large fish or £9 to £10 per kilo for smaller ones.

**John Dory** – lesser known fish but excellent stronger flavour on the bone or filleted. Typically £12 - £20 per kilo – larger fish more expensive.

**Ray/Skate** – wings are meaty on a solid bone, usually pan fried. May come in portions for larger fish. £10+ per kilo.

## OILY FISH

**Mackerel** – whole or filleted, versatile fish used on salads, barbeques, starters etc. Thin on the ground in the last few years, mainly summer fish. Around £7 to £8 per kilo

**Sardines** – similar to mackerel, smaller and definitely fit for the grill or barbeque in a nice soft roll. Season starts late July/August to February. £5 to £6 per kilo, vary in size.