

Sustainable Seafood - M&J recommended products

Species	Details	Why we believe it's a good choice...	Availability & seasonality
Arctic Char	Arctic Char (<i>Salvelinus alpinus</i>) is a freshwater species similar to Sea Trout.	Farmed naturally in Cloonacool, Ireland with no chemicals, antibiotics or colourings.	All year round.
Barracuda	Barracuda (<i>Sphyraena sphyraena</i>) is found in most warm waters. We source fresh from the Indian Ocean along the South Indian Peninsula where the Bay of Bengal meets the Arabian Sea.	Using a greater variety eases the pressure on UK species. Sourced from a well-managed fishery, with a fishing ban staggered between the Eastern and Western coasts during the spawning season to protect stocks and maintain availability.	All year round
Barramundi	Barramundi (<i>Lates calcarifer</i>) is found in most warm waters. We source fresh from the Indian Ocean along the South Indian Peninsula where the Bay of Bengal meets the Arabian Sea.	Using a greater variety eases the pressure on UK species. Sourced from a well-managed fishery, with a fishing ban staggered between the Eastern and Western coasts during the spawning season to protect stocks and maintain availability.	All year round
Cockles	MSC Burry Inlet Cockles (<i>Cerastoderma edule</i>) from South Wales near Llanelli and Swansea.	Managed by restricted licences, Burry Cockles are hand-raked and sieved. MSC-certified.	Sept to April
Cod	MSC Pacific Cod (<i>Gadus macrocephalus</i>) from eastern Bering Sea and Aleutian Islands.	Longline-caught, regulated stocks, MSC-certified.	Fillets and loins available frozen all year round
Cod	Organically Reared Atlantic Cod (<i>Gadus morhua</i>) farmed in Scotland and Norway.	Farmed to organic standards.	Available fresh all year round
Cod	Cod Cheeks & Tongues - off-cuts from Atlantic Cod (<i>Gadus morhua</i>)	We believe a big part of making sustainable choices is by using under-utilised species; however there is also the case for making better use of off-cuts from species such as Cod, Monkfish and Skate, which contain succulent, tasty meat in their cheeks that goes to waste.	Available fresh all year round
Coley	Coley (<i>Pollachius virens</i>) is from the Cod family, and sometimes known as Saithe. Found in the North Sea and further north into the Arctic.	Under-utilised, stocks are healthy. The Norwegian North Sea and North East Arctic fisheries are MSC-certified.	Available fresh from April to Dec.
Crab - Brown	Pot-caught Brown Crab (<i>Cancer pagurus</i>) is caught all round the UK.	Well managed stocks, particularly plentiful on the South Coast. Pot-catching is selective and low impact.	Best from Spring to Autumn.
Crab - Spider	Spider Crab (<i>Maia squinado</i>) is mostly found in the South West.	Under-utilised and plentiful - most of which is exported to France and Spain.	Best from Summer to Autumn
Cuttlefish	Cuttlefish (all species of <i>Sepia</i> & <i>Rossia macrosoma</i>)	Under-utilised and plentiful on the South Coast - most of which is exported or used for bait. Use in any Squid recipe.	Best in Autumn and Winter
Dab	Dab (<i>Limanda limanda</i>) is the smallest member of the Plaice family, mostly found in-shore around Cornwall and the South West.	Under-utilised and in plentiful supply.	Best from June to Feb
Dover Sole	MSC Hastings Fleet Dover Sole (<i>Solea solea</i>) - caught within the Eastern English Channel between Beachy Head and Dungeness.	MSC-certified.	Limited fresh availability all year round, frozen coming soon...
Dover Sole	Net-caught South Coast Dover Sole (<i>Solea solea</i>)	Net caught by in-shore day boats whilst the fish "run" through this area in season after spawning.	The fish run around April-May.
Grey Mullet	Grey Mullet (all species of <i>Mugil</i> , <i>Liza</i> & <i>Chelon</i>), generally found in warmer South Coast waters.	Under-utilised, mostly line caught by day boats. A great alternative to Sea Bass and Bream.	Best from July-Sept
Gurnard	Red Gurnard (<i>Aspitrigla cuculus</i>) from the South Coast and Scotland. There are also Grey and Tub Gurnards, but their eating quality is not as good.	A plentiful, under-utilised species, Red Gurnard is fast growing and matures early. Regularly caught, but either discarded or landed and sold for pot bait. In our opinion it's the best tasting under-utilised British species, and is therefore M&J's 'champion' fish. We are working with fishermen in Scotland and Cornwall to encourage them to land this fish for us, while we promote and build a market.	Fresh from Aug-March, frozen fillets all year round.
Hake	MSC South African Hake (<i>Merluccius capensis</i>)	The South African Hake fishery was intensively fished after World War II up to the early 1970s, when it went into decline. The decline prompted changes, which led to a gradual recovery that has been controlled largely by means of limitations on catch limit and vessels, and closed fishing areas. This sustainable management is working, and is recognised by the fishery's MSC certification. We offer Smoked Hake Fillets, along with fresh and frozen plain fillets.	Available all year round. MSC Smoked Hake Fillets are also available.
Halibut	Wild Pacific Halibut (<i>Hippoglossus stenolepis</i>) - caught in Alaska and Canada.	Line-caught, regulated fisheries with closed season to protect stocks. The Alaskan Fishery is MSC-certified, others are undergoing assessment.	The season runs from March to Nov (though the close can be brought forward to ensure stocks remain sustainable)
Halibut	Farmed Atlantic Halibut (<i>Hippoglossus hippoglossus</i>) - reared in Scotland and Northern Europe.	Farmed	All year round
Herring	Herrings (<i>Clupea harengus</i>) from around the South Coast and North Sea.	In plentiful supply. The Thames, Hastings and various North Sea fisheries are MSC-certified.	Spring-Autumn
Hoki	MSC New Zealand Hoki (<i>Macruronus novaezelandiae</i>) from West Coast of South Island, Cook Straight and the Chatham Rise to the east of the South Island.	MSC-certified	Available frozen all year round

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Kingfish	Kingfish (<i>Scomberomorus cavalla</i>) is found in most warm waters. We source fresh from the Indian Ocean along the South Indian Peninsula where the Bay of Bengal meets the Arabian Sea.	Using a greater variety eases the pressure on UK species. Sourced from a well-managed fishery, with a fishing ban staggered between the Eastern and Western coasts during the spawning season to protect stocks and maintain availability.	All year round
Langoustine	Langoustine (<i>Nethrops norvegicus</i>) is mostly found in Scottish and northern British waters.	Over-fishing is very difficult given the accuracy with which the populations are monitored and the fact that egg-carrying females remain in their burrows, thus avoiding the trawlers. This leaves the stocks healthy, well managed and sustainable all year round.	All year round, but at their best from Autumn through to Spring.
Lobster	Native Lobsters (<i>Homarus gammarus</i>) are pot-caught all round the British coast.	Pot-catching is selective, and causes minimal damage to the habitat. Berried females are put back except in Cornwall where local fishermen take "pregnant" female lobsters to the National Lobster Hatchery, to give them a chance to release their delicate offspring in captivity, where there are no predators. The young lobsters are then raised to a size where they can be released back into the sea and look after themselves.	All year round (but avoid 'berried' females carrying eggs). At their best from late June to August when they become more active and move in-shore with the warmer water.
Mackerel	Mackerel (<i>Scomber scombrus</i>) is found around the UK from the South West to the North East coasts.	In plentiful supply. The South West and Hastings fisheries are MSC-certified and various other North Sea and North Atlantic fisheries are currently in MSC-assessment.	Available all year round but best quality and availability is July-Oct
Mahi Mahi	Mahi Mahi (<i>Coryphaena hippurus</i>) is found in most warm waters. We source fresh from the Indian Ocean along the South Indian Peninsula where the Bay of Bengal meets the Arabian Sea.	Mahi Mahi stocks are healthy as it's a fast growing, short-lived species. Using a greater variety eases the pressure on UK species. Sourced from a well-managed fishery, with a fishing ban staggered between the Eastern and Western coasts during the spawning season to protect stocks and maintain availability.	All year round
Megrim	Megrim (<i>Lepidorhombus whiffiagonis</i>) is a flat fish from the Turbot and Brill family, and found mostly around Cornwall and the South West coast. A good alternative to Plaice and Lemon Sole.	Under-utilised and plentiful. Mostly exported to Spain.	Best from April to Feb.
Mussels	Rope Grown Mussels (all species of <i>Mytilidae</i>)	Both wild and farmed rope grown mussels require no external feed or intervention, and are part of a healthy ecosystem.	All year round, but best from Autumn through to Spring.
Oysters	Oysters (Native and Pacific/Rock)	Farmed, low environmental impact.	Natives available Sept-April, Pacific/Rock all year round.
Pangasius	Pangasius (<i>Pangasius hypophthalmus</i>) - also known as Basa / Yellowtail Catfish - is a freshwater species native to Vietnam. It began being farmed 10 years ago, providing good value whitefish fillets.	Farmed inland	Available all year round
Pollack (British)	Pollack (<i>Pollachius pollachius</i>) from around the UK. A member of the Cod family and closely related to Coley.	Under-utilised. Selectively line-caught and also caught as a by-catch in Cod and Coley trawls.	All year round (avoid Jan-April when spawning)
Pollack (Alaska)	MSC Alaska Pollack (<i>Theragra chalcogramma</i>) from the Bering Straits, Aleutian Islands and the Gulf of Alaska.	One of the largest fisheries in the world, it's well-managed and sustainable. MSC-certified	Available frozen all year round
Prawns - Coldwater	MSC Canadian Prawns (<i>Pandalus borealis</i>). Caught by in-shore day boats in the crystal clear cold waters of the Canadian North Atlantic (Newfoundland/Labrador/Davis Strait, the Gulf of St Lawrence and the Scotian Shelf), then cooked, peeled and frozen on-shore. This ensures a sweeter flavour and softer texture than double frozen prawns.	MSC-certified.	All year round.
Prawns - Warmwater	White prawns (<i>Penaeus indicus</i>) - also known as banana prawn or Indian white shrimp - farmed in the south-west stretch of the Red Sea.	Reared in sea water in the south-west stretch of the Red Sea, using eco-friendly and sustainable techniques that respect animal welfare.	Available fresh all year round.
Prawns - Warmwater	Warmwater / King Prawns (all species of <i>Penaeidae</i> , <i>Palaemonidae</i> & <i>Vanamei</i>) are grown inland in warm waters around the world.	Farmed inland	Available all year round.
Rainbow Runner	Rainbow Runner (<i>Elagatis bipinnulata</i>) is found in most warm waters. We source fresh from the Indian Ocean along the South Indian Peninsula where the Bay of Bengal meets the Arabian Sea.	Using a greater variety eases the pressure on UK species. Sourced from a well-managed fishery, with a fishing ban staggered between the Eastern and Western coasts during the spawning season to protect stocks and maintain availability.	All year round
Red Mullet	Red Mullet (all species of <i>Mullus</i>) from the English Channel.	Avoid Mediterranean fish which are intensively fished, but as water temperatures rise, Red Mullet are found off the South Coast where they are in good supply.	Aug-April (avoid May-July when they spawn)
Red Snapper	Red Snapper (<i>Lutjanus sanguine</i>) is found in most warm waters. We source fresh from the Indian Ocean along the South Indian Peninsula where the Bay of Bengal meets the Arabian Sea.	Using a greater variety eases the pressure on UK species. Sourced from a well-managed fishery, with a fishing ban staggered between the Eastern and Western coasts during the spawning season to protect stocks and maintain availability.	All year round

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Sailfish	Sailfish (<i>Istiophorus platyterus</i>) is found in most warm waters. We source fresh from the Indian Ocean along the South Indian Peninsula where the Bay of Bengal meets the Arabian Sea.	Using a greater variety eases the pressure on UK species. Sourced from a well-managed fishery, with a fishing ban staggered between the Eastern and Western coasts during the spawning season to protect stocks and maintain availability.	All year round
Salmon	Wild Alaska Keta Salmon (<i>Oncorhynchus keta</i>)	Harvested by nets (drift and set gillnets, purse seine), trolling and fishwheels. Well-managed and sustainable. MSC-certified.	Available frozen all year round
Salmon	Wild Alaska Sockeye Salmon (<i>Oncorhynchus nerka</i>)	Harvested by nets (drift and set gillnets, purse seine), trolling and fishwheels. Well-managed and sustainable. MSC-certified.	Fresh season is July-Sept, frozen all year round.
Salmon	Organically Reared Shetland Salmon	Farmed in fast flowing currents, using chemical-free sustainable feed. RSPCA Freedom Food approved.	Fresh available all year round
Sardines	Cornish Sardines (<i>Sardina pilchardus</i>)	Ring-net caught, plentiful stocks. Currently in MSC pre-assessment.	Best quality and availability from August to March.
Scallops	MSC Patagonian Scallops (<i>Zygochlamys patagonica</i>) from Northern Argentine waters in the South Atlantic.	MSC-certified fishery.	Available frozen all year round
Scallops	Black Pearl Scallops (<i>Placopecten magellanicus</i>) sourced from Maine to the southern boarder of Virginia in small batches on day boats to ensure freshness and maintain their distinctive, succulent and sweet taste. Hand shucked on the way back to port, they're packed daily and flown directly to the UK.	In order to ensure sustainable practices, the fisheries are regulated under a tightly controlled management plan. This includes "Access Areas" which restrict fishing vessels to operate within specific regions that are opened and closed based upon total catch, meat size and days at sea. This ensures productive fisheries that yield consistent large size (adult) meat counts year after year and reduces or eliminates over-fishing or the harvesting of juvenile scallops.	Available all year round
Sea Bass	Line caught Wild Sea Bass (<i>Dicentrarchus labrax</i>) from English Channel up into East and West coast waters.	Selectively fished. The Holderness Coast (NE England) fishery is MSC-certified.	
Sea Bass	Farmed Sea Bass (<i>Dicentrarchus labrax</i>) from around the Mediterranean.	Farmed	Available all year round
Sea Bream	Native Black Bream (<i>Spondyliosoma cantharus</i>) is mostly line-caught by day boats around Cornwall, North Wales and the North West.	Under-utilised, selectively fished in season. Fish from these areas is protected by local by-laws prohibiting the landing of undersized fish.	After spawning in spring, Black Bream come inshore where they are line-caught by day boats. Best from June to Sept, though availability can be inconsistent.
Sea Bream	Gilt Head Bream / Dorade (<i>Sparus aurata</i>) is farmed around the Mediterranean.	Farmed	Available all year round
Sprats	Sprats (<i>Sprattus sprattus</i>) from Cornwall and the South West. Similar to Anchovies.	Under-utilised, in plentiful supply. Currently in MSC pre-assessment.	Aug-March
Squid	Squid (all species of <i>Loigo</i> , <i>Illex</i> & <i>Ommastrephes</i>) from Britain and around the world.	Under-utilised, in good supply and selectively fished using the 'jigger' method which is better for the environment than trawling.	Available all year round, but at it's best from Oct-Mar. Freezes very well too.
Tilapia	Orange and Black Tilapia (all species of <i>Tilapia</i> and <i>Oreochromis</i>) farmed in the UK and around the world.	Farmed inland and is a herbivorous species, so doesn't require fishmeal feed.	Available all year round
Trout	Trout (Rainbow, Brown, Golden) are all farmed in the UK.	Farmed inland.	Available all year round
Tuna - Albacore	Albacore Tuna (<i>Thunnus alalunga</i>) is found in various waters, some managed better than others. M&J only source from Cornish stocks.	Line-caught from the well managed Cornish Albacore fishery, which is currently undergoing MSC pre-assessment.	Fresh available July-Sept, frozen all year round.
Tuna - Yellowfin	Yellowfin Tuna (<i>Thunnus albacares</i>) is found in various warm waters, but M&J only source fresh from the Maldives & Sri Lanka.	Maldives and Sri Lankan stocks are not endangered, and fished selectively using pole and line-catching methods which are dolphin and turtle friendly.	Fresh Yellowfin is available all year round, but can be inconsistent during the Monsoon season (July-Aug).
Turbot	Farmed Turbot (<i>Psetta maxima</i>) from Scotland, Norway and Spain is excellent quality.	Farmed	Available all year round
Whiting	Whiting (<i>Merlangius merlangus</i>) is the smallest member of the Cod family, found along the East coast from Scotland down into the English Channel.	Under-utilised, English Channel stocks are especially healthy. Generally not a targeted species (caught with Cod and Haddock) and there are more discards than landings for consumption.	May-Feb
Witch/Torbay Sole	Witch (<i>Glyptocephalus cynoglossus</i>) are a flat fish from the same family as Lemon Sole and Plaice. Like Megrim, they are mostly found in the South West.	Under-utilised and plentiful. Mostly exported to the continent.	Best from April to Feb.
Yellowtail Amberjack	Yellowtail Amberjack (<i>Seriola lalandi</i>) - also known as Trevally, Jack, Yellowtail Kingfish and Hamachi - farmed in Australia and Europe.	Farmed	Available all year round