

Salt and Pepper Crab



Harvested: Swan River, Cockburn Sound, Mandurah, Bunbury and Shark Bay

INGREDIENTS: 8 Blue Swimmer Crabs uncooked split in half and cleaned / 6 tablespoons black peppercorns roasted whole and ground / 6 tablespoons Chilli flakes / 1 tablespoon Sea salt / 300g plain flour / 300g cornflour / 2 Limes / canola oil for deep frying.

METHOD: To make flour toast off peppercorns in frying pan for 5 minutes or until they start to become fragrant, tossing to make sure they are evenly toasted. Grind to semi-fine in spice grinder or mortar and pestle. Mix flours together and then add all other dry ingredients, mix well. Heat deep fryer to 180 degrees. Take half the flour and add approx. 50ml water until it becomes batter consistency. Flour crab in remaining flour and dunk it in batter. Place gently into deep fryer (or very carefully in a wok) cook for approx. 3 minutes, doing two crab halves at a time, season with salt and pepper. Serve with fresh lime. Serves 4.

TIP: Add chopped shallots, chilli, coriander and grated ginger to serve.

Lobster and Seafood Salad



Harvested: Western Australian Coastline

INGREDIENTS: 2 Western Rocklobster (raw, shelled) / 500g WA Mussels / 200g WA Fish Fillet (pieces) / 8 WA Scallops / 200g Cleaned North West Squid cut into rings / 12 King or Tiger Prawns (raw, peeled).

POACHING LIQUOR: 3 litres of water / 50ml white wine vinegar / 50g Salt / rind from 1 lemon / 1 carrot / 1 leek / 3 stalks of celery / juice from 1 lemon / 4-5 peppercorns / salt and pepper.

Put all ingredients in a pot, bring to boil and simmer. Once seafood is cleaned and prepared poach seafood in poaching liquor separately, as you pull it out drizzle with olive oil and cool.

COOKING TIMES: Lobster 4/5 mins; Fish & Prawns 2/3 mins; Scallops & Squid 2 mins. Adjust cooking times depending on size of piece.

MUSSELS: Heat pot and add 2 tablespoons olive oil. Add Mussels and cook for 4-5 minutes with lid on. Remove any Mussels that do not open.

SERVE: Once cooled, in a bowl mix Fish, Scallops, Squid, and Mussels with lemon rind and extra virgin olive oil and season with salt and pepper and serve with lobster on baby cos lettuce. Top with Lemon and Parsley dressing. Serves 4.

HOW FISHERIES ARE MANAGED

Seafood is a renewable resource. Each year the industry invests millions of dollars for independent scientific research to underpin correct management regimes that ensure sustainable professional fishing harvests in each fishery. The professional fishermen work in partnership with the Department of Fisheries to implement the regulations which include limits on the number of professional licenses, gear restrictions, seasonal closures, limits on fishing time, size restrictions, bans on taking breeding females, nursery closures or quotas which set the optimum sustainable quantity that can be harvested by professional fishermen.

Prawn & Prosciutto on Skewers



Harvested: Exmouth, Shark Bay, Onslow, Nickol Bay and Kimberley

INGREDIENTS: 24 King or Tiger Prawns (raw) / 24 slices prosciutto or 12 slices flat pancetta (cut in half) / 100ml olive oil / 24 skewers / salt & pepper.

METHOD: Peel the prawns leaving the head and tail on. Wrap the prawn with prosciutto going around the prawn but not overlapping the prosciutto. Skewer prawn from tail through the body up to the head, keeping the skewer in the centre of the body. Cook on the BBQ, under the grill or in a hot fry pan. If cooking in a frying pan, heat pan till hot and add some of the oil, cooking a few at a time. In all methods cook for 2 minutes each side. Can be served with Lemon and Parsley Dressing. Serves 4.

TIPS: When defrosting uncooked prawns do it quickly in cold water and refrigerate as soon as they are defrosted.

WA WILD HARVEST PRAWNS

King, Tiger, Banana and Endeavour Prawns are the most important species harvested from the pristine ocean around Exmouth, the World Heritage Area of Shark Bay, Onslow, Nickol Bay and Kimberley. The Prawnning Industry is managed to target quality and larger size prawns that customers prefer.

The prawn harvest is below the sustainable yield allowing smaller prawns to grow and breed before harvest. All WA prawn trawlers are fitted with Turtle Exclusion Devices (TEDs) and Fish Escape Panels (FEPs).



CELEBRATE WESTERN AUSTRALIAN SEAFOOD



Summer Seafood Recipes

LOVE YOUR PROFESSIONAL CRAB FISHERMAN!

A feed of Blue Swimmer Crab is one of summer's true delights! There is increasing pressure to reduce the numbers of crabs available to Western Australians who like to buy their crabs. The number of professional crab fishermen is strictly limited and over the years this number has been halved and the Geographe Bay fishery has been closed to professional fishermen. On the other hand the number of people going recreational crab fishing has increased dramatically and there is no limit on the number of recreational fishermen. If you BUY your crabs it is important to remember that it is the professional crab fisherman who is catching them for you and your family!



Western Australia has a huge diversity of the very best seafood in the world – Western Rocklobster, Prawns, Abalone, Scallops, Crab, a huge array of Finfish and a burgeoning aquaculture industry producing Mussels, Yabbies, Marron and more.



Seafood is our national dish, and it's the professional fishermen who set out to sea each day to bring in the seafood to put on our plates, because most Western Australians – in fact eight of ten of us – buy our seafood!

The Professional Fishing Industry is an integral part of our State, contributing millions of dollars to our economy, providing the backbone to many of our coastal communities and very importantly, supplying us with fresh local seafood to eat at home or in restaurants and fish and chip shops.

Seafood is sensational to eat, it's great for your health and there's no real secret to cooking it. The most important rule is don't over cook it!

I have created these recipes with fellow chef, Peter Manifis, whose father, Mick, is a professional fisherman in Onslow – so he does know his fish! We have had a lot of fun working on the recipes. And we want you to have fun when you are cooking seafood, so don't panic if you can't get the seafood we suggest, swap and change your Western Australian species - choose what's fresh on the day and when in doubt, ask your fishmonger! We have created an easy Lemon and Parsley Dressing that you can use with any seafood to add a little zing!

And so from the professional fishermen, the fishmonger and the two chefs...

Enjoy!
Don Hancey



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Western Rocklobster, Lemon & Parsley Dressing



Harvested: Shark Bay to Cape Leeuwin

BBQ LOBSTER INGREDIENTS: 4 Western Rocklobster (raw) tails split in half / 200ml of olive oil / 2 lemons / salt and pepper.

METHOD: Season lobster with salt, pepper and olive oil and cook on a hot BBQ for 4 minutes each side depending on size of lobster.

When cooked squeeze on lemon juice and drizzle with olive oil or serve with Lemon and Parsley Dressing.

LEMON AND PARSLEY DRESSING: 1 teaspoon chopped parsley / 100ml Extra Virgin Olive Oil / Juice from half a lemon / 1 clove of garlic finely chopped / sea salt & cracked pepper / Add chopped chilli if desired.

METHOD: Mix all ingredients together in a bowl and stir with whisk. Serves 4.

Seafood Paella



Harvested: Western Australian Coastline

INGREDIENTS: 2 Western Rocklobster (raw) tails cut with their shell on, into medallions / 8 Tiger, King or Banana Prawns (raw), head and shell on / 600g WA Mussels / 2 onions peeled and finely chopped / 500g Arborio rice / 3 Lt chicken stock / 2g saffron / 4 tomato seeded and chopped / 200g chorizo sausage sliced thinly / 200g peas (can be frozen) / 2 roasted red capsicum / 100ml olive oil / 2 tablespoons chopped parsley.

METHOD: In a heavy based pan sweat off the onion with olive oil and chorizo sausage. Then add Arborio rice and GENTLY cook till golden brown. Continue by adding the tomato, cook for 1 minute then add 1 Lt of hot chicken stock and saffron. Finish by adding the fresh seafood, bigger pieces first, season with salt and pepper. Add capsicum and peas, top up with stock until the stock is a finger's width above the rice. Place into pre-heated oven at 175 degrees for 15/20 minutes.

To serve take out of oven and drizzle with olive oil and fresh chopped parsley. Serves 4.

Pan-fried Goldband Snapper



Harvested: Geraldton, Shark Bay, Carnarvon, Exmouth, Onslow, Point Samson, Broome

INGREDIENTS: 4 x 200g Goldband Snapper / 400g fresh asparagus / salt and pepper / 100ml olive oil.

METHOD: Boil water in small saucepan. Add a little salt. Trim ends of asparagus.

Heat up frying pan with half of the oil, season fish with salt and pepper. Cook for approx. 3minutes each side in hot pan, depending on the thickness of the fillets. If skin on, cook the skin side last. Remove fish and let rest, drop asparagus in to boiling water and cook for 1 minute. Place asparagus on plates and arrange fish, drizzle with olive oil or Lemon and Parsley Dressing. Serves 4.

WORLD FIRST FOR SUSTAINABLE FISHING

Western Australia's lobster fishery was the first in the world to be certified as a well-managed and sustainable fishery by the Marine Stewardship Council (MSC). The MSC is an independent, global, non-profit organisation set up by World Wide Fund for Nature (WWF) and Unilever. Professional fishermen are at the forefront of new technology which improves their efficiency, so this year they agreed to reduce their fishing effort by between 5% and 15%, depending on the location, to ensure the fishery remains sustainable.



LEARN MORE!

There are more recipes on the WA Fishing Industry Council website and other interesting information including the new Australian Fish Names List which has been created to ensure all Australian seafood is marketed under the same name.

Learn more about professional fishing from:

WA Fishing Industry Council
WA Department of Fisheries

Fisheries Research Development Corp.
Australian Fisheries Management Authority
Seafood Services Australia
Marine Stewardship Council

www.wafic.com.au
www.fish.wa.gov.au

www.frdc.com.au
www.afma.gov.au
www.seafoodservices.com.au
www.msc.org



DISCOVER WA's TROPICAL FISH

The professional fishermen in the Mid-West, Gascoyne, Pilbara and Kimberley harvest a wide range of tropical finfish. These include the popular species like Red Emperor, Barramundi, Coral Trout, Coral Cod and Baldchin Groper. They also send to market a wide range of lesser known species, which includes Goldband Snapper, Ruby Snapper, Saddletail Snapper, Bluespotted, Spangled and Redthroat Emperor, Frypan Bream and more. They provide outstanding value and are ideal to pan fry, grill, BBQ or steam.

