TEXTURE

SOFT

FIND YOUR
FISH
Aguide to

A guide to seafood flavours and texture

There are plenty of fish in the sea, so why do we tend to choose prawns, tuna, salmon, haddock and cod?

With so many options, it's easy to get overwhelmed and stick to your favourites - but trying something new can help you find a new favourite while reducing pressure on stocks of the "big five."

Our fish scale shows each fish's texture and intensity of flavour at a glance. Whether you prefer something soft and subtle or firm and flavour-packed, there's a seafood option for everyone!

TACKLING BARRIERS

aroma and flavour.

- THINK SEAFOOD SMELLS? Try a mild option like cod for a subtler
- PREFER CRISPY FOOD? Oven-baked fish is delicious!
- EXPLORE OPTIONS: Fishcakes, seafood pasta, or sushi.

SEAFOOD SCOTLAND MILD

Ling Lemon Sole Witch Sole Flounder Basa

MEDIUM

Plaice Scallops Dab **Dover Sole**

Megrim

BOLD

Catfish Razor (Wolffish) Clams Mussels Clams Cockles **Oysters**

> Sardines Pilchards

Whitebait

Crab

Sprats

Carp

Pike

Red Mullet

Tilapia

Red Snapper

Grey Mullet

Farmed Sea Bass

White Crab

Meat **Mackerel**

Herring

John Dory

Perch

Brill

Turbot Brown **Trout**

Sea Trout

Salmon

Sea Bream

Sea Bass

Monkfish

Tuna

Warm Water Prawns

King Prawns

Langoustine

Winkles

Lobster

Gurnard

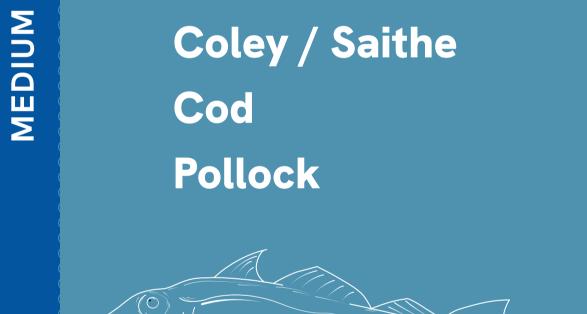
Rainbow Trout

Steelhead Trout

Whelks

Cold Water Prawns

Crawfish



Haddock

Halibut Squid

Cuttlefish

FIRM

