

FIND YOUR FISH

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

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

**SEAFOOD
SCOTLAND**

TEXTURE		Seafood in bold can be farmed in or caught from Scottish waters			
FLAVOUR		MILD	MEDIUM	BOLD	
	SOFT	<div>Ling</div> <div>Lemon Sole</div> <div>Witch Sole</div> <div>Flounder</div> <div>Basa</div>	<div>Plaice</div> <div>Scallops</div> <div>Dab</div> <div>Dover Sole</div> <div>Megrim</div> <div></div>	<div>Catfish (Wolffish)</div> <div>Mussels</div> <div>Oysters</div> <div>Crab</div> <div>Sprats</div> <div>Whitebait</div>	<div>Razor Clams</div> <div>Clams</div> <div>Cockles</div> <div>Sardines</div> <div>Pilchards</div>
	MEDIUM	<div>Haddock</div> <div>Coley / Saithe</div> <div>Cod</div> <div>Pollock</div> <div></div>	<div>Carp</div> <div>Pike</div> <div>Red Mullet</div> <div>Tilapia</div> <div>Red Snapper</div> <div>Grey Mullet</div> <div>Farmed Sea Bass</div>	<div>White Crab Meat</div> <div>Mackerel</div> <div>Herring</div> <div>John Dory</div> <div>Perch</div> <div>Brill</div>	<div>Turbot</div> <div>Brown Trout</div> <div>Sea Trout</div>
	FIRM	<div>Halibut</div> <div>Squid</div> <div>Cuttlefish</div> <div></div>	<div>Salmon</div> <div>Sea Bream</div> <div>Sea Bass</div> <div>Monkfish</div> <div>Tuna</div> <div>Warm Water Prawns</div> <div>King Prawns</div>	<div>Langoustine</div> <div>Winkles</div> <div>Lobster</div> <div>Gurnard</div> <div>Rainbow Trout</div> <div>Steelhead Trout</div> <div>Whelks</div> <div>Cold Water Prawns</div> <div>Crawfish</div>	