

## Fish Watch

November is the last month to catch brown crabs at their meaty best. Much of the UK's catch, mainly from Devon, Cornwall, north east England and north Scotland, is exported live overland to France and Spain, but Seafish says the public are starting to appreciate it more, with growing sales in the retail sector.

Wild Pacific Halibut, a slow-maturing species extremely vulnerable to overfishing, is a good bet till the end of the month, according to M&J Seafood. From December, as a means of conservation, it's best to order farmed Atlantic halibut. Another steer from M+J is Pangasius, a



species native to Vietnam also known as yellowtail catfish. Pangasius farming began 10 years ago and the fish should be seen as a low cost alternative to cod and haddock. Pangasius fillets give small, soft flakes that are medium in flavour and low in oil content. It's complemented by strong sauces.

Strøm Cod, farmed in Norway, is now available fresh from [Direct Seafoods](#). Sustainably farmed and available in limited numbers, it's described as firm yet tender with a mild, sweet flavour and a touch of saltiness. From £6.90/kg, contact [directseafoods.co.uk](#)

