

TODAY'S
FRESH WEEKLY
SEAFOOD SPECIALS

FROM
18/04/2024
TO
25/04/2024



FOODLINK

Distributor of Fine Foods

A top-down view of a person's hands slicing a piece of salmon on a wooden cutting board. The salmon is being cut into thin, uniform slices, which are already piled up on the left side of the board. The person is using a sharp knife to cut a slice from a larger piece of salmon on the right. The text 'RED HOT SPECIALS' is overlaid in the center of the image in a white, stylized, outlined font. The background is dark, making the light-colored salmon and wood stand out.

RED HOT
SPECIALS

103177	BARRAMUNDI WHOLE PLATE 600-800GM R/W QLD	KG	\$14.90
103613	TREVALLY FILLETS NZ SASHIMI 1.1KG + R/W	KG	\$19.90
104999	COD FILLETS QUEENSLAND S/OFF 600GM + R/W	KG	\$29.90
103855	CORAL TROUT FILLETS S/ON 600/800 SASHIMI CAIRNS	KG	\$78.90
101079	FLATHEAD FILLET S/OFF B/LESS LAKES ENTERANCE R/W	KG	\$42.50
101271	GURNARD FILLETS S/LESS R/W NZ	KG	\$32.90
101410	JEW FISH WILD FILLET S/ON 1.5-2KG NT R/W	KG	\$34.50
101524	LING FILLETS S/LESS B/LESS NZ 1.5KG + R/W	KG	\$31.90
101560	MAHI MAHI FILLETS S/ON COFFS 1.8KG + R/W	KG	O/S
101673	MONK FISH FILLETS S/OFF NZ 185GM + R/W	KG	\$25.90
101810	ORANGE ROUGHY FILLET S/OFF NZ 250GM + R/W	KG	O/S
102211	PRAWNS WHOLE GREEN YAMBA U8 R/W	KG	\$36.90
102610	SNAPPER FILLETS RED S/ON SOUTH AUST 400GM + R/W	KG	O/S
102613	SNAPPER GOLDBAN FILLETS S/ON 500GM + R/W W.A	KG	\$42.90
102614	SWEETLIP SNAPPER FILLETS 300GM + R/W QLD	KG	\$24.90
100268	BLUE MACKEREL FILLET S/ON COFFS 2KG + R/W	KG	\$24.90
102785	SWORD FISH LOINS ULLADULLA NSW R/W	KG	\$37.90
102984	TUNA LOINS SASHIMI ULLADULLA NSW FRESH A GRADE R/W	KG	\$49.90



**TUNA LOINS SASHIMI
ULLADULLA NSW FRESH A
GRADE R/W**

Fresh

\$49.90/KG

Item Code: 102984



**PRAWNS WHOLE GREEN YAMBA
U8 R/W**

Fresh

\$36.90/KG

Item Code: 102211



**LING FILLETS S/LESS B/LESS NZ
1.5KG + R/W**
Fresh

\$31.90/KG

Item Code: 101524



**SWORD FISH LOINS ULLADULLA
NSW R/W**

Fresh

\$37.90/KG

Item Code: 102785

SALMON ROE 100GM TASI

Frozen

\$29.90/EACH

Item Code: 103555



SNAPPER FLAME TAIL FILLETS 800GM + R/W NT

Fresh

\$42.90/KG

Item Code: 104237



SNAPPER GOLDBAN FILLETS S/ON 500GM + R/W W.A

Fresh

\$42.90/KG

Item Code: 102613



MURRAY COD FILLET S/ON LARGE 250GM + R/W

Fresh

\$59.90/EACH

Item Code: 101710



SPECIES INFORMATION

SPECIES

Clams, Cockles, Pipsis

DESCRIPTION

A marine and estuarine bivalve mollusc with a rough cream, greyish white, pale yellow or light brown shell with sculptured concentric ridges, often with darker patterning and pink, orange or blue tinges near the hinge. They are found around the south-eastern Australian coast (including Tasmania) and harvested by hand in NSW from sand and silt along coastlines with moderate current flow, sometimes off ocean beaches and often near beds of Posidonia seagrass.



CLAMS CLOUDY BAY DIAMOND 1KG NZ

Fresh

\$21.50

Item Code: 100731

OTHER NAMES

Clam, Dosinia.

FAMILY

Veneridae (Venus shells).

SEASON

Surf Clams don't have a particular season, though supply is often erratic.

SPECIES INFORMATION

SPECIES

Tunas

DESCRIPTION

Available wild-caught, it is a free-swimming marine fish found in open ocean around the Australian coast except from Darwin to the tip of Cape York Peninsula (usually in waters above 13°C).

Caught mainly by longline as bycatch of larger Tunas, although it has also been targeted for sale to canneries in recent years.



OTHER NAMES

Albacore Tuna.

FAMILY

Scombridae (Mackerels).

SEASON

Available year round.

TUNA FILLET LOINS
RUBY RED S/OFF
R/W

Fresh

\$39.50/KG

Item Code: 102983



ALASKAN KING CRAB LEGS R/W

Fresh

\$89.90/KG

Item Code: 100011



CRAB MEAT SPECIAL BLUE SWIMMER 227GM

Fresh

\$18.90/EACH

Item Code: 100861



CAVIAR LUMPFISH BLACK 50GM

Fresh

\$7.50/EACH

Item Code: 101548



PRAWNS TIGER COOKED 16/20 MED-LARGE QLD R/W

Fresh

\$29.90/KG

Item Code: 105385

SEAFOOD RECIPE

Mussels with tomato and chilli and rubbed toasts

SERVES: 4

INGREDIENTS

2kg mussels
4 x 1.5cm thick slices sourdough or other substantial bread
Extra virgin olive oil
1 garlic clove
1 onion, sliced
1/2 tsp chilli flakes
200ml dry white wine
1/4 cup (60ml) tomato passata or 3 tomatoes, grated
1/4 cup coarsely chopped flat-leaf parsley
2 tbs Rouille (see recipe below)

ROUILLE

2 roasted red peppers (capsicums), skins and seeds removed
2 long red chillies, seeds removed
2 large potatoes, peeled and cut into bite-sized pieces
4 garlic cloves, peeled
Pinch of saffron threads
Fish broth or water
150ml extra virgin olive oil
Sea salt



METHOD

1. Gently tip the mussels into a sink or large bowl of cold water. Discard any mussels with broken shells. Have a bowl nearby for the cleaned mussels. Scrub mussels lightly, and pull out each beard that protrudes from the shell with a sharp downward tug.
2. Give the mussels a final rinse to remove any sand or scraps of shell. Transfer to the bowl until you are ready to cook. They only take 5 minutes from pan to plate so everything else needs to be ready.
3. Preheat the oven to 120°C (100°C fan-forced) with serving bowls and an extra-large bowl for the mussels in it.
4. Heat a chargrill pan. Brush bread lightly with olive oil on both sides and toast on the hot pan. Give one side a swipe with a cut clove of garlic. Transfer to a plate to keep warm in the oven.
5. Gently transfer the mussels to a wide pan or wok with the onion and chilli. Pour in the wine, cover with the lid and place over high heat. In about 4 minutes there will be a gush of steam that indicates that the mussels have opened.
6. To make the rouille, put the roasted pepper, chillies, potato, garlic and saffron into a small saucepan and ladle in enough fish broth to cover barely. Simmer gently until the potato is quite tender. Scoop all the solids into a food processor or blender and combine to make a thick paste, adding a little of the cooking liquid.
7. Gradually add the olive oil with the motor running and blend until the rouille is the consistency of mayonnaise. Taste for salt.
8. Quickly scoop the opened mussels into the warm large bowl. Strain cooking juices through a fine sieve into a jug, keeping back the final few spoonfuls that may have a few grains of sand. Rinse the pan or wok, return it to the heat and toss in the strained juices and the tomato, parsley and rouille. Return to a boil, then pour over the opened mussels.
9. Take the bowl of mussels to the table, and enjoy the reception you get. It is more fun to allow everyone to serve themselves. A ladle is a good idea to scoop up some of the juice. Offer toast alongside, spread with extra rouille. And provide napkins – fingers are a must here.

OYSTERS SYDNEY ROCK OPEN X/LARGE NAMBUCCA

Fresh

\$24.90/DOZ

Item Code: 101909



SALMON ROE 100GM TASI

Fresh

\$29.90/EACH

Item Code: 103555



SCALLOP 1/2 SHELL 20/30 LARGE SASHIMI GRADE 10DOZ

Abrolhos Island

\$349.00/CTN

Item Code: 108758



OYSTERS SYD ROCK OPEN BISTRO MED SIZE

Fresh

\$12.50/DOZ

Item Code: 101906



MORE
SHELL-FISH
OPTIONS

100011	ALASKAN KING CRAB LEGS R/W	KG	\$98.50
103269	BUGS COOKED BALMAIN FRESH QLD LARGE R/W	KG	\$39.90
105224	BUGS COOKED LARGE 175-200GM R/W	KG	\$38.90
100425	CALAMARI SOUTHERN FRESH LINE CAUGHT S.A R/W	KG	\$29.90
100731	CLAMS CLOUDY BAY DIAMOND 1KG NZ	KG	\$19.50
100866	CRABS RAW WHOLE BLUE SWIM R/W	KG	\$29.50
100859	CRAB MEAT SPANNER COOKED 500GM	EACH	\$59.90
100860	CRAB MEAT SPANNER RAW 500GM	EACH	\$58.50
100865	CRABS COOKED WHOLE BLUE SWIM R/W QLD	KG	\$29.90
100939	CUTTLE FISH CLEANED FRESH SPENCER GULF S.A R/W	KG	\$19.50
101537	LOBSTER TAILS RAW 4OZ W.A	KG	\$84.90
107845	LOBSTER WHOLE COOKED LOCAL 700GM -1KG R/W NSW	KG	\$79.90
101535	LOBSTER WHOLE COOKED 600-800GM WA R/W	KG	\$55.90
101826	OCTOPUS MARINATED 900GM TUB	EACH	\$39.90
101907	OYSTERS SYD ROCK UNOPENED PAMBULA LIVE	DOZ	\$19.90
102113	PIPIES LIVE GOOLWA SA NO SAND R/W	KG	\$24.90
102230	PRAWNS OCEAN KINGS COOKED U10 YAMBA R/W	KG	\$36.90
102240	PRAWNS TIGER COOKED U10 FRESH RED R/W QLD	KG	\$38.90
102208	PRAWNS WHOLE GREEN SOUTH AUST 10/15 R/W	KG	\$32.50
106255	SCALLOP 1/2 SHELL JAPANESE LARGE SASHIMI GRADE	DOZ	\$29.90
103084	VONGOLE LIVE R/W	KG	\$29.50



LOBSTER WHOLE COOKED LOCAL 700GM -1KG R/W NSW

Fresh

\$79.90/KG

Item Code: 107845



LIVE MARRON 180GM AVG R/W

Item to be pre-ordered, please call your Rep

\$91.00/KG

Item Code: 101530

SASHIMI GRADE FISH FILLETS & WHOLE

100268	BLUE MACKEREL FILLETS COFFS SASHIMI 80GM + R/W	KG	\$24.90
100273	BONITO FILLETS 200-400GM R/W COFFS	KG	\$28.90
103344	BONITO WHOLE 900-1KG R/W COFFS	KG	\$17.90
103855	CORAL TROUT FILLETS S/ON 600/800 SASHIMI CAIRNS	KG	\$78.90
100819	CORAL TROUT WHOLE SASHIMI 2-3KG CAIRNS	KG	\$46.90
108111	GROUPEL FILLETS GIANT S/ON QLD 800GM + R/W	KG	O/S
101446	KING FISH FILLET S/ON SASHIMI GRADE 1KG + R/W SA	KG	\$58.90
101448	KING FISH WHOLE FARMED 3-4KG SASHIMI GRADE R/W S.A	KG	\$34.90
101088	FLOUNDER Y/BELLY WHOLE 400/500GM PLATE R/W NZ	KG	\$28.50
102412	SALMON FILLET S/ON TASI SASHIMI 1.5-2KG R/W	KG	\$38.90
102413	SALMON FILLETS ORA KING S/ON NZ 2KG + R/W	KG	\$47.50
102426	SALMON WHOLE SASHIMI GRADE 4.5KG + R/W TASI	KG	\$28.90
103178	SNAPPER FILLETS S/ON XL NZ 1KG+LONG-LINE	KG	\$44.50
106162	SNAPPER WHOLE SASHIMI 1.5-2KG IKI LONGLINE NZ R/W	KG	\$19.50
102984	TUNA LOINS SASHIMI ULLADULLA NSW FRESH A GRADE R/W	KG	\$49.90
103129	WHITING WHOLE NSW LARGE 300GM AVG R/W	KG	\$24.90

BARRAMUNDI FILLETS IMP 200/300 S/OFF 5KG



Trading

\$92.00/EACH

Item Code: 103272



SALMON FILLET S/ON TASI SASHIMI 1.5-2KG R/W

Fresh

\$38.90/KG

Item Code: 102412



BARRAMUNDI FILLET S/ON QLD LARGE 800GM + R/W

Fresh

\$29.50/KG

Item Code: 100137



KING FISH FILLET S/ON SASHIMI GRADE 1KG + R/W SA

Fresh

\$58.90/KG

Item Code: 101446

SUPPLIERS INFORMATION LETTER

Huon Update:

As leaders in aquaculture, Huon's commitment to excellence drives the continuous evaluation of our product portfolio and we wish to advise that moving forward, we are focusing efforts on our salmon operations. Huon proudly produces superior salmon that's consistently oceans ahead in quality, taste, and freshness.

Please note that from 17th April 2024, Huon will no longer provide Ocean Trout.

We appreciate this may impact you, and our team is fully committed to working with you to ensure a seamless and personalised transition for your business.

We value and thank you for your partnership and look forward to continuing to work with you.

Kind Regards,
Huon

Albany Rock Oysters Update:

Albany Rock Oysters has now **finished it's harvesting season.**

Our apologies for the inconvenience and once again thank you for your support during this season.

Kind Regards,
Jeni

ANZAC DAY CLOSURES



*Anzac Day Delivery
Schedule 2024*

**** Please ensure all orders are placed as early as possible ****

Area	Wednesday 24th	Thursday 25th	Friday 26th
Sydney Metro	✓	✗	✓
Blue Mountains	✓	✗	✓
Southern Highlands	✓	✗	✓
South Coast	✓	✗	✓
ACT	✓	✗	✓
Central Coast	✓	✗	✓
Hunter Valley	✓	✗	✓
Newcastle	✓	✗	✓

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