

TODAY'S
FRESH WEEKLY
SEAFOOD SPECIALS

FROM
16/05/2024
TO
22/05/2024

FOODLINK

Distributor of Fine Foods

A top-down photograph of a person's hands slicing a piece of salmon on a wooden cutting board. The person is using a sharp knife to cut a slice from a larger piece of salmon. To the left of the person's hands, there is a neat row of approximately ten thin, uniform slices of salmon. The background is a dark, textured surface, possibly a countertop. The text "RED HOT SPECIALS" is overlaid in the center of the image in a white, stylized, outlined font.

RED HOT
SPECIALS

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

103177	BARRAMUNDI WHOLE PLATE 600-800GM R/W QLD	KG	\$10.90
103613	TREVALLY FILLETS NZ SASHIMI 1.1KG + R/W	KG	O/S
103175	KING FISH WILD WHOLE PORT STEPHENS 3-5KG R/W	KG	\$19.90
103855	CORAL TROUT FILLETS S/ON 600/800 SASHIMI CAIRNS	KG	O/S
101079	FLATHEAD FILLET S/OFF B/LESS LAKES ENTERANCE R/W	KG	\$39.50
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	\$28.90
101524	LING FILLETS S/LESS B/LESS NZ 1.5KG + R/W	KG	\$29.90
100739	COBIA FARMED FILLET 1.5KG + R/W	KG	\$49.90
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	\$39.90
102610	SNAPPER FILLETS RED S/ON SOUTH AUST 400GM + R/W	KG	\$29.90
101088	FLOUNDER Y/BELLY WHOLE 400/500GM PLATE R/W NZ	KG	\$29.90
102614	SWEETLIP SNAPPER FILLETS 300GM + R/W QLD	KG	O/S
100268	BLUE MACKEREL FILLET S/ON COFFS 2KG + R/W	KG	\$24.90
102785	SWORD FISH LOINS ULLADULLA NSW R/W	KG	\$39.90
102984	TUNA LOINS SASHIMI ULLADULLA NSW FRESH A GRADE R/W	KG	\$54.90



COBIA FARMED WHOLE 5KG + R/W

Fresh

\$22.90

Item Code: 100740



BONITO FILLETS 200-400GM R/W COFFS

Fresh

\$29.90/KG

Item Code: 100273



PARROT FISH FILLETS 150GM + R/W QLD

Fresh

\$29.90/KG

Item Code: 106460



SWORD FISH LOINS ULLADULLA NSW R/W

Fresh

\$39.90/KG

Item Code: 102785

KING FISH WILD WHOLE PORT STEPHENS 3-5KG R/W

Fresh

\$19.90/KG

Item Code: 103175



SNAPPER FLAME TAIL FILLETS 800GM + R/W NT

Fresh

O/S

Item Code: 104237



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

Fresh

O/S

Item Code: 102613



JOHN DORY FILLET S/ON LARGE NZ 250GM + R/W

Fresh

\$54.90/KG

Item Code: 101417



SPECIES INFORMATION

SPECIES

Billfish

DESCRIPTION

This large fish with a long, flat, sword-like upper jaw is available wild-caught. It is a nomadic marine fish found in the open ocean right around the Australian coast, hunting near the surface mainly at night but also capable of diving to depths of at least 600m. It is caught mainly by Tuna longliners off the east and west coasts.

Though similar in appearance to Marlin it is easily distinguished by its longer, flattened 'sword' and lack of scales.



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

Fresh

\$39.90

Item Code: 102785

OTHER NAMES

Broadbill Swordfish.

FAMILY

Xiphiidae (Swordfishes).

SEASON

Available year round, with peaks in June-August.

SPECIES INFORMATION

SPECIES

Prawns

DESCRIPTION

Available wild-caught (previously farmed in NSW), these are marine and estuarine Prawns, with adults found on coarse sandy bottoms near river mouths to depths of about 55m, and juveniles on estuarine seagrass beds or sandy bottoms in shallow waters.

Although they occur from Sale, Victoria, north around the Australian coast to Margaret River, WA, they are mostly trawled or netted in estuaries south of Noosa, with a small recreational fishery for Western School Prawns in WA.



OTHER NAMES

NSW School Prawn, Stockton Bight Prawn, York Prawn, White River Prawn, Bay Prawn, Schoolie (School); River Prawn (Western School).

FAMILY

Penaeidae (Penaeid Prawns).

SEASON

Available year-round peaking from October to April.

**PRAWNS SCHOOL
RAW R/W**

Fresh

\$28.50/KG

Item Code: 103716



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



FLYING FISH ROE RED 500GM

Frozen

\$42.00/EACH

Item Code: 101122



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

Fresh

\$29.90/KG

Item Code: 105385

SEAFOOD RECIPE

Spicy Seafood Laksa

SERVES: 4



INGREDIENTS

200g dry vermicelli

600g skinless ling fish, pin-boned, cut into 3cm pieces

1 bunch baby bok choy, trimmed, quartered

12 large green king prawns, peeled (tails intact), deveined

1/4 bunch Vietnamese mint, leaves picked

2 Lebanese cucumber, peeled (we used a julienne peeler)

1 cup (100g) bean sprouts

Crispy eschalots, to serve

LAKSA PASTE

4 long red chillies, seeds removed, roughly chopped, plus extra to serve

4 dried chillies, seeds removed, roughly chopped

3 Asian (red) eschalots, thinly sliced

5cm piece (25g) ginger, peeled, roughly chopped

3cm piece galangal, peeled, roughly chopped

2.5cm piece turmeric, peeled, roughly chopped

2 lemongrass stalks, trimmed, white part only, roughly chopped

1 tbs toasted ground coriander seeds

1/4 cup (35g) macadamias

1 tbs shrimp paste

LAKSA STOCK

- 1/4 cup (60ml) vegetable oil
- 4 cups (1L) good-quality chicken stock
- 2 tbs fish sauce, or to taste
- 2 1/2 tsp caster sugar
- 4 kaffir lime leaves, bruised
- 400g can coconut milk

METHOD

1. For the laksa paste, place all the ingredients in a food processor and whiz until finely chopped and a paste forms. Season to taste and set aside.
2. For the laksa stock, heat the oil in a large heavy-based saucepan over medium-high heat. Add the laksa paste and cook, stirring frequently, for 6-8 minutes until paste starts catching and the oil splits. Add chicken stock and bring to boil.
3. Add remaining ingredients, return to the boil, reduce heat to low and simmer for 30-35 minutes until stock is fragrant. Season to taste. Adjust seasoning to your liking, you may need a little more salt or fish sauce.
4. When ready to serve, cook vermicelli according to packet instructions. Meanwhile, add the fish to the laksa and cook for 2-3 minutes. Add bok choy and prawns and cook for 1-2 minutes, then remove from the heat as they will continue cooking in the hot broth.
5. Divide vermicelli among bowls, ladle in laksa, fish and prawns, and top with mint leaves, cucumber, sprouts and extra chilli. Scatter over crispy eschalots to serve.

OYSTERS SYDNEY ROCK OPEN X/LARGE NAMBUCCA

Fresh

\$24.90/DOZ

Item Code: 101909



CRABS COOKED WHOLE BLUE SWIM R/W QLD

Fresh

\$29.90/EACH

Item Code: 100865



BUGS COOKED BALMAIN FRESH QLD LARGE R/W

Fresh

\$34.90/KG

Item Code: 103269



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	\$34.90
105224	BUGS COOKED LARGE 175-200GM R/W	KG	\$39.90
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	\$22.90
101537	LOBSTER TAILS RAW 4OZ W.A	KG	\$84.90
107845	LOBSTER WHOLE COOKED LOCAL 700GM -1KG R/W NSW	KG	\$74.90
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	\$34.50
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

\$74.90/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	\$29.90
103344	BONITO WHOLE 900-1KG R/W COFFS	KG	\$18.90
103855	CORAL TROUT FILLETS S/ON 600/800 SASHIMI CAIRNS	KG	O/S
100819	CORAL TROUT WHOLE SASHIMI 2-3KG CAIRNS	KG	O/S
108111	GROUPEL FILLETS GIANT S/ON QLD 800GM + R/W	KG	O/S
101449	KING FISH WILD FILLET S/ON 1KG + R/W COFFS	KG	\$39.90
101448	KING FISH WHOLE FARMED 3-4KG SASHIMI GRADE R/W S.A	KG	\$34.90
101088		KG	\$29.90
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	\$52.90
103129	WHITING WHOLE NSW LARGE 300GM AVG R/W	KG	\$24.90



SEA URCHIN ROE TASI SASHIMI GRADE

Fresh

\$38.90/EACH

Item Code: 102522



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

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