

# THE FISH PEDDLAR

Newsletter June 2008

Welcome to the June newsletter. Thankfully there has been a break in the weather, meaning there is a little more fish available, however with the increasing diesel prices for the UK fishermen, coupled with a strike on the continent by their European counterparts meant that our fish was in demand keeping the prices at a premium. I'm glad to say however that they have now gone back to work so the demand for the UK fish has eased a little. I do feel though that if the price of oil continues to increase some prices will never return to there seasonal average as costs of transport continues to increase placing pressure on the whole industry.

## Market Update

Let's get back to the fish. As I said previously there has been a break in the weather and with the warmer streams of water hitting our coast we see some different varieties become available. Two of my favourites, Red Mullet and John Dory, on the high side in terms of price but worth trying, are plentiful. Mackerel and Sardines are coming out of their spawning season and starting to firm up. Absolutely wonderful on the barbeque. Representing the flatties are the Lemon Sole and Whole Plaice. With the calmer waters more day boats can get out for longer periods creating a wealth of these rather underrated fish.

Some of you may be thinking of barbeques. Don't forget we stock regularly, fresh Swordfish and Tuna loins. For a real surprise I advise trying Halibut, this chunky white fish really does take to the char grill well. Simply marinated in olive oil and cooked for around 2/3 minutes per side it really is fast food at it's best, only healthier. Not forgetting the fantastic raw Tiger Prawns. Spice them up in some chilli oil and lemon juice and they really are delightful. During the warmer months I try and advise people to stay away from Mussels and Clams as they enter their spawning period. Also the toxin and algae levels at this time of year can cause upset. Stomach. Scallops however are really good at the moment and we are stocking Oysters from the West Country that really are worth trying with chilled champagne.

I have over the past few months as some of you know introduced the Wild Bay range of Crab products for South Devon. Whilst through the colder period they may not have taken your fancy they really are worth trying. There is White Crabmeat in 454g, 227g, and 100g packets, 150g Dressed Crabs, containing brown and White Crabmeat and a lovely buttery Crab Pate, spread on brown toast is extremely tasty. Our John Ross Junior brand of Smoked Salmon is of superb quality and excellent for sandwiches, hors d'ouvres or eaten on its own.

## Other News



The visit from Wimbledon Park Montessori School was a most enjoyable day, with 18 children in the morning and 18 in the afternoon proving a challenging task to keep occupied. The visit was the end of a two week project that they were doing on fish and the sea. I think I managed to keep both children and parents engaged for the time they were here.

I do the London to Brighton Cycle Ride on 15<sup>th</sup> June. Raising money for Jenna Stewart, who suffers from Agenesis of the Corpus Callosum. Please donate all you can for me for the 54 miles I aim to complete.

If anyone would like to go on a mailing list to receive news, offers and any other information that The Fish Peddlar can offer, please email visit our website [www.fishpeddlar.co.uk](http://www.fishpeddlar.co.uk) and send an email to [info@fishpeddlar.co.uk](mailto:info@fishpeddlar.co.uk) and you will be placed on it.

Should you have any other fish related queries please don't hesitate to call The Fish Peddlar on telephone No 020 8871 4411

Cooked and Dressed Salmon to order are available throughout summer.