

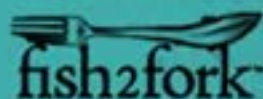


HUGH'S FISH FIGHT

A GUIDE TO BUYING, COOKING AND
EATING SUSTAINABLE FISH



SELFRIDGES & CO



**FISH TO
EAT AND
FISH TO
AVOID**

Fish To Eat / Fish To Avoid



Bib or Pouting

All areas



Black Bream, Porgy or Sea Bream

Rod and Line



Brill

Bream trawl



Clam

Farmed (Manila, American Hard-shell), Hand harvested Carpet shell and Manila clams



Cockle

Hand gathered



Cod, Atlantic

Irish Sea, Faroes Bank, Rockall, West Scotland, Greenland, Norwegian Coast, North Sea, Western Channel, Bristol Channel, Skagerrak SE Ireland, Kattegat, Eastern channel, Bristol Channel



Cod, Atlantic

North East Arctic, Eastern Baltic, Iceland



Cod, Pacific

Alaska, longline & trawl



Coley or Saithe

North Sea, West of Scotland, Rockall, North East Arctic, Skagerrak



Crab

Spider, pot-caught



Dab

Otter Trawled, Danish Seine, Line Caught, Fixed nets



Eel

European and Conger



Flounder

Otter Trawled, Danish Seine, Line Caught, Fixed nets



Gurnard

Red and Grey



Haddock

West Scotland and Faroes



Haddock

North East Arctic, North Sea, Skagerrak, Kattegat, Rockall



Halibut

Atlantic (Wild Caught)



Halibut

Farmed (onshore system), Pacific Halibut: Alaska, Wallington, Oregon, BC and Canadian Pacific



Herring

West Ireland and West Scotland, Western Baltic



Herring

Norwegian spring spawning, Celtic Sea, North Sea, South of Ireland, Iceland, Bothnian Sea



Ling

Trawled and Faroes



Lobster

Southern New England stocks



Mackerel

North East Atlantic



Marlin

All areas



Mussel

Farmed



Oyster

Farmed (native [flat] and Pacific)



Plaice

Celtic Sea, West English Channel, South West and Western Ireland, Baltic



Pollack (Alaska or Walleye)

Alaska, Bering Sea, Aleutian Islands



Pollack or Lythe

Line caught



Prawn

Tiger and King (wild caught and non-certified farmed)



Prawn

Tiger and King (organic-certified farmed or zero input system) Northern or cold water prawns from North East Arctic, Certified or Canada

Fish To Eat / Fish To Avoid

 **Ray**
Blonde, Sandy, Shagreen, Undulate

 **Red Mullet**
North East Atlantic

 **Salmon**
Atlantic (wild caught)

 **Salmon**
Pacific (5 species), Atlantic (organic farmed)

 **Sardine or Pilchard**
Cornwall

 **Scallop**
Diver caught King Scallop, Queen Scallop, Isle of Man otter-trawl caught

 **Seabass**
Pelagic Trawled

 **Seabass**
Line and gillnet caught

 **Shark**
All areas

 **Skate**
All areas

 **Sole (Dover/Common)**
Irish Sea, South West and West of Ireland, Western Channel

 **Sole (Lemon)**
Seine net caught, Icelandic

 **Sole. (Dover/Common)**
Bay of Biscay (Gill net or fix net), Eastern English Channel (Trammel net), Celtic sea (Except beam trawled), Skagerrak & Kattegat (Except Beam trawled)


 **Squid**
Jig Caught

 **Sturgeon and Caviar**
Wild caught

 **Swordfish**
Indian Ocean, Mediterranean, South Atlantic, North West Pacific

 **Tilapia**
Farmed (organic or closed recirculation systems)

 **Trout**
Brown or Sea, Baltic (Wild caught)


 **Trout**
Rainbow (organic farmed or fresh water ponds)

 **Tuna (Albacore)**
North Atlantic (Longline & Pelagic trawl), Mediterranean

 **Tuna (Albacore)**
South Pacific (pole and line or troll caught)

 **Tuna (Bigeye)**
Indian, Atlantic, FAD PS and Central West Pacific (longline and FAD associated purse seine)

 **Tuna (Bluefin)**
All areas

 **Tuna (Skipjack)**
Pole and line, Purse seine (non FAD associated) from Maldives and all other areas except Indian Ocean.

 **Turbot**
Beam-trawl caught

 **Turbot**
Farmed (onshore system)