

Inspired by seafood



Photo of the month



With one hand on the hip and the other firmly gripping the boiling pot, Vaughan is a picture of confidence.



Ferdinand tests the seasoning in his seafood creation.

Eight young chefs who were selected as finalists for the "Inspired by Seafood" award for the Sydney Fish Market Seafood Excellence Awards 2011, cut, stirred and sizzled their way through the Seafood Showdown held at the Sydney Seafood School on the 29th of June.

Apprentice chefs from across NSW and ACT were challenged to create a unique and inspiring recipe utilising the sumptuous New Zealand Regal King Salmon.

The judging panel for the event were top Sydney chef Sean Connolly, Markus Gerlich General Manager, Australia, New Zealand King Salmon, and Lyndey Milan, one of Australia's most recognised food, wine and lifestyle personalities.

The winners will be announced at Seafood Excellence Awards on the 30th of June.

Great white shark tagged on Gold Coast

A great white shark, called Rachel, caught off the Gold Coast has made history in a project aimed at protecting bathers.

Queensland's Fisheries Minister, Mr. Craig Wallace, said the shark, a 2.4m juvenile female, was satellite tagged as part of a research project which tracks the movement of some of the State's most dangerous species.

The shark was fitted with an acoustic and satellite tags, on its dorsal fins, and released after being caught on a drumline at Narrow Neck on the Gold Coast in June this year.

Three of Queensland's most dangerous shark species, bulls, tigers and whites, are being tagged to monitor their activity in and around the coastal region. Satellite tags will also allow scientists to monitor shark movements further afield in Australia and neighbouring international waters."

The movement of these tagged sharks is being tracked through acoustic listening stations along the Queensland coast, and some are also being tracked by satellite.

The research provides both seasonal and spatial movement data, gives a better understanding of the behaviour of dangerous shark species. This in turn will allow for an improvement of shark control programs to better protect beaches. Fisheries Minister Craig Wallace said the Bligh Government had invested \$125,000 over five years in the Queensland

Large Shark Tagging Program announced by Premier Bligh in November 2009.

There have been 45 sharks up to 4m in length tagged from Cairns to the Gold Coast since the program started, and researchers hope to tag and track up to 150 sharks by the end of the project.

Program head scientist Dr Jonathan Werry said the acoustic tags were fitted to the sharks' dorsal fins and worked by sending a series of 'pings' under water.

"The tags are detected and recorded by underwater acoustic listening stations, which are the same size as a 2L milk container and are attached to Shark Control Program equipment.

Using this technology, tagged sharks can be detected underwater, while satellite tracking tags will be used to enable movements of the large sharks outside the area of the listening stations to be tracked.

The last satellite transmission from Rachael indicated she was south of Evans Heads in New South Wales.

Sharks are a natural part of the marine environment and when people enter the water they need to remember they are entering their domain. Any shark over two metres could cause serious injury or death to humans.



With a dark cloud hanging over its future, The Melbourne Wholesale Fish Market's former Administrator, Tim Rieniets, (left), and Michael Canals of CQ Foods stood and pondered the future of seafood in Melbourne. At that time, the silver lining in the cloud was not visible at all.

Sydney Fish Market Redevelopment falls through

The much publicised \$40 million joint redevelopment of the Sydney Fish Market seems to have fallen through. The joint undertaking between the NSW Government and the Sydney Fish Market Pty Ltd was to generate 160 jobs and 12 extra retailers.

In a recent press release, Sydney Fish Market Pty Ltd stated that they will not be proceeding with the proposed redevelopment of the site, due to lack of support from its shopkeepers.

Work will now commence on various maintenance works around the site needing attention.

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"THE
T U D D Y
S E D"

Farewell
Jim
Racovolis

Mussels
and
sea lice



Marisa

Inspired
by
seafood

JUBILATION !



The day before its scheduled closure, jubilant workers and tenants from the former Melbourne Wholesale Fish Market greeted the news that the current market site will remain open for "business as usual" until February 2012.

Melbourne Seafood Centre not cast adrift

Philip Davis - "Knight in shining armour"

Story page 3

High community interest in Burdekin consultation

Response for the first stage of consultation for the Regional management in the Burdekin is very encouraging. Community members were invited to return response forms regarding 'amending, reducing or introducing commercial netting closures', and to have a say in the management of their area. Fisheries Queensland received more than 400 responses, showing high community interest and involvement in the region.

Fisheries Queensland collated the responses and forwarded the results (numbers and comments) to the Burdekin Sustainable Fisheries Alliance (formerly the Burdekin Regional Fisheries Management Committee) to enable further discussion on the issues raised by the community.

The Burdekin Sustainable Fisheries Alliance has considered all the information and submitted their recommendations to Fisheries Queensland. Fisheries Queensland is formulating this information into the appropriate format to enable the process to continue.

Many coastal communities have argued that

certain general fishing rules do not suit their region. To address this, Fisheries Queensland has been considering options for managing Queensland's fisheries through regional co-management. The first issue to be considered is amending, reducing or introducing commercial netting closures.

Through co-management, the responsibilities and obligations for sustainable fisheries management are negotiated, shared and delegated between the government, fishers and other interest groups and stakeholders.

Burdekin Sustainable Fisheries Alliance (formerly the Burdekin Regional Fisheries Management Committee) was formed to consider regional fisheries issues. The committee included recreational fishers, commercial fishers, fish shop owners and government (including local government).

The committee considered fishing issues in the region and developed solutions that ensured a fair and equitable outcome for recreational and commercial fishers and the environment.

Asian paddle crab

Charybdis japonica

The Asian paddle crab (*Charybdis japonica*) is an aggressive crab that could out-compete native crabs for space and food.

The crab, which is smaller than the blue swimmer crab, has six distinct sharp spines each side of its eyes, with pointed sharp spines between the eyes.

The Asian paddle crab will indiscriminately feed on many things, including mussels, fish and other crustaceans, and may also threaten marine farming as it preys on shellfish and other aquaculture species. It is also known to carry White Spot Syndrome Virus that can affect native and farmed prawns, crabs and lobsters.



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Key features

- Carapace width up to 12 cm
- Carapace is broadly triangular
- 6 spines on each side of the eyes
- Pointed sharp spines between the eyes
- Has swimming paddles
- Carapace is usually hairy
- Colour varies with location: mottled cream and purple (in Japan), from pale green through olive green to deep chestnut in New Zealand

The Loss of a Pillar of the Melbourne Wholesale Fish Market

By Costa Cosmas

It is with regret that I have to announce the passing of Jim Racovolis earlier this month in July 2011.

By the time this article is published it will be old news for the passing of such a character as Jimmy Racovolis, spread like a wild fire throughout the fishing industry in Australia and New Zealand.

My relationship with Jim was not on a personal level but on a commercial one. As a matter of fact our business interest crossed paths, but Jim Racovolis was a man of substance and his very character demanded respect and that was what I always had for him. Jim was a man of tremendous energy coupled with vision and great determination.

During quieter times when he spoke to you, you could feel his strength and enthusiasm. He was certainly warm and unafraid to venture into his ideas when he saw an opportunity arise. It was with the use of these qualities that he achieved his commercial success.

He entered into the Melbourne Wholesale Fish Market soon after it was transferred to Footscray Rd (its present address) and teamed up with Alf Hanlon formally from J.R.Borrett-Auctioneers.

Armed with his down to earth warm forceful personality he established lasting relationships with the fisherman on whom he depended, to supply him with product. Alf

Hanlon and he, parted company and Jim carried on the business developing it into a leading auctioneering agent in the market.

If you speak to people outside or on the fringe of the fishing industry, the person they will have heard of is usually Jim Racovolis.

Jim entered the market on its opening (1961) in Footscray Rd. and left it near to its closing. It is as if the market could not exist without a Jim Racovolis.

I can imagine Jim walking around the fish market in the sky with his walking stick, giving instructions to the angels and urging them to work harder.

The market will not be the same without you Jim and be assured that you will not be forgotten for characters like you Jim, are rare indeed.

At this point I must say that I have fond memories of Jim's father, a fine quiet man who was a friend of my fathers. Jim did not inherit his father's quietude for Jim was ready to devour the world.

To his family, they have my sympathy for their loss.

Jim Racovolis was truly a man's man, or as we say in Greek, a "LEVENDIS".

Kalo Taxidi (Bon Voyage) Jim

Mussels to combat sea lice

In an article by Bill Trotter, published in the Bangor Daily News, Maine USA, researchers at University of Maine think they may have found a way to combat the spread of a destructive marine parasite and in particular, sea lice.

Sea lice have been the scourge of salmon farmers in Maine. The lice fasten themselves to the fish and adversely affect their health and appearance.

In their efforts to combat the lice farmers have in the past used pesticides which critics of the practice say are harmful to the marine environment in general and to lobsters in particular. Lobsters are crustaceans and have the

same vulnerabilities to the pesticides that the sea lice do.

Ian Bricknell, professor at University of Maine's School of Marine Sciences, said Wednesday that researchers have collected blue mussels from the Maine shore and found larval sea lice in their stomachs and intestines. This discovery, he said, could prove beneficial to not only the state's farmed salmon and lobster industries, but to other commercial fisheries as well.

The presence of mussels would not completely eliminate the use of pesticides in salmon aquaculture, but it could reduce it significantly said the professor.

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In brief

Trawler becomes artificial reef

The eighteen meter long steel trawler, Amanda Lee, has been sunk off the Darwin coast to create an artificial reef system to provide better fishing spots for anglers.

The former trawler was a commercial bech-

de-mer (trepan) vessel and was donated by Tasmanian Seafoods.

The trawler adds to the 600 concrete culverts off Lee Point, which will create the biggest artificial reef in the Northern Territory, if not Australia.



Check your boat markings

Queensland's commercial fishers are being urged to check boat marking requirements before they go out on the water to avoid a fine.

Recently there had been a number of instances in North Queensland where identification of commercial fishing vessels was not possible due to incomplete markings.

When vessels are in the water they need to be clearly marked so that they can be easily identified. If a vessel is not able to be easily

identified then the owner could be given an on the spot fine.

In Queensland waters, the boat mark must be clear, legible and in English. The mark must also be written in black on a yellow background. The boat mark must be placed on each side of the boat's hull. It must also be placed on the deck, shelter, an enclosed cabin or wheelhouse on the deck. If this is not possible then it should be placed on another flat surface on the boat.



Southern Bluefin Tuna management zones implemented

The first Southern Bluefin Tuna (SBT) of the season has been caught just south of Eden on the east coast of New South Wales. As a result, SBT management zones have been implemented to address the risk of SBT being taken in the Eastern Tuna and Billfish Fishery (ETBF) without quota.

Restricted access areas comprising core and buffer zones have been created in the ETBF, and operators must have a minimum quota holding of 500 kg to enter these areas. There is also a required level of observer coverage in the core and buffer zones. The cost of the observer coverage is based on the level of SBT quota held and charged by the number of shots completed, plus a fixed fee for each trip.

In order to comply with the Commission for

the Conservation of Southern Bluefin Tuna Catch Documentation Scheme, operators are reminded that all SBT landed must be tagged, weighed, measured and accompanied by the correct paperwork.

The first management zones of the season were implemented at 00.01 am on Saturday 21 May 2011. Currently the northern boundary of the buffer zone is located at 36°S and the northern boundary of the core zone is at 36°30'S.

The SBT management zones are reviewed fortnightly and amended where appropriate. Operators will be notified of any changes to the zones through vessel monitoring system (VMS) messages and via the SBT web page.

Australian Fisheries Management Authority

Public comment sought

Australian Fisheries Management Authority is seeking public comments on a draft report into how AFMA can improve the way it obtains and uses scientific and economic information in its decision making.

The draft report has been prepared by an expert panel following consultation with AFMA stakeholders that took the form of written submissions and a workshop.

Australian Fisheries Management Authority

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Return to weekend rock lobster fishing

West Australia's Fisheries Minister, Norman Moore, has given the green light for commercial rock lobster operators to fish on weekends during the last two months of the current season.

At the beginning of the season, the Minister had announced that during the transition to the quota management system, commercial operators would be able to fish up to the end of August, but weekend fishing would still be prohibited.

Recent consultation, through the WA Fishing Industry Council and the Western Rock Lobster Council, has shown a strong interest from fishers to lift the ban on weekend fishing and increase options as the season drew to a close.

"The decision was made possible due to the greater flexibility that a quota system provides without having negative effects on sustainability," said Mr. Moore.

The change to allow fishing on any day of the week will require formal gazettal, which the Minister expects to be completed in time for the ban to be lifted for the June 25-26 weekend.

With the onset of uncertain winter weather, the flexibility to choose which days of the week to operate will help commercial fishers when considering the safety aspects and the planning required to work in the unfavourable conditions.

The move to a quota system this season was designed to provide more opportunity for the industry to deal with supply and demand issues while maximising economic return.

Mr Moore said the western rock lobster fishery only started weekend closures during the 2008-09 season. These were implemented to support effort restrictions, but were no longer required for that purpose.

Under the new rules, fishers have catch allocations and are able to fish to their own plan on available fishing days during the 2010-11 commercial season, which runs until August 31.

The proposed changes to the commercial fishing management plan will not affect recreational rock lobster fishing, for which the season ended, as usual, on June 30.

Budget support for Tasmania's Fisheries and Aquaculture Sectors

The Minister for Primary Industries and Water, Bryan Green said Tasmania would continue in marine and Antarctic studies with an ongoing commitment to funding research in this year's Budget.

Mr Green said Government support of the Institute for Marine and Antarctic Studies (IMAS) would ensure high quality research and development for the State's fisheries and aquaculture sectors.

Work will start soon on a new Commonwealth-funded \$45 million purpose-built facility for the Institute on Hobart's waterfront. Detailed design work was almost complete for the project on Princes Wharf No. 2.

"This will build the reputation of UTAS and Tasmania as the centre for Antarctic, marine, aquaculture, and fisheries research that is both nationally and internationally recognised," Mr Green said.

The Government has been working proactively with UTAS to make the land available for the development to go ahead, with works to start later this year.

"This is obviously a prime location and will be a wonderful asset to Hobart's waterfront.

The former Tasmanian Aquaculture and Fisheries Institute (TAFI) was recently incorporated into IMAS as part of a new collaboration agreement between the Government and the University of Tasmania.

The Government is supporting the new initiative with annual funding of \$2.605 million and feels it is important to use the expertise of the

Institute and achieve the best possible outcomes for commercial, recreational and conservation stakeholders.

The Acting Deputy Vice-Chancellor (Research) Professor Peter Frappell said the focus of key IMAS research was aligned with the needs of the State's fisheries and aquaculture industries.

"Through this partnership with the State Government, the University will deliver research and extension in these vital primary industries," Prof Frappell said.

"We very much enjoy the collaboration and the direct impact our research has in industry application," he said.

Mr Green said a key aim of the IMAS was to be responsive to the needs of the State's fishing and aquaculture industries.

The Institute has joined efforts in the fight against the long-spined sea urchin (*Centrostrepus*) which is threatening marine ecosystems off the State's East Coast.

The sea urchin is a serious threat to abalone and rock lobster habitats and is extremely difficult to manage. IMAS will have an important role in assessing potential management options to ensure an effective response to this destructive marine pest.

Mr Green recently hosted a forum in Hobart which brought together a range of stakeholders including scientists, commercial and recreational fishers, environmentalists and fisheries managers to explore future management options.

Chuckle corner

I didn't see you in church last Sunday ,George.
I hear you were playing football instead"
" That's not true,Vicar...and I've got the fish to prove it ! "

The Tasmanian Seafood Industry Council Seafood Industry Awards

The Tasmanian Seafood Industry Council celebrated the 3rd Biannual Seafood Industry Awards at the Hobart Function and Conference Centre on Hobart's waterfront on Saturday 25 June.

The occasion was attended by 150 seafood industry stakeholders, and included representatives from the wild fisheries, aquaculture, post harvest, management, environment and research sectors. The evening was officially opened by the Honorable Bryan Green, who noted the very important role that the seafood industry plays within Tasmania.

The Seafood Industry Icon Award was presented to Pheroze Jungalwalla, for his work and dedication to the Tasmanian salmon industry over more than 30 years. The Seafood Industry Young Achiever was awarded to oyster farmer Tom Kennedy for his leadership qualities, as evidenced through his roles on many committees within the seafood industry. The Seafood Business Award was won by Ralph's Tasmanian Seafood, Australia's largest exporter of live abalone into China. The Seafood Producer/Processor Large Enterprise Award was presented to Huon Aquaculture Group for the production of some of the world's finest salmon product; while Sea Eagle Seafoods won the Seafood Producer/Processor Small Enterprise Award for their innovative use of lower valued fish species.

Seafood Training Tasmania took out the Seafood Training Award for their continued efforts in providing high quality training courses to the seafood industry. Dr Caleb Gardner

from the Institute for Marine and Antarctic Studies won the Research and Development Award for his efforts in providing scientific advice for the management of Tasmanian fisheries; while Jon Byran won the Environment Award for his commitment to providing a conservation approach to fisheries management.

The Seafood Industry Partnership in Schools (SIPS) program won the Seafood Industry Promotion Award, with the judges noting that the adopt a boat and adopt a marine farm concept was an excellent way to inform school students from Years 1 – 10 about the seafood industry in Tasmania. Lastly, Launceston's Hallam's Waterfront took out the coveted Seafood Restaurant Award for their exceptional seafood product.

The Tasmanian Seafood Industry Council would like to thank their major sponsor, Sunderland Marine Mutual Marine Insurance and the award sponsors, Basslink; the Department of Primary Industries, Parks, Water and Environment; the Fisheries Research and Development Corporation; Huon Aquaculture Group; the Institute for Marine and Antarctic Studies; NRM South / NRM North / Cradle Coast NRM; Rural Development Services; Seafood Training Tasmania; and TASSAL for making the awards possible.

Further acknowledgement must go to the many companies and individuals who donated seafood product and lucky door prizes, which ensured the evening was enjoyed by all.



Frances Bender and Brian Johnston of the Huon Aquaculture Group, recipients of the Seafood Producer/Processor Large Enterprise Award.

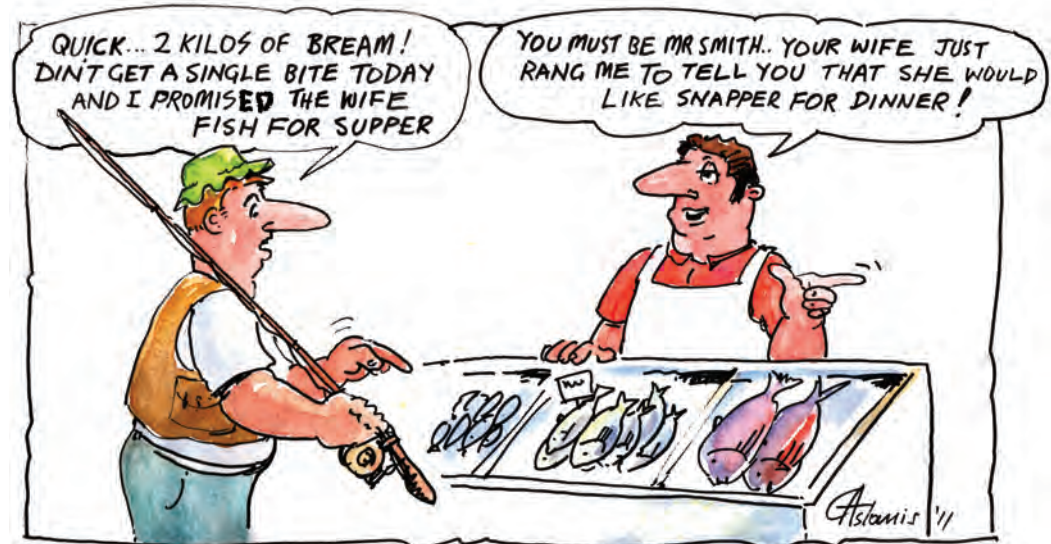


Illustration: Con Aslanis

Melbourne Seafood Centre not cast adrift

The Upper House Liberal Member of Parliament, Mr. Philip Davis was welcomed at the Melbourne Wholesale fish Market like a "knight in shining armour".

Mr Davis, is the Member for Eastern Victoria, whose constituency has a number of fishing ports. A week prior to the scheduled closure of the market he released a press statement saying that "the current market will stay open until the new market is ready".

"We are extremely indebted to Mr Davis who has acted decisively to protect Australia's most important fish market", said Mr McLaughlin.

According to Mr Davis the Victorian Government did not consider the potential impact on the seafood industry to be warranted, given that the new facility is expected to be completed within a short amount of time. "For this reason, the Government has directed VicTrack (the purchaser of the site) to



Member for Eastern Victoria, Mr. Philip Davis (centre in yellow vest) is shown the high quality of fresh seafood available at the Melbourne Wholesale Fish Market by Peter Plafadellis of ANZ Fisheries. Most tenants and workers at the MWFM welcomed Mr Davis as a lifesaver on the 30th June, when the market was scheduled to cease operating. Surrounding Mr. Davis and ready to offer their expertise on seafood are: Anna Plafadellis, Kelly Argyros of S&J Seafoods and Barbara Konstas, CEO of the Melbourne Seafood Centre, all second generation participants in the seafood industry.

"The Government has moved to ensure a smooth transition for all operators along the seafood supply chain by providing traders at the Melbourne Wholesale Fish Market with the option to remain until February 2012," Mr. Davis had said.

This was manna from heaven for the members of the Melbourne Seafood Centre who had been advised by the Melbourne City Council that it was closing down the Melbourne Wholesale Fish Market on 30 June 2011. This was despite the tenant's pleas to keep it open, while construction of the new market premises in Kensington Road West Melbourne was to be completed.

Many within the Victorian seafood industry saw the State Government's decision to keep the market open, as the right one, and one where common sense prevailed.

Melbourne Seafood Centre Chairman Mr Andrew McLaughlin said. "We are extremely grateful for the foresight and common sense displayed by the Baillieu Government which has stepped in and given traders the option to remain until February 2012. This will ensure a smooth transition for all seafood operators along the supply chain until our new purpose-built market opens".

According to Mr. McLaughlin, the dismantling of the current successful hub operation at the Footscray Road site would have driven prices through the roof for the fishermen as well as the retailers who would have had to source their seafood from multiple locations.

Members of the Melbourne Seafood Centre have praised the efforts of the Member for Eastern Victoria Mr Philip Davis MP who worked tirelessly over the past few weeks to broker a deal with the Government and bring the issue to its final conclusion.

enter into temporary arrangements that provide a lifeline to traders during this period of transition" he said.

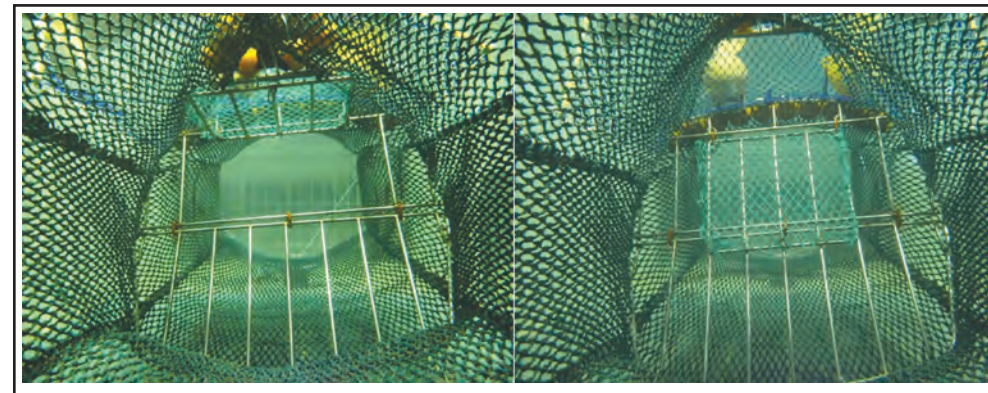
Dale Sumner, General Manager of the Lakes Entrance Fishermen's Cooperative a supplier of seafood to the market said "The announcement of the market remaining open was a huge relief for everyone involved in the fishing industry. If the market was forced to cease operation on July 1, it would have been a logistical nightmare for us in terms of transporting fish all over Melbourne. The co-op and its members are extremely thankful of the Government; in particular, the work Philip Davis and Tim Bull (Member for Gippsland East) have done to keep the market operating. 'We look forward to obtaining other positive outcomes for the industry with the support of the Government.'

Some former tenants of the old Melbourne Wholesale Fish Market (MWFM) who are not members of the Melbourne Seafood Centre have chosen to stay at the current site. They are Rakos Fish Market, Micro Mega Shark and the operators of the Canteen, Kerry and Manni, whereas Sanfords Australia Pty Ltd, Saltwater Seafoods, Yotis Bros & Co., Dellas Seafoods and Tasmanian Pacific are all trading from different locations in Melbourne's Western suburbs.

The Melbourne Seafood Centre has undertaken the running of the facility and has "secured the site for the industry as a whole" according to its CEO Ms. Barbara Konstas. It has also chosen to retain the services of the previous market's administrative, cleaning, and security staff, all of which contributed to the safe and smooth running of the site in the past and to its smooth transition now.

A final goodbye to the MWFM and best of luck to the Victorian seafood industry.

New seal excluder device to be trialled at sea



Above: The acoustically triggered seal excluder device (SED) will be tested at sea, off the west coast of Tasmania this month. The above photographs show from left to right the net being held open for fishing and closed by the SED as the net is hauled through the seal swimming zone. Photos: Courtesy of AFMA

A new seal excluder device (SED) that AFMA has been developing in partnership with industry, is due to be trialled at sea during the winter Blue Grenadier season in July 2011.

Known as the "TuddySED," the device was designed by members of the AFMA Bycatch Program and built by Petuna Sealord Deepwater Fishing in New Zealand. It is expected to improve fish quality and reduce the accumulation of fish near the SED, thereby minimising the attraction for seals to enter the net to feed.

To avoid seal interactions when the net is put into the water to fish ("shooting away"), the net is held closed by binding its wings together. Corrodable links on the bindings break away after the net is beyond seal swimming depth, allowing it to spread open.

The SED has a gate which is held in the open

position while shooting away and fishing, allowing fish to pass easily through to the "codend" or the part of the net where fish accumulate. After fishing, an acoustic release device is triggered and this closes the SED so that seals cannot gain access when the net is hauled through the seal zone.

Trials of the new SED at the Australian Maritime College flume tank, which tests the behaviour of nets, vessels and other structures in currents, showed extremely promising results.

AFMA plans to further test the TuddySED in a commercial environment off the West coast of Tasmania during the winter Blue Grenadier season in July 2011.

Funding for this work has been provided by AFMA, Petuna Sealord Deepwater Fishing, Caring for our Country and CSIRO

Australian Fisheries Management Authority

From Hells Gate to international markets

Tassal relaunches its smoked salmon as it celebrates its 25th Anniversary



Tassal's Alistair Sloman and John Sciarra (middle) literally had their hands full at the relaunch of the company's smoked salmon product at The Tassal Salmon Shop in Kew.

Representatives from the seafood and food industries were invited to attend the relaunch of Tassal's smoked salmon range at the Tassal Salmon Shop in Kew, Melbourne.

Guests were treated to a range of very tasty salmon recipes such as dukka crusted salmon on zucchini spaghetti, salmon tartare with baby mustard cress and risotto with leak, dill and smoked salmon. All recipes were prepared on site at Tassal's very popular Salmon store. According to Mr. Alistair Sloman, Tassal's Senior Manager Wholesale/Export, the store functions as an education centre and a promotion venue for salmon in general.

The new products have been in the market for about 2 weeks and are named Redcliffs, JULY 2011

Great Taylors Bay and Regatta Point. All are Tasmanian place names where Tassal farms its salmon and names which allow for quicker and greater identification of the range.

Regatta Point is next to Tassal's Macquarie Harbour farm and is one of the westernmost points in Tasmania that was notoriously known as Hell's Gates. Great Taylors Bay was the setting for Tassal's first salmon harvest in 1985, when salmon were first introduced to Tasmanian. Soldiers Point near Bruny Island, is in the centre of Tassal's main farming area and resonates with Tassal with its support of the Soldier's Memorial Avenue in Hobart. Redcliffs, off the coast of Dover is where fresh salmon is sent to domestic and international markets.

Marisa's Recipes

www.allthingsicilianandmore.blogspot.com



PURPU VUGGHIUTU (Sicilian)

POLPO BOLLITO (Italian)

BOILED OCTOPUS OR OCTOPUS SALAD



have been seeing quite a bit of octopus in fish markets recently. In most Sicilian homes and restaurants, octopus is usually eaten as a salad. On menus, octopus is generally listed in the antipasto section and in many restaurants, this is presented as a whole octopus on a plate. On some occasions I have eaten it as a warm salad, but never hot.

As a cold salad the octopus is usually sliced into thick chunks and marinated in the dressing for at least a few hours before being served.

For 6 people, you will need about about 3 kilos of octopus (it shrinks). You may be able to get away with less for an entrée. I prefer to buy the large tentacles rather than baby octopus, which are usually imported from overseas.

Unfortunately, the days of buying cheap octopus are long gone. When my family first came to Australia we could not find octopus in any of the fish shops. In those days it was used as bait like squid and cuttlefish. When these cephalopods finally became commercially available they were sold cheaply, but their prices went up as the demand increased.

Octopus, like squid, either has to be cooked very quickly or for a very long time. Some people like to present the octopus white – you can remove the suckers and any offending skin before cooking if you wish. I only remove them if the suckers are tough; they can be scraped off more easily when the octopus is cooked.

INGREDIENTS

octopus, 3 kilos
celery, 4 stalks, the light green ones from the centre of the celery and some of the tender leaves
lemons, 2, the juice for the dressing
extra virgin olive oil, ¾ cup
garlic, 1-2 cloves chopped, or 1-2 sliced spring onions
cherry tomatoes, 250 g
salt and freshly ground pepper

PROCESSES

Clean the octopus, turn out the body and empty it, remove the eyes and the beak at the base of the tentacles, then rinse the octopus under cold running water. (You may just have bought the tentacles).

Place the octopus into a saucepan with sufficient cold water to cover it. Bring slowly to the boil and simmer until it can easily be pricked by a fork (for about 10 minutes). Add the salt, take it off the stove and allow the octopus to remain in the water to finish cooking for an extra 15 minutes.

Make the dressing by combining the lemon juice extra virgin olive oil, seasoning and chopped garlic/onions. Add the sliced celery.

Drain the octopus and remove any offending skin. Slice the octopus and place it into a serving bowl with the salad ingredients, salt and pepper.

Toss the octopus salad. Serve warm or if cold, marinate for a couple of hours. Add tomatoes (cut in halves) and adjust seasoning.