MADE OF AUSTRALIA
FROM ASC CERTIFIED SEAFOOD FARMS TO YOUR PLATE.
WE ACKNOWLEDGE the traditional owners of country throughout Australia and their continuing connection to land, sea and community. We pay our respects to the Elders past, present and emerging.
Sparkling blue ocean as far as the eye can see. It’s an image we associate with Australian life – and super Australian seafood.

The Aussie coastline is also home to seafood farms, and aquaculture has been practiced here for thousands of years. In fact, one of the world’s oldest known aquaculture sites is the World Heritage Listed Budj Bim Cultural Landscape in western Victoria, where First Nations people cultivated eels some 6000 years ago. We recognise and honour First Nations people of Australia, who have been the true pioneers of sustainable practices. The traditional custodians of this land have taught us the importance of caring for the land and waterways, and we continue to learn from them every day.
That’s why we’re thrilled to announce Mark Olive as our Ambassador for this year!

As a Bundjalung man, Mark embodies the principles of sustainability and shares our passion for protecting the oceans and our planet. His use of native ingredients reconnects us to the land and its values, making him the perfect fit for our mission.
“Living sustainably is at the very heart of traditional Aboriginal practices, and for thousands of years Indigenous communities across Australia have relied on our oceans, rivers and streams for survival. Now, it’s up to each of us - through the choices we make when we’re shopping for seafood - to ensure these incredible living ecosystems survive and thrive for generations to come.”

Mark Olive
Today, aquaculture production accounts for more than 50% of seafood consumed globally. Like all food production, seafood farming has impacts and must be done responsibly. Working with farms, scientists and NGOs, the Aquaculture Stewardship Council (ASC) is a not-for-profit organisation that sets the highest standards for responsible farming. The ASC is recognised as the world’s leading certification scheme for aquaculture, and the ASC label only appears on food from farms that have been independently assessed and certified as being environmentally and socially responsible.
The seafood we recommend comes with a story.

In the following pages you’ll get to know the ASC certified farms growing some of the world’s most sought-after black tiger prawns, yellowtail kingfish and abalone, and the practices that set them apart. You’ll also meet the Aussie chefs who demand ASC certified seafood for their menus, and you’ll discover some amazing recipes to make your ASC certified seafood really sing.
Aquaculture has the capacity to meet global the growing global demand for seafood.

With a growing world population, the rapid rise in demand for farmed fish can present its own problems. The faster the aquaculture industry grows, the greater its potential impact on the environment and local communities. We need to come together to transform the industry towards responsible practices throughout the supply chain.
ASC certified seafood is farmed with care – with the future in mind.

The ASC develops and manages the strictest standards in the industry. So, when you buy seafood with the ASC label you can be sure it can be traced back to a responsible aquaculture farm that’s going to extra mile to help ensure that we have fish forever. You’re also rewarding responsible farmers by purchasing their products.

Choose the ASC green label and enjoy great, farmed seafood that’s here for good.
Located next to the Great Barrier Reef, Pacific Reef Tigers produce responsibly farmed black tiger prawns using world-leading technology with zero net impact on surrounding oceans and waterways.

Pacific Reef Tigers is the only brand with net zero discharge through the farming process and it was the first prawn farm in Australia to be ASC certified. It produces delicious, nutritious and sustainable prawns that taste great, look great, and are here for good – so you can enjoy them today and know there’s plenty for tomorrow.
“Protecting our planet never tasted so good.”

Black tiger prawns are one of the largest prawns in Australian waters, and they’re our most common aquaculture prawn. Succulent with a fresh sea smell, farmed prawns like Pacific Reef Tigers have distinctive dark stripes, and turn a majestic glossy red when cooked. Their firm flesh holds together well in soups and curries and threaded on skewers for kebabs. Or simply fry them quickly in butter, chilli and garlic and serve with your favourite dressing. With this wonderfully versatile, sustainable shellfish, the world is your prawn!
**Mark Olive** aka “The Black Olive”

He’s an Australian chef with over 30 years’ experience, a Bundjalung Man, and an international icon known for his fusion of native food and culture with contemporary lifestyle cooking. He’s also respected within the Indigenous community and is an expert on native fauna and their medicinal purposes. Mark is currently preparing his new cookbook, which will be released in 2023.
LEMON MYRTLE PRAWN LINGUINE

INGREDIENTS | SERVES 4

- 12 large (green Pacific Reef black tiger) prawns
- 330g fresh pasta (or dried egg fettuccine)
- 800g fresh crushed tomatoes (or 2 tins crushed tomatoes)
- 2 large tomatoes
- 1 cup red wine
- 2 tsp ground lemon myrtle
- 2 tsp ground bush tomato
- 2 tsp saltbush
- 2 tsp ground mountain pepper
- 2 tsp honey
- 1/3 cup chopped fresh parsley
- Grated pecorino/parmesan cheese
LEMON MYRTLE PRAWN LINGUINE QUICK & EASY
By Mark Olive | METHOD

1. Clean, peel and devein prawns and set aside in the fridge.
In a saucepan on a low heat pour in the crushed tomatoes.
Add the wine, dried ingredients, and simmer long enough for the native herbs to hydrate.
A good ten minutes is usually enough for the sauce to reduce its moisture.
Then stir through the honey.

2. In a separate saucepan, boil salted water to cook the pasta fettuccine al dente.

3. Remove prawns from fridge.
Chop the 2 large fresh tomatoes, add parsley, then prawns to a saucepan
and simmer for a few minutes until cooked. Remove from heat.

4. Drain the pasta and allow any moisture to steam off,
then fold through the sauce.

5. Serve immediately with grated cheese
and a sprinkle of lemon myrtle.

ENJOY!
BLACK TIGER PRAWNS WITH POLENTA AND SMOKED PAPRIKA

INGREDIENTS | SERVES 4

- 3 responsibly sourced ASC black tiger prawns per person, cut in half and deveined (or other sustainably sourced ASC prawns in season)
- 1 cup polenta
- 2 cups water
- 2 cups chicken stock
- 30g grated Pyengana cheddar
- 1 baby corn per person, chopped into small rounds

- 50g butter for the polenta
- 1 lemon, juiced
- Butter for the prawns
- 1 tsp smoked paprika
- ½ bunch tarragon
- ½ bunch parsley
- ¼ bunch chopped green spring onions
- Sea salt and pepper

FROM RESPONSIBLE FARM TO YOUR FORK!
By Analiese Gregory
BLACK TIGER PRAWNS WITH POLLENATA AND SMOKED PAPRIKA

By Analiese Gregory | METHOD

1

Bring the water and stock to a boil in a heavy-based pot, pour in polenta while whisking to ensure there are no clumps.

2

Turn heat down and stir with a spatula for 45 minutes to 1 hour or until the polenta is fully cooked.

3

Remove from the heat and add the butter, cheese and lemon juice, Season with salt and pepper and stir through. Keep aside.

4

Melt the butter until foaming in frying pan, add the smoked paprika over a gentle heat, then the ASC responsibly sourced tiger prawns, and cook gently on each side for 1-2 minutes till done.

5

Remove the prawns and heat the baby corn and spring onions through in the butter, add lemon juice and chopped herbs.

6

Place the corn into bowls, top with the prawns and spoon over the sweetcorn and butter mixture.

ENJOY!
AIR FRIED KATAFI BLACK TIGER PRAWNS

INGREDIENTS | SERVES 4

- 8 black tiger prawns, deshelled and intestine removed
- Katafi pastry (available online or from selected Coles stores)
- Olive oil
- Sea salt
- ¼ watermelon, rind removed and chopped into rough squares
- Herbs such as oregano, dill or mint
- 100g feta cheese
- Honey, to drizzle

FROM RESPONSIBLE FARM TO YOUR FORK!

By Larissa Dominello
AIR FRIED KATAFI BLACK TIGER PRAWNS
By Larissa Dominello | METHOD

1. Preheat air fryer to 200C.

2. Lay a thin layer of katafi pastry onto a clean benchtop. The pastry should be roughly the same width as the prawn itself and long enough to wrap it completely. Drizzle olive oil all over.

3. Lay the prawn on one end of the pastry and roll tightly until fully wrapped. Repeat with the remaining prawns.

4. Add the wrapped prawns to the air fryer and cook for 8-10 minutes or until lightly golden, turning them once halfway through the cooking time. Season and set aside.

5. To plate up, arrange the watermelon pieces randomly onto the plate and place prawns up against each piece. Scatter chunks of feta and herbs on top. Drizzle with honey and serve immediately.

ENJOY!
Responsible farming to Yumbah means taking a wholistic approach to everything we do and recognising that the entire system is connected from ocean to finished product.

The farms are designed to mimic the natural cycle of the ocean, and are located on the coasts of South Australia, Victoria, and Tasmania. Fresh, nutrient-rich seawater is pumped in to provide the highest quality environment for the abalone to thrive, and the thanks have constantly moving water flow and waves. Yumbah have also developed their own feed to deliver their abalone the highest quality nutrition available.
Abalone has a sweet, subtle flavour and really packs a punch when it comes to protein. It’s also excellent at absorbing whichever flavours you choose to throw at it. Greenlip abalone, with its tender delicate flesh can be enjoyed as sashimi, lightly fried or steamed, while the plump, firm flesh of tiger abalone makes it perfect for slow cooking. Serve it au naturel or with a light, zingy sauce – just make sure you look for ASC certified abalone like Yumbah abalone.
As an accomplished Australian chef with over 30 years’ experience in the food industry, John has worked at various notable restaurants and has won several awards. Mentor, motivator, and great communicator, he has also worked in business development and as a brand ambassador for Yumbah Aquaculture. Recently, he won the Seafood category at The World Food Championships in Australia and is set to compete for the overall title in Arkansas.

“As a chef, husband and father I love working towards a sustainable future. We all have a responsibility to influence people to do the right thing.”
FROM RESPONSIBLE FARM TO YOUR FORK!

By John McFadden

SASHIMI STYLE ABALONE WITH SAMPHIRE, GINGER AND SESAME

INGREDIENTS | SERVES 3

• 3 Yumbah abalone cleaned and sliced thinly
• 80ml soy sauce
• 5g ginger finely chopped

• 3g garlic finely chopped
• 10 samphire strands
• 5ml sesame oil
• 40ml lemon/lime juice
ABALONE “SASHIMI STYLE” WITH SAMPHIRE, SOY, GINGER & SESAME
By John McFadden

1
Place the abalone back into the shells.

2
In a bowl, combine the soy sauce, ginger, garlic, samphire, lemon/lime juice and sesame oil. Mix well until combined.

3
Spread evenly over the abalone

ENJOY!
SALT & PEPPER ABALONE

INGREDIENTS | SERVES 2-3

- 5 ASC certified Yumbah greenlip abalone
- ¼ cup flour
- ¼ cup corn flour
- ½ tsp salt
- ½ tsp white pepper
- 1 clove garlic, sliced
- 1 chili, finely chopped
- 1 lemon myrtle or kaffir lime leaf
- 1lt frying oil (vegetable, grape seed)
- Lemon wedges
- Kimchi mayo- 1 cup Mayonnaise to 4 tsp Kimchi

FROM RESPONSIBLE FARM TO YOUR FORK!

By Guy Turland
SALT & PEPPER ABALONE
By Guy Turland | METHOD

1. Make kimchi mayo by blending kimchi and mayonnaise together until smooth.
   Place the live abalone in an ice slurry for 15 minutes.

2. Shuck - Face the sharp, thin edge of the abalone towards you. Using a tablespoon, place the spoon against the muscle in the middle of the shell where it’s attached, scoop out the flesh - the meat should just pop.
   Be careful not to cut yourself on the shell. Hold the shell down with the spoon and pull the meat back towards you and separate from the gut membrane. Using a sharp knife cut the membrane and clean the abalone.

3. Tenderise - place your abalone between a clean tea towel or paper towel, then with a meat mallet, rolling pin or back of a heavy based pot, tenderise your abalone for about 1 minute. Wash the abalone shell in hot water ready to use as a serving dish!
   Gently wipe off the sticky residue from the abalone meat with a paper towel to remove any excess moisture, then carefully slice into 2mm thin slices.

4. Preheat the oil in a deep pot suitable for frying on high heat (180°C/350°F).
   While the oil is heating up, combine the ingredients for the crispy coating and mix well with a fork. Coat each piece of abalone well.

5. Frying in small batches to ensure your oil stays hot, for each batch add a few leaves of lemon myrtle, garlic slices and chilli, fry on high heat for about 1-2 minutes, flipping after 30 seconds.
   Remove using a slotted spoon and place on some kitchen towel to absorb any extra moisture and oil.
   Serve immediately with some extra white pepper with kimchi mayo and lemon.

ENJOY!
The Spencer Gulf has some of the purest water in the world, making it the ideal location to raise yellowtail kingfish. Clean Seas’ yellowtail kingfish brood stock is bred from fish originally sourced from the waters near its fishery, and its fish are stocked at densities optimised for quality and wellbeing.

A global leader in closed-cycle breeding and farming of yellowtail kingfish, Clean Seas is certified by the ASC.
Yellowtail kingfish is prized by chefs worldwide for its supple flesh and rich, sweet flavour, making it a top choice for sashimi. Spencer Gulf Kingfish is known for being the best white fish for dishes like carpaccio, tartare, ceviche, and poke. Its firm flesh is versatile enough for grilling, pan-frying, or baking.

“To ensure sustainable seafood sourcing, remember to ask for ASC certification when you shop for seafood.”
Meet the Chef

Courtney Roulston

MasterChef veteran and now host of Network 10’s Farm to Fork, Courtney has made the food industry her home. She’s been head chef for the Sydney Swans football club and she brings her culinary know-how to her own catering company.

“Investing in cleaner oceans will produce healthier seafood so we can all feel good about the fish on our dish!”
FROM RESPONSIBLE FARM TO YOUR FORK!
By Courtney Roulston

SPENCER GULF KINGFISH WITH HARISSA BUTTER, SPINACH & YOGHURT

INGREDIENTS | SERVES 2

- 2 x 175g fillets Spencer Gulf Kingfish, skin on
- Sea salt and pepper to taste
- 1 tbsp extra virgin olive oil
- 1 clove garlic, crushed
- 3 big cups baby spinach
- 60g butter
- 1 tbsp harissa paste
- 1 heaped tbsp pinenuts
- Juice of ½ small lemon, plus extra to serve
- ¾ cup Greek yoghurt
- ¼ cup dill sprigs to serve
Heat a non-stick frying pan over a medium heat. Drizzle the kingfish with oil and season with sea salt. Cook skin-side down in the pan for 4-5 minutes, or until the skin is crispy and golden brown.

Turn the kingfish over and cook for 20-30 seconds on the flesh side. Remove from the pan and set aside to continue slowly cooking as it rests.

Place the pan back onto a medium heat, add in the garlic and cook for 30 seconds before adding the spinach and a pinch of salt. Stir for 1 minute or until the spinach is bright green and wilted. Remove the spinach from the pan and set aside with the kingfish.

Place the pan back onto a medium heat, add the pine nuts and toast for 1 minute. Add the butter and cook until the butter is foaming, then stir in harissa paste. Cook for 1-2 minutes, or until the nuts are starting to turn golden and the harissa is fragrant. Turn off the heat and add in the lemon zest and juice.

To serve, spread the yoghurt onto the base of a serving plate, top with the spinach and kingfish fillets, then spoon over some of the harissa pine nut butter. Garnish with dill fronds and serve with extra lemon wedges on the side.

ENJOY!
KINGFISH IN CREAM SAUCE

INGREDIENTS | SERVES 1

- 1 cup white rice
- ½ tsp turmeric powder
- 10 strands saffron
- 250g Kingfish fillet
- 50g butter
- ½ cup plain flour
- 6 green grapes

Sauce:
- 10g butter
- ½ cup thickened cream
- Lemon myrtle
- ½ cup white wine
- Lemon wedge

FROM RESPONSIBLE FARM TO YOUR FORK!
By Mark Olive
KINGFISH IN CREAM SAUCE
By Mark Olive

1. Place 3 cups of water in a saucepan to boil and add the rice, turmeric and saffron. Simmer until the rice has absorbed all the water. Press rice into mould (optional) and set aside.

2. Coat the kingfish fillet with a dusting of flour. Melt butter in a shallow saucepan until it begins to bubble, add the fillet presentation side first. Cook until golden brown, then turn and cook for a further minute. Transfer to an oven tray and place in oven pre-heated to 180°C for 5-10 minutes while you prepare the white wine sauce.

3. Sauce: Heat butter in a saucepan, add the thickened cream and simmer until it starts to reduce. Add the white wine and reduce by half. Just before serving, add a pinch of salt and pepper, lemon myrtle and the juice of the lemon wedge.

4. To serve, turn out rice onto a heated plate. Place the kingfish fillet on the plate, cover with sauce and garnish with grapes.

ENJOY!
FROM RESPONSIBLE FARM TO YOUR FORK!
By Manu Feildel

KINGFISH CEVICHE WITH SWEET POTATOES AND LECHE DE TIGRE

INGREDIENTS | SERVES 2

- 1 sweet potato, cut into 1cm cubes
- 30g caster sugar
- 1 tbsp fennel seeds, toasted
- 100ml lime juice, plus extra to taste
- 5cm piece celery stalk (cut into a brunoise)
- 10g (or 2cm piece) ginger (cut into a brunoise)
- 1 garlic clove (finely chopped)
- 1 small Spanish onion, (½ finely chopped and ½ thinly sliced)
- ½ bunch of coriander, (washed, stalks finely chopped & leaves for presentation)
- 1 small green chilli (sliced)
- 1 small bird’s-eye chilli, seeds removed, finely chopped
- 200g kingfish, thickly sliced or diced
- A handful of ice cubes
KINGFISH CEVICHE WITH SWEET POTATOES AND LECHE DE TIGRE

By Manu Feildel | METHOD

1. Place the sweet potato in a saucepan with sugar, star anise and 1 litre water, bring to a simmer over medium heat and cook until tender (5-10 minutes). Drain and set aside.

2. Soak sliced onion in iced water, set aside.

3. Meanwhile, combine in a bowl the celery, ginger, garlic, chopped onion, red chilli, coriander stalks and 1 tsp fine sea salt.

4. Add the kingfish and the lime juice in the bowl, toss to combine.

5. Drain the onion, add to the ceviche with coriander springs, green chilli and few ice cubes, toss to combine, adjust seasoning to taste, then serve in a bowl or plate with all the juices, and sweet potatoes.

ENJOY!
Enjoy these tasty recipes!