

Hilary McNevin's Fish Cooking Chart
Sustainable Seafood Talk with John Ford

Method of Cooking	Best Sustainable Fish Species to Use
Deep Fry	Whiting
	Flathead
	Trevally
	Mulloway
	Calamari/squid
Curry	Trevally
	Flathead
	Trevally
	Bream
	Yellowtail Kingfish
Roasting	Leatherjacket
	Bream
	Sand or King George Whiting
	Yellowtail Kingfish
	Sardines
Barbecue	Garfish
	Leatherjacket
	Trevally
	Mullet
	Bream
	Sardines
	Snapper
Panfry	Garfish
	Sardines
	Mullet
	Whiting
	Barramundi

	Sardines