



By appointment to
Her Majesty Queen Elizabeth II
Fishmonger
James Knight of Mayfair

JAMES KNIGHT

OF MAYFAIR



FISH GUIDE

SEAFOOD THOUGHTFULLY SOURCED

INTRODUCTION

We've been supplying London's & The South's finest catering establishments for over 108 years and we are now the largest independent fishmonger in London and the South of England.

The secret to our success? Doing things right, and doing the right things...

This includes building long term relationships with the best fishing fleets and shippers to bring to you the freshest & tastiest seafood, employing class-leading hygiene and temperature control, topped off with the accumulation of over 180 years of combined fish cutting expertise.

We are also proud to offer superior and consistently high levels of service to our customers including chef and menu support, advice on sustainability & seasonality, plus adherence to reputation-protecting catch methods.

We are also proud to hold a Royal Warrant and in recent customer research 100% of customers of James Knight would recommend us to a valued colleague.

Here is our latest Guide to Responsibly Sourced Seafood. We hope you find it useful.



FLAT FISH

A flatfish is a member of the order Pleuronectiformes of ray-finned demersal fishes, also called the Heterosomata, sometimes classified as a suborder of Perciformes.

In many species, both eyes lie on one side of the head, one or the other migrating through or around the head during development.

Some species face their left sides upward, some face their right sides upward, and others face either side upward.

Many important food fish are in this order, including the flounders, soles, turbot, plaice, and halibut.

Some flatfish can camouflage themselves on the ocean floor.

BRILL

Scophthalmus Rhombu

Class: FlatFish

Seasonality: Generally Year Round (Best quality July - Feb)

Catch Method: Gill Nets, Trawled

Yield: (Approx depending on time of year) 50-60% /
43% Skinned

Replacements: Turbot. More oval shape and smooth skinned compared with Turbot.

Preps Available:

- Fillet (X-Cut/ Qtr-Cut)
- Skinned
- Head off
- Chined
- Trimmed
- Supreme
- Steak

Popular Specs: Filleted (sc and sk), supreme and chined*
*Small fish



PLAICE

Pleuronectes Platess

Class: Flat Fish

Seasonality: May - December

Catch Method: Beam Trawled, Otter Trawled

Yield: (Approx depending on time of year) 49-51%

Replacements: Lemon Sole, Flounder

Preps Available:

- Fillet (X-Cut/ Qtr-Cut)
- Skinned
- Head off
- Trimmed
- Pocketed

Popular Specs: Filleted (X-Cut), whole head off, trimmed and skinned



DOVER SOLE

Solea Solea

Class: FlatFish

Seasonality: Year Round (Best: Jun-Feb)

Catch Method: Demersal Trawled, Gill Nets

Yield: (Approx depending on time of year) 30-35%

Replacements: Lemon Sole, Sand Sole

Preps Available:

- Fillet (X-Cut/ Qtr-Cut)
- Scaled
- Skinned
- Trimmed

Popular Specs: Filleted (Qtr-Cut), whole skinned
dark side trimmed



LEMON SOLE

Microstomus Kitt

Class: FlatFish

Seasonality: Aug - Mar is best

Catch Method: Beam Trawled, Otter Trawled

Yield: (Approx depending on time of year) 64% / 35% Skinned

Replacements: Dab, Megrim Sole, Dover Sole. South Coast is generally lighter than catches in The East or North

Preps Available:

- Fillet (X-Cut/ Qtr-Cut)
- Skinned
- Trimmed

Popular Specs: Filleted (X-Cut), fillet skinned, whole trimmed and skinned



MEGRIM

Lepidorhombus Whiffiagonis

Class: FlatFish

Seasonality: May - Dec

Catch Method: Beam Trawled, Demersal Trawled

Yield: (Approx depending on time of year) 49-51%

Replacements: Flounder, Turbot, Lemon Sole, Brill

Preps Available:

- Fillet
- Skinned
- Trimmed

Popular Specs: Filleted, whole skinned dark side and trimmed



TURBOT

Psetta Maxima

Class: FlatFish

Seasonality: Aug - Mar for best

Catch Method: N/A

Yield: N/A

Replacements: Flounder, Lemon Sole, Brill

Preps Available:

- Fillet (X-Cut/Qtr-Cut)
- Chinned
- Skinned
- Supreme
- Steak

Popular Specs: Filleted skinned, supreme, chined*

*Smaller fish



ROUND FISH

Round Fish is a classification for many species of fish.

When cut in cross section these fish are round in shape with a broad head and upper body which narrows to the tail.

Head and tail are connected by a long back bone which also carries the stomach and soft organ “rib cage”.

Examples of round fish include:
Cod, Haddock and Hake

C O D

Gadus Morhua

Class: Round, Coldwater

Seasonality: Year Round (Highest quality Oct - Mar)

Catch Method: Demersal Trawled, Hook and Line, Gill net.

Yield: (Approx depending on time of year) 51-53%

Replacements: Haddock, Whiting, Pollack, Cod can increase in cost over summer months where demand can outstrip fished supply.

Preps Available:

- Fillet
- Scaled
- Skinned
- Head on
- Supreme
- Steak
- Loin

Popular Specs: Filleted (scaled or skinned), supreme, steaked



HADDOCK

Melanogrammus Aeglefinus

Class: Round, Coldwater

Seasonality: Year Round (Best availability Sep - Feb)

Catch Method: Demersal Trawled, Long Lining

Yield: (Approx depending on time of year) 45%

Replacements: Cod, Whiting, Pollack. An increase in cost over summer months where demand can outstrip fished supply which can impact prices of smoked haddock.

Preps Available:

- Fillet
- Scaled
- Skinned
- Head on
- Supreme
- Steak
- Loin

Popular Specs: Filleted (scaled or skinned), supreme, steaked



RED GURNARD

Aspitrigla Cuculus

Class: Round, Coldwater

Seasonality: Year Round (best availability Sep - May)

Catch Method: Demersal Otter Trawled, Beam Trawled

Yield: (Approx depending on time of year) 34-36%

Replacements: Cod, Haddock, Red Mullet, Whiting. Please seek our advice on skinning and scaling to your specification

Preps Available:

- Fillet
- Scaled
- Skinned
- Trimmed

Popular Specs: Filleted, supreme*

*Larger fish



GREY MULLET

Chelon Labrosus

Class: Round
Seasonality: May - August
Catch Method: Otter Trawled
Yield: N/A
Replacements: Bass, Bream

Preps Available:

- Fillet
- Scaled
- Skinned
- Supreme

Popular Specs: Filleted and scaled, supreme*

*Larger fish



JOHN DORY

Zeus Faber

Class: Round, Coldwater

Seasonality: Year Round

Catch Method: Demersal Trawled, Otter Trawled

Yield: (Approx depending on time of year) 34-36%

Replacements: None we can recommend

Preps Available:

- Fillet
- Skinned
- Trimmed

Popular Specs: Filleted, whole head on and trimmed*

*Smaller fish



H A K E

Merluccius Merluccius

Class: Round, Coldwater - Nocturn

Seasonality: Feb - Nov (Best availability May - Oct)

Catch Method: Gill Nets, Trawled, Line Caught

Yield: (Approx depending on time of year) 49-51%

Replacements: Cod, Haddock

Preps Available:

- Fillet
- Scaled
- Skinned
- Supreme
- Steak

Popular Specs: Filleted and scaled, supreme, steaked



MACKEREL

Scomber Scombrus

Class: Round, Coldwater

Seasonality: Year Round (Best late summer)

Catch Method: Line Caught, Netted

Yield: (Approx depending on time of year) 51%

Replacements: Herring, Sardines. We do not skin due to the very thin skin - we cut out pin bones so as not to damage flesh.

Preps Available:

- Fillet
- Butterfly
- Canoeed
- Trimmed
- Skinned

Popular Specs: Filleted, butterflied, canoe, whole head ou gutted



MONKFISH

Lophius Piscatorius

Class: Round, Coldwater

Seasonality: Year Round (Expensive in Nov & Dec)

Catch Method: Demersal Beam Trawled, Otter Trawled, Gill Net

Yield: Depending on time of year 69-71% approx.

Replacements: None we can recommend. NB Also known as the Angler Fish.

Preps Available:

- Fillet
- Skinned and double skinned
- Supreme

Popular Specs: Filleted and double skinned, supreme



POLLACK

Pollachius Pollachius

Class: Round, Coldwater

Seasonality: Year Round (Best availability Oct - Apr)

Catch Method: Gill Nets, Trawled, Hook & Line

Yield: (Approx depending on time of year) 44-46%

Replacements: Cod, Haddock, Coley. Another great replacement to cod. Used to be bought as bait for crab fishing until celebrity chefs picked up on its delicious flavour.

Preps Available:

- Fillet
- Scaled
- Skinned
- Head on
- Supreme
- Loin

Popular Specs: Filleted (scaled or skinned, supreme, steaked)



RED MULLET

Mullus Surmuletus

Class: Round, Coldwater

Seasonality: Year Round (Best availability May - Nov)

Catch Method: Demersal Trawled, Otter Trawled

Yield: (Approx depending on time of year) 44-46%

Replacements: Goatfish, Red Snapper. We recommend using larger fillets if they are required to be pin boned as they hold together better as red mullet can split when pin boned.

Preps Available:

- Fillet
- Canoe
- Butterly
- Scaled
- Skinned

Popular Specs: Filleted and scaled



WHITING

Merlangius Merlangus

Class: Round, Coldwater

Seasonality: Year Round (Best availability Sept - May)

Catch Method: Beam Trawled, Otter Trawled

Yield: (Approx depending on time of year) 44-45%

Replacements: Cod, Pollack, Pouting, Coley. Whiting is a member of the cod family, and are caught as by-catch.

Preps Available:

- Fillet
- Butterly
- Scaled
- Skinned

Popular Specs: Filleted and scaled



WILD SEA BASS

Dicentrarchus Labrax

Class: Round, Coldwater

Seasonality: Avoided during the spawning season Feb - March.
(Best quality May - Dec)

Catch Method: Gill Net, Trawled, Hook & Line

Yield: (Approx depending on time of year) 47-49%

Replacements: Stone Bass, Farmed Sea Bass, Meagre, Gilthead Bream.
Prices can increase late Summer.
Best to call us for advice.

Preps Available:

- Fillet
- Supreme
- Skinned
- Scaled

Popular Specs: Filleted (scaled or skinned), supreme



BREAM, GILT HEAD

Sparus Aurata

Class: Aquaculture
Seasonality: YearRound
Catch Method: Aquaculture
Yield: (Approx depending on time of year) 48-50%
Replacements: Black Bream - wild, Sea Bass - farmed

Preps Available:

- Fillet
- Butterfly
- Scaled
- Skinned

Popular Specs: Filleted and scaled, whole gutted and grilled, whole head on and trimmed



SEA BASS

Dicentrarchus Labrax

Class: Aquaculture
Seasonality: YearRound
Catch Method: Aquaculture
Yield: (Approx depending on time of year) 47-48.5%
Replacements: Sea Bream - farmed, Meagre - farmed

Preps Available:

- Fillet
- Butterfly
- Canoe
- Supreme
- Trimmed
- Scaled
- Skinned

Popular Specs: Filleted and scaled, whole scale gut and trimmed, whole head ou gutted and gilled, butterflied



FARMED BASS

Dicentrarchus Labrax

Class: Aquaculture

Seasonality: YearRound

Catch Method: Aquaculture

Yield: (Approx depending on time of year) 47-48.5%

Replacements: Sea Bream - farmed, Meagre - farmed

Preps Available:

- Fillet
- Butterfly
- Canoe
- Supreme
- Trimmed
- Scaled
- Skinned

Popular Specs: Filleted and scaled, whole scale gut and trimmed, whole head ou gutted and gilled, butterflied



HALIBUT

Hippoglossus Hippoglossus

Class: FlatFish

Seasonality: YearRound

Catch method: Aquaculture

Yield: (Approx depending on time of year) 59-61% / 44-46%

Replacements: Turbot, Brill. At over 250kg Wild Halibut can be very large. The farmed Halibut we sell is no more than 8.75kg.

Preps Available:

- Fillet
- Chinned
- Steak
- Supreme
- Trimmed
- Skinned

Popular Specs: Filleted, supreme, steaked, chinned, skinned



RAINBOW TROUT

Onchorhynchus Mykiss

Class: Freshwater

Seasonality: YearRound

Catch Method: Aquaculture

Yield: (Approx depending on time of year) 49.5-51%

Replacements: Sea Reared Trout, Salmon Seek our advice on boning these species.

Preps Available:

- Fillet
- Butterfly
- Canoe
- Supreme
- Trimmed
- Skinned

Popular Specs: Filleted, butterflied, gutted and trimmed



SALMON

Salmo Salar

Class: Coldwater

Seasonality: Year Round

Catch Method: Aquaculture

Yield: (Approx depending on time of year) 64-66%

Replacements: Sea Reared Trout, Rainbow Trout, Arctic Char

Preps Available:

- Fillet
- Supreme
- Steak
- Scaled
- Skinned

Popular Specs: Filleted (scaled or skinned), supreme, steaked



MEAGRE (STONE BASSE)

Salmo Salar

Class: Coldwater

Seasonality: Year Round

Catch Method: Aquaculture

Yield: (Approx depending on time of year) 64-66%

Replacements: Sea Reared Trout, Rainbow Trout, Arctic Char

Preps Available:

- Fillet
- Supreme
- Steak
- Scaled
- Skinned

Popular Specs: Filleted (scaled or skinned), supreme, steaked



SEA TROUT

Salmo Trutta

Class: Aquaculture
Seasonality: YearRound
Catch Method: Aquaculture
Yield: N/A
Replacements: Salmon, Rainbow Trout, Arctic Char

Preps Available:

- Fillet
- Supreme
- Steak
- Scaled
- Skinned

Popular Specs: Filleted (scaled or skinned), supreme



CEPHALOPODS

Cephalopods occur in large numbers and form one of the greatest potential food resources of the oceans.

The classification means head and foot. The best-known feature of the cephalopods is the possession of arms and legs, with eight or 10 in most forms.

They are also classified as Molluscs, as millions of years ago they had outer shells.

SQUID

Loligo Vulgaris

Class: Cephalopods

Seasonality: Year Round (Best availability/quality Oct - Mar)

Catch Method: Demersal Trawled, Otter Trawled, Jigged

Yield: N/A

Replacements: Cuttlefish, Octopus

Preps Available:

- Cleaned
- Tentacles removed



CUTTLEFISH

Sepia Officinalis

Class: Cephalopods

Seasonality: September - April

Catch Method: Cuttlefish Trap (Pot), Demersal Trawled, Otter Trawled

Yield: (Approx depending on time of year) 30%

Replacements: Squid, Octopus

Preps Available:

- Cleaned
- Tentacles removed



SHELLFISH

The term *shellfish* is used both broadly and specifically.

In common parlance, as in having "shellfish" for dinner, it can refer to anything from clams and oysters to lobster and shrimp.

For regulatory purposes it is often narrowly defined as *filter-feeding* molluscs such as clams, mussels, and oyster to the exclusion of crustaceans and all else.

Although the term is primarily applied to marine species, edible freshwater invertebrates such as crayfish and river mussels are also sometimes grouped under the umbrella term "shellfish".

Although their shells may differ, all shellfish are invertebrates.

LOBSTER

Homarus Gammarus

Class: Crustacean

Seasonality: May-September. A specialism of James Knight (call to discuss supply)

Catch Method: Pots, Hand Dived

Yield: (Approx depending on time of year) 21-25%

Replacements: Spiny Lobster, Canadian, Wild - Tank grown

Preps Available:

- Whole



CRAB

Cancer Pagurus

Class: Crustacean

Seasonality: April - November

Catch Method: Pots, Hand Dived

Yield: N/A

Replacements: Spider Crab, Red Swimmer Crab, Blue Swimmer Crab

Preps Available:

- Live
- Packs of cooked picked white or brown meat - please call



SCALLOPS

Pecten Maximus

Class: Molluscs

Seasonality: Year Round (Best Sep - Mar)

Catch Method: Dredged, Hand Dived

Yield: N/A

Replacements: USA Scallops/ Japanese
Roeless

Preps Available:

- Shucked- call for options
- Roe on and roeless cut scallops- please call



OYSTERS

Crassostrea Gigas

Class: Molluscs

Seasonality: Year Round (Best in colder months)

Catch Method: Cultivated

Yield: N/A

Replacements: Native Oysters usually stocked in nets of 12. Each net will have a health mark which is specific for each batch in the net. It is for this reason that we cannot separate and sell individually

Preps Available:

- N/A



CLAMS, COCKLES, MUSSELS

Ruditapes Decussatus

Class: Molluscs

Seasonality: Year Round (Best in colder months)

Catch Method: Cultivated

Yield: N/A

Replacements: Cockles, Mussels. Must always have a health mark.
Must have a closed shell with no smell.

Preps Available:

- N/A



CONTACT

We are here to help. Call us for advice.

We have over 108 years as Fishmongers and we are sure we can answer any questions you may have.

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