

Quick Reference Guide to the Edibility Characteristics of Fish from NT Waters

SPECIES	IDENTIFICATION		COMMENTS
	RAW	COOKED	
Barramundi <i>Lates calcarifer</i>	translucent, creamy-pink flesh large texture	Pale cream, large flake, soft, moist, succulent flesh, delicate meaty, fish flavour	Often slightly earthy flavour
Barramundi-Aquacultured <i>Latus calcarifer</i>	Translucent, creamy medium texture flesh	Very white medium flaked, soft/tender very moist, fleshy, succulent texture with a delicate flavour. Fine veins obvious in fillet	
Black Tip Shark <i>Caracharinus libartus</i>	slightly translucent pink flesh	Cream, fine texture, moist, tender flesh with a slightly tangy, sea flavour of moderate intensity	More suited to wet cooking methods: a tendency to dryness
Blue Lined Emperor <i>Lethrinus fraenatus</i>	translucent creamy-white medium textured flesh	White flesh, easily separated into medium sized flakes. Moist and succulent with a good sea flavour	
Catfish <i>Arius thalassinus</i>	translucent oyster-pink fine textured flesh	Very white, moist, slightly coarse flesh with a characteristic flavour	Suit soups, casseroles, curries and kebabs
Cod-Yellow Spotted <i>Ephinephelus areolatus</i>	Slightly translucent creamy oyster pink, large textured flesh	White, large flaked flesh, very moist and soft textured. Mild appealing sea flavour	
Coral Trout <i>Plectropomus spp.</i>	Very white translucent flesh medium/large texture	Snow white, flaky flesh with a firm, moist succulent texture and a delicate refreshing sea flavour	
Gold Band Snapper <i>Pristipomoides multidentis</i>	Translucent creamy pink flesh large texture	Pale cream, chunky flesh with a moist succulent texture and a full fish flavour	
Golden Snapper <i>Lutjanus johnii</i>	Translucent cream- pink medium textured flesh	White/pale cream, moist, flaky, soft, succulent flesh with a distinctly sweet fish flavour	
Golden Trevally <i>Gnathanodon speciosus</i>	Slightly translucent pink/dark flesh	Dark fleshed, juicy, flaky, slightly resilient texture with a distinctly tangy fish flavour	Has a tendency to dryness
Jewfish <i>Protonibea diacanthus</i>	Translucent creamy-pink, large textured flesh	Palest oyster colour with a large flake, firm fleshy texture with a slight tendency to dryness. Mild slightly meaty/fish flavour	
Mackerel <i>Scomberomorus commerson</i>	Translucent grey/pink medium textured fish	Very white, medium to large flake. Firm, moist, smooth texture and a rich sea flavour	
Mangrove Jack <i>Lutjanus argentimaculatus</i>	Slight translucent pink - grey large textured flesh	Cream, medium/large flake, juicy, firm texture with a mild chicken-like flavour	Sometimes has a slightly earthy flavour
Mullet-Diamond Scale <i>Liza vaigiensis</i>	Slightly translucent creamy/pink flesh medium/large texture	Dark pearly flesh with a large flake; firm moist, fleshy texture with a slight oiliness and a full fish flavour	Moderate to strong flavoured fish
Painted Sweetlip <i>Diagramma pictum</i>	Translucent creamy-pink flesh medium/large texture	Pale oyster, medium flaked, firm textured flesh that becomes friable on chewing. Has a moderate and distinct fish flavour	Most suitable for soups and curries
Queen fish <i>Scombriones commersonionus</i>	Slightly translucent creamy/pink flesh large texture	Pales oyster colour flesh. Initially moist then soft and dry textured with a mild, meaty, fish flavour	Ideal for numus, curries etc
Red Emperor <i>Lutjanus sebae</i>	Translucent white flesh medium texture	Very white flesh with a medium to large flake. Moist and succulent with an excellent sweet, sea flavour	
Red Snapper <i>Lutjanus erythropterus</i>	Translucent pink flesh medium texture	Medium flaked, oyster coloured flesh, moist, firm and slightly chewy texture with a distinct flavour	Most suitable for soups and curries
Saddle tail Snapper <i>Lutjanus malabaricus</i>	Translucent cream pink flesh medium/large texture	Pale cream, moist, firm, succulent flesh that flakes readily. Sweet, rich sea flavour	
Sharp Toothed Snapper <i>Pristipomoides typus</i>	Translucent creamy pink large texture	Pale cream, chunky flesh with a moist succulent texture and a full fish flavour	Very similar to Gold Band Snapper
Stripey <i>Lutjanus carponotatus</i>	Slightly translucent flesh creamy/ Oyster/pink small texture	Fine, pale oyster coloured flesh, soft, slightly dry, course texture with a mild flavour	Popular table fish
Threadfin Salmon <i>Polynemus sheridani</i>	Translucent creamy-pink/slightly yellow flesh, large texture.	Very white, large flaked flesh. Moist, soft and flaky texture, similar to crab meat. Has a sweet sea flavour	