

# GREAT CORNISH FISH

**(and why it's so special)**

*"The heritage of fishing running through Cornwall is so strong that our fishermen are some of the most experienced there are, leading to them holding a great respect for both the sea and the fish thus ensuring that it comes to market in the best possible condition."*

**Nathan Outlaw**

- The fishing industry is worth over £100m per year to the Cornish economy.
- Seafood is the number one food or drink that people readily associate with Cornwall.\*
- Up to 40 species of fish can be landed at Newlyn in just one day.
- There are 46 ports, harbours and coves around the 296 miles of Cornish coast where fish is landed.
- The productivity of Cornwall's fishing industry (£51,000 per full time employee) is higher than the national average, and much higher than the average for all Cornish industries.
- More than 600 vessels are registered at Newlyn, the highest of any Administrative Port in the UK. This is due to the number of small fishing vessels in the Cornish fleet. These are suited to the highly sustainable fishing methods of potting, handlining and certain types of netting, which have either no or minimal by-catch and are not harmful to the seabed.
- A Cornish Sardine has protected EU status, meaning that a fish sold as a Cornish Sardine is guaranteed to have been caught in Cornish waters and landed at a Cornish port.
- A lobster takes five to eight years to reach maturity, and only one in 20,000 lobsters will make it to adulthood. The work of the National Lobster Hatchery at Padstow improves the survival rate by 1000 times.
- Cornwall was one of the first regions to implement no-net zones and higher minimum landing sizes to protect the stocks of wild bass.
- Cornish hake is the first in the UK to have received Marine Stewardship Council (MSC) accreditation, meaning that people can now look for the familiar MSC logo to be certain they are buying hake from a well-managed sustainable fishery.
- In traditional fishing lingo, 'a Cornish hundred' refers to 132 fish. A 'Cornish last' is 132,000 fish.
- 17,000 tonnes of fish are landed at Cornish ports each year.
- 3,500 tonnes of crab, worth about £5m, are landed in Cornwall each year.
- The wild native Fal oyster has EU PDO protected name status. A Fal oyster must be collected by traditional boats, powered only by sail or oar.
- The Seafood Restaurant at Padstow was opened by Rick and Jill Stein in 1975 and has traded for 40 years. Rick's TV appearances were instrumental in putting Cornwall on the seafood-lover's map.
- Restaurant Nathan Outlaw has been named No. 1 Seafood restaurant in the UK by the Good Food Guide and is ranked within the top five restaurants in the UK. Nathan was voted 'Chefs' Chef of the Year' in 2014 and 2015 and readily confirms that the quality of Cornish fish is an important contributor to his success.

Shopping seasonally using a Cornish fishmonger can inspire new flavours and dishes and plenty of seafood recipes can be found at [www.greatcornishfish.co.uk](http://www.greatcornishfish.co.uk)

(\*study conducted by Cornwall Food & Drink, 2014 and 2015)