



# MONKFISH

*Lophius piscatorius, L. budegassa*

**Seasonal availability:** Available Oct - June (Oct-Dec best months)



## WEIGHT:

350g to 4kg

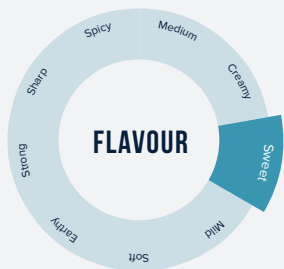
## PROCESS:

Caught / trawled

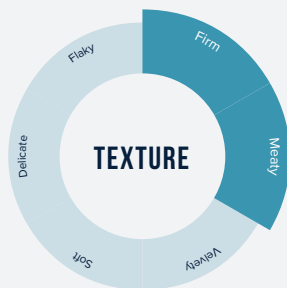
## FOUND:

West and North of Scotland

## TASTING NOTES



Sweet flavour with a firm, meaty texture



Goes well with sharp, delicate, strong and spicy flavours such as: bacon • tomato • curry • ginger • garlic • chilli • soy • sesame



Seafood  
from Scotland



## DID YOU KNOW?

In 2020, Scotland exported over 4million kilos of monkfish



## KEY MARKETS

Spain, France, Italy and Germany



Spain loves monkfish. Since 2015, the country has imported almost **£60M** worth of Scottish monkfish

Monkfish can be found in an unusually wide range of depths, extending from very shallow inshore waters down

# TO AT LEAST 1,100M



## ABOUT

Seafood is Scotland's largest food export, and its premium quality is internationally renowned. Seafood Scotland helps Scottish seafood producers, processors and sellers to export their products to markets all over the world.

## CONTACT

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