

Alternative Fish List

A list of fish and shellfish giving alternatives

Brown Crab – Spider Crab
Clams – Cockles or Mussels
Cod – Haddock
Conger Eel – Shark, Swordfish or Tuna
Dover Sole – Megrim Sole, Lemon Sole, Sand Sole
Garfish – Grey Mullet, Gurnard or Dover Sole
Grey Mullet – Bass or Gurnard
Gurnard – Sea Bass or Weaver Fish
Haddock – Cod or Hake
Hake – Haddock or Cod
Huss – Tope or Shark
John Dory – Turbot or Brill
Lemon Sole – Megrim Sole, Plaice
Ling – Monkfish
Lobster – Spiny Lobster
Mackerel – Herring
Monkfish – Swordfish or Turbot/John Dory
Ocean Perch – Snapper or Grey Mullet
Oysters – Mussels or Clams
Plaice – Lemon Sole, Dabs, Flounder
Prawns –
Red Mullet – Bream or Sea Bass
Salmon – Sea Trout
Sardines – Sprats
Scallops – Monkfish
Sea Bream – Bass or Snapper
Sea Trout – Salmon or Trout
Shark – Tuna, Swordfish, Conger eel
Skate – angel Shark,
Spider Crab – Brown Crab
Squid – Cuttlefish
Tuna – Swordfish or Monkfish
Turbot – Brill or John Dory

From Rick Stein 'Fruits of the Sea'