

OPAL

AUSTRALIAN BARRAMUNDI

Chef's Guide

Congratulations—you are working with one of the most versatile, high-quality, and responsibly produced fish available.

Opal Australian Barramundi performs across both raw and cooked applications. Its fine muscle structure creates a natural opalescence and delivers a unique texture—firm and refined when raw, with a clean, delicate bite, and more tender and yielding when cooked, with a sweet, flaky, buttery character. It also performs exceptionally well in crispy skin applications.

The flesh is naturally white with delicate fat lines, creating a clean “white on white” presentation and a subtle opalescent shimmer when sliced correctly. For best results, refer to the Sashimi Cutting Guide on the reverse. Raised in the pristine saltwater environment of Australia's Northern Territory, Opal offers a clean marine flavour with a naturally buttery texture.

Key Benefits

- Highly versatile across raw and cooked applications
- Exceptional for sashimi, crudo, and ceviche
- Naturally pin-bone free
- Clean marine flavour with buttery texture
- Distinctive opalescent appearance
- Comes from a farm that has been independently certified to the ASC's standard for responsibly farmed seafood. www.asc-aqua.org

Key Chef Notes

- Slice at 90° to fat lines for maximum visual effect (see reverse)
- Firmer when raw, more tender when cooked—use this to your advantage
- Eyes will appear cloudy below 40°F—this is natural for barramundi and not an indicator of freshness
- Scaling can be more challenging than standard species. We recommend ordering scaled fish unless you are removing the skin directly with the scales on
- Forgiving to cook, with good tolerance across temperature and timing



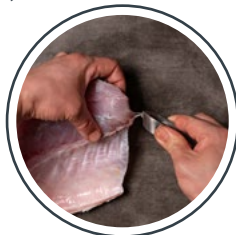
Sashimi Cutting Guide

Primary Method

Divide your Opal Barramundi into the top loin, mid loin, and belly fillet.

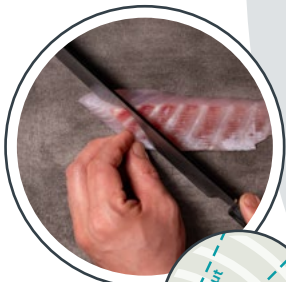


Separate loins.

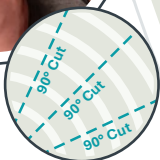


Remove collar bone.

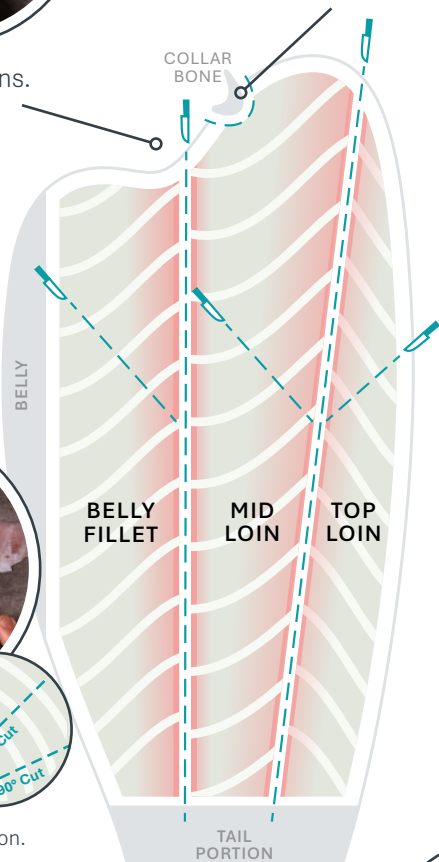
Make all cuts at 90° of the white fat lines.



Ensure to adjust your cutting angle as the lines of fat change across the portion.



Sliced portions, when cut correctly should reveal Opal Barramundi's iridescence.



Key:

 Cut locations

 Loin with fat lines

 Muscle lines

Secondary Method

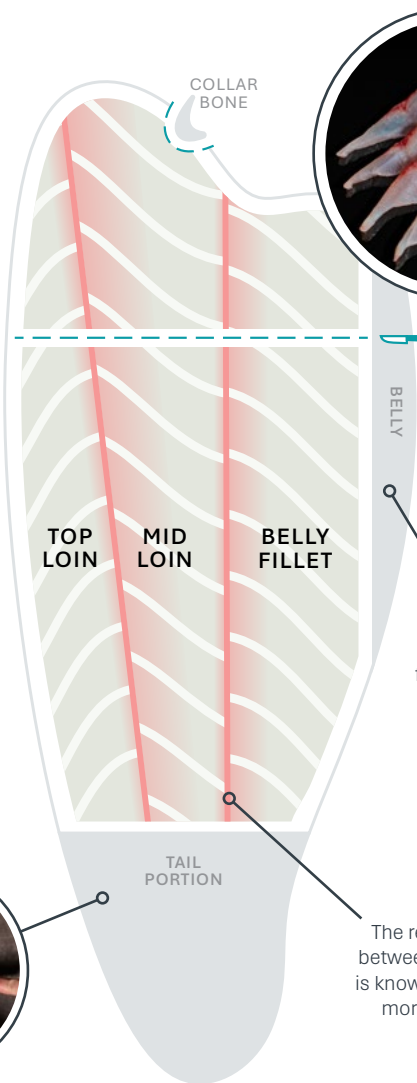
For fillet portions or sashimi with maximum iridescent effect, cut straight across the fillet.



The belly can be used for preparing stock, and for added richness it can be first rendered and caramelised.

The red muscle between the fillets is known for having more flavour.

The tail portion can be shallow-fried with or without batter, or minced and used for croquettes or fish toast etc.



To see a full step-by-step, from whole fish to sashimi, scan the QR code

