

YIELDS

Skin-on unless stated (for skinless portions the yield will reduce by approximately 10%).

Whole fish	Cut	Preparation required	Size of whole fish required	Average yield per fish	Yield per fish	Portions per fish
Barracuda	Suprêmes	Scaled, filleted, boned & portioned	3kg	1.1kg	37%	6
Barramundi	Suprêmes	Scaled, filleted, boned & portioned	3–4kg	1.365kg	39%	6–8
Brill	Suprêmes	Filleted, trimmed & portioned	3–4kg	1.225kg	35%	6
Brill	Fillets	Filleted	750g	375g	50%	2
Brill	Pavés	Headed, trimmed & portioned	2–3kg	1.5kg	60%	8
Cod	Fillets	Filleted	750g	375g	50%	2
Cod	Steaks	Headed, trimmed & portioned	3–4kg	1.75kg	50%	8
Cod	Suprêmes	Filleted, boned & portioned	4–6kg	1.5kg	30%	8
Coley	Fillets	Filleted	680g	340g	50%	2
Dover sole	Fillets	Filleted	680g	340g	50%	2
Gilthead bream	Fillets	Scaled, filleted & boned	850g	375g	44%	2
Grey mullet	Fillets	Scaled & filleted	900g	360g	40%	2
Haddock	Fillets	Filleted	750g	375g	50%	2
Hake	Steaks	Headed, trimmed & portioned	2–3kg	1.25kg	50%	7
Hake	Suprêmes	Scaled, filleted, boned & portioned	2–3kg	750g	30%	4
Halibut	Steaks	Headed, trimmed & portioned	3–4kg	2.31kg	66%	12
Halibut	Suprêmes	Filleted, trimmed & portioned	5–7kg	2.22kg	37%	12
Halibut	Pavés	Headed, trimmed & portioned	5–7kg	3.96kg	66%	20
John Dory	Fillets	Filleted & trimmed	1kg	375g	35%	2
Lemon sole	Fillets	Filleted	650g	375g	57%	2
Mackerel	Butterfly fillets	Filleted	340–400g	185g	50%	1
Mackerel	Fillets	Filleted	650g	375g	50%	1
Monkfish	Fillets (skinless)	Headed, skinned & filleted	1.8kg	375g	21%	2
Monkfish	Steaks (skinless)	Headed, skinned & portioned	4–5kg	1.1kg	24%	6
Plaice	Fillets	Filleted	750g	375g	50%	2
Plaice	Pocketed	Pocket filleted	340–400g	185g	50%	1
Red mullet	Fillets	Scaled, filleted & boned	950g	380g	40%	2
Salmon	Steaks	Headed, trimmed & portioned	3–4kg	2.275kg	65%	12
Salmon	Suprêmes	Scaled, filleted & portioned	3–4kg	2.03kg	58%	10
Sea bass	Fillets	Scaled, filleted & boned	850g	375g	44%	2
Snapper	Fillets	Scaled, filleted & boned	950g	375g	40%	2
Snapper	Suprêmes	Scaled, filleted, boned & portioned	2.5–3kg	770g	28%	4
Squid	Whole	Clean & trimmed	300g	180g	60%	1
Tilapia	Fillets	Scaled, filleted & boned	950g	380g	40%	2
Trout	Canoe filleted	Canoe filleted	290–340g	205g	65%	1
Trout	Fillets	Filleted, skinned, trimmed & boned	950g	380g	40%	2
Turbot	Fillets	Filleted	750g	375g	50%	2
Turbot	Pavés	Headed, trimmed & portioned	3–4kg	2.1kg	60%	11
Turbot	Suprêmes	Filleted, trimmed & portioned	3–4kg	1.2kg	34%	6
Whiting	Fillets	Filleted & boned	950g	380g	40%	2
Witch	Fillets	Filleted, skinned & trimmed	1–1.3kg	375g	35%	2