

Wild caught freshwater fish can often have an earthy taste as they typically inhabit muddy waters.

Several of the species listed are farmed (ensuring availability) and subsequently have a less earthy overtone.

The products listed in this section are only a small selection of those available so please contact your local depot for detailed stock information.



# Freshwater Fish



Golden Carp

## Carp

This prize angling fish originates from China. There are various species commercially available such as golden carp and mirror carp; today they are widely farmed.

Product Code	Product Description	Approx Size	Unit of Sale
03CARP0101	Fresh Whole Carp	1-2kg	kg

## Catfish

Freshwater catfish are farmed world wide, including the Americas, Europe and Africa.

Product Code	Product Description	Approx Size	Unit of Sale
01CAT0101	Fresh Whole Catfish	-	kg

## Pangasius

This member of the catfish family is widely farmed in Vietnam. It is increasingly popular in the UK as it provides a great value-for-money alternative to more common white fish species.

Product Code	Product Description	Approx Size	Unit of Sale
08PANG102	Frozen Pangasius Fillets (skinless & Boneless)	180-220g (6-8oz)	12kg (60ptn)

## Pike

Pike is common to UK waters and is also commonly farmed in Holland and Estonia. It is a very bony fish so is best served filleted.

Product Code	Product Description	Approx Size	Unit of Sale
03PIK0101	Fresh Whole Pike	2kg+	kg

## Tilapia

Farmed worldwide, red and black tilapia are a popular freshwater alternative.

Product Code	Product Description	Approx Size	Unit of Sale
03RTI0124	Fresh Whole Red Tilapia	400-600g	kg
03RTI012403	Fresh Red Tilapia Fillets	140-170g (5-6oz)	kg
03BTI0124	Fresh Whole Black Tilapia	400-600g	kg
03BTI012403	Fresh Black Tilapia Fillets	140-170g (5-6oz)	kg

## Zander

Zander is not commonly found in the UK as it prefers warmer European waters; it is commercially farmed in Sweden and Estonia.

Product Code	Product Description	Approx Size	Unit of Sale
03ZAN0104	Fresh Whole Zander	2kg+	kg