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**CLEAN & UNCLEAN FISH** by Rob Montcalm

There has been a few articles written about clean and unclean fish in the past, but those articles were not an in depth coverage of the hundreds of species that abound in Australian waters.

In recent years many name changes have occurred. They have been changed by the fish co-op to make the fish sell better, example (shark to flake).

**God made three distinct classes of fish.**

(1)**HERBIVORES:-** Like cattle, are a grazing fish with large to medium scales. **All these fish are clean.**

(2)**CARNIVORES:-** They eat smaller fish, and have medium to small scales. Some have no scales, and others have very fine scaly covering like dandruff. **Some are clean.**

(3)**SCAVENGERS:-** **All are unclean** and eat dead or rotting fish.

Many fish in these modern times have in them mercury and heavy metals, many have cancerous growth, others have a toxin called Ciguaterias that has killed quite a few people.

With the large number of foreign ships coming to our harbours and pumping out their bilges, we are getting many strange creatures that have already devastated large areas of our coastal waters and are affecting our fish life.

Large scaled herbivores do not frequent the harbour areas, most of the others do.

Fish names listed below have been taken from a number of Australian reference books, plus what I have compiled in nearly fifty years of fishing and diving.

Because there are thousands of species and sub-species plus many New Zealand and tropical fish I can only give you a general listing of our popular coastal species.

**Clean are:-**

Amberjack	Drummer	Latchet	Pearl Perch
Barramundi	Emperor	Luderick	Pigfish
Bass	Flathead	Mangrove Jack	Pike
Batfish	Garfish	Morwong	Rainbow Runner
Bream	Goatfish	Moses Perch	Red Emperor
Carp	Groper	Mullet	Salmon
Cod	Herring	Mulloway	Sampson
Coral Trout	Javalin Fish	Nanygai	Sargent Baker
Dart	Job Fish	Parrot Fish	Snapper
Dhu-fish	Kingfish	Perch	Snook

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Sole	Tailor	Trout	Whiting
Stripey	Tarwhine	Trumpeter	Wirrah
Sweep	Teraglin	Turrum	Wrasse
Sweetlip	Trevally	Tuskfish	Yellowtail
			Zebra fish

Unclean are:-

Albacore	Dolphin-fish	Leatherjackets	Rock-Ling
<u>Barracouta</u>	Eels	<u>Mackerel</u>	Sawfish
<u>Barracuda</u>	Flounder	Marlin	Swordfish
Blue Grenadier	Hair-tail	Porcupine	Sharks
Bonito	<u>John Dory</u>	Puffer	Toadfish
Catfish	Mirror Dory	Queen-fish	Trigger-fish
Cobia	Longtoms	Rays	<u>Tuna</u>
			Wahoo

You will have noticed certain fish underlined, they are the fish that have a scale like dandruff and can be wiped off by hand. I class these species as doubtful (a very grey area) also Mackerels and Tuna have in them mercury and ciguaterias mentioned earlier.

There have been many fish name changes by the fish co-ops as I mentioned before, some examples are:-

Barracouta	=	Gemfish	Morwong	=	Sea Bream (ok)
Barracuda	=	Hake	Nannygai	=	Redfish (ok)
Cobia	=	Black Kingfish	Shark -	=	Flake
Dolphin-fish	=	Mahi-Mahi	Sweep	=	Blue Fish (ok)
Hagfish	=	Blue Grenadier			

To simplify everything for you the cleanest and safest fish are the large scaled Herbivores and the medium to small scaled Carnivores.

When you read Lev. 11 = 9 – 12 it states Fins and scales. I have never seen an article on FINS. According to the dictionary a fin is a membrane of webbing, but you cannot have a webbing unless it is supported by digit like fingers. I do not know of any fish that does not have a fin except eel like fish that seem to have only a membrane that extends the full length of the body in a continuous line top and bottom, of course these are unclean.

For those who buy frozen fish in packets you might not be buying what you are paying for, also if you visit your local fish market check the fishes eyes are full and shining, not flat and dull as these will probably be a week or so old.

As Australians living with an abundance of fish life over (70%) of them are clean. We have an easy choice.