QUINLAN'S FISH

Newsletter

Issue 08 August, 2021 Kerryfish.com

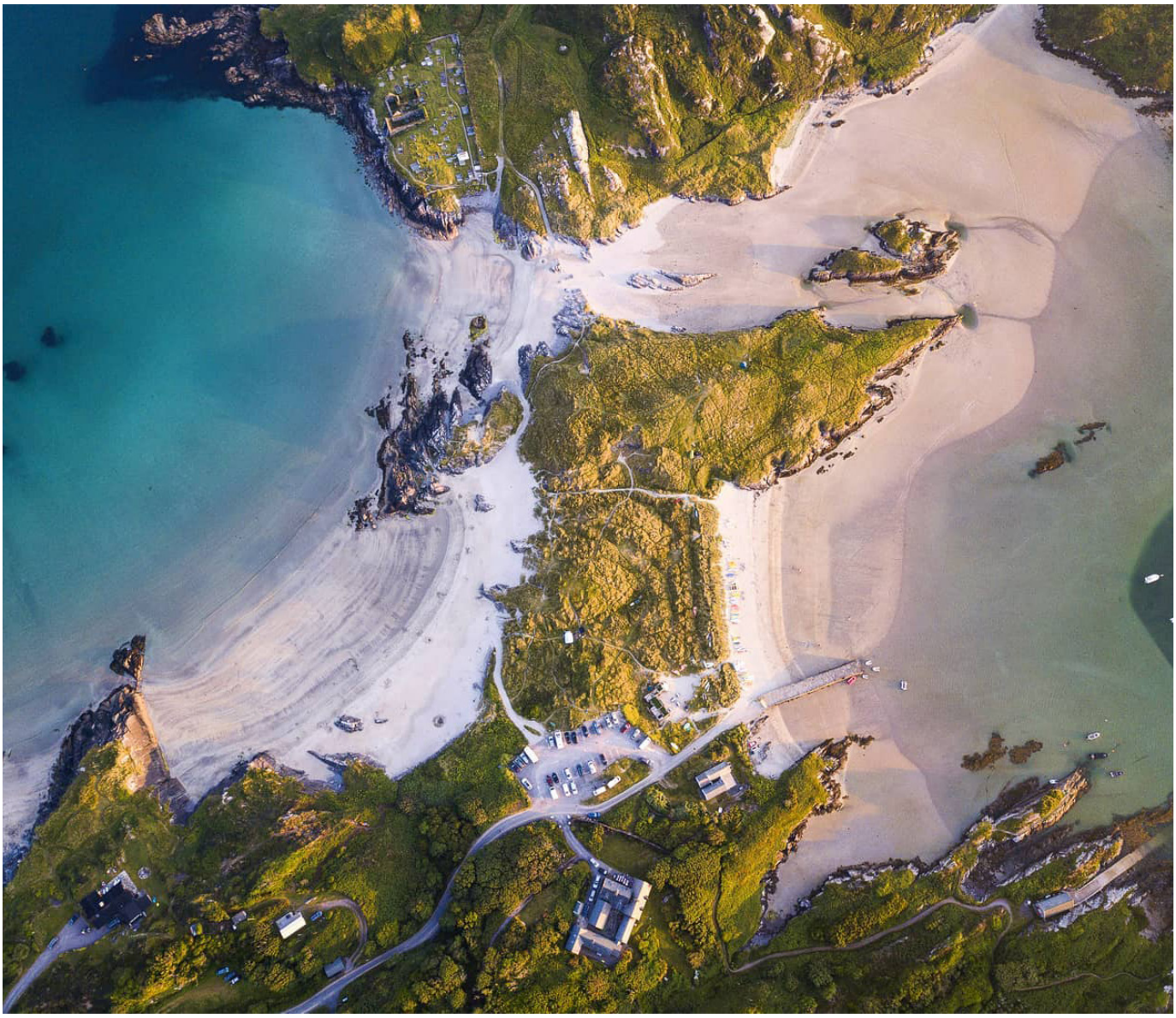

Photo: @ florian_walsh_photography

Derrynane Beach, Co. Kerry

We are expanding

What in in our Seafood Boxs?

Fresh Fish Tips

QUINLAN'S
FISH

Behind the 'SEA'nes

We have some new projects in the pipeline and today we are sharing some behind the scenes photos. These projects have been in the works for some time now, and with many delays and setbacks, we are finally ready to share some info with you guys! Our new Fish shop at the Horan Centre, Tralee will hopefully open at the end of the Summer season. (pictured above/ below).

We are also very excited to be opening up our first Fresh Fish Concession in Dunnes Stores, North Circular Road Tralee, in October and we are very busy organising that too! We will be in great company there, alongside James Whelan butchers and Sheridans Cheese! We are looking forward to working and collaborating with the team at Dunnes!

However, we need a favour from our readers, to spread the word and tell everyone of our upcoming plans. We will be looking for Full-Time staff for both premises, so if you know of any suitable candidates, please send them our way!

Email Sinead@quinlansfish.com

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What is in our Seafood Boxes?

I'm sure you've heard of our Large and Small Seafood Boxes at this stage, but do you know what you get in them?

Our Seafood boxes contain roughly 4kg of the freshest Kerry seafood in the small box and roughly 6.5kg in the big box. In the large seafood box we try include more of our prime fish such as Turbot, Brill etc.

The contents depend on our supply from the boats on any given week. You can customise your box by leaving a note in the additional notes section when ordering and we will try our best to accomodate your preferences or you can leave it as surprise for when you receive it from DPD the following day.

Everything comes portioned, labbeled and in vacuum sealed packs to ensure freshness and convenince. These can be frozen too for up to 6 months, so there is no pressure to have a fish full week either!

They are the perfect solution for families and as they are a great way to introduce more fresh fish into your diets whilst encouraging you to get creative in the kitchen!

QUINLAN'S FISH

Thank you Readers

To all of our lovely readers who take the time to catch up with us every month, we would like to give you something back to say thanks! Your support is greatly appreciated by all of the Quinlan's team!

This Month, we have an exclusive discount code for our newsletter readers, which will give you 10% off any online orders you make between now and the 20th of August.

The code is 'FRESHFISH'

It is redeemable on all of our online shop and you will receive your order within 48hours from our trusted partners, DPD.

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Fresh Fish Tips

When you are choosing your fresh fish, there is a few rules of thumb to follow to ensure that you are getting the best possible catch!

- Check the eyes

Check the eyes of your whole fish, if they are clear, glassy and not cloudy then they are good to go!

- Check the Skin

When the fishes skin looks shiney, moist and slippery, it means you are getting the freshest catch! Avoid any fishes which have bruises or dark red spots, as it compromises their quality.

- Check the Gills

Their gills should look moist and bright red. If they have discoloured and look grey/ pink, your fish may be a few days old.

- When buying Fillets

Fresh fish fillets or steak cuts should be moist and firm.

You can ask any of our fishongers to fillet, skin and portion your fish to make life that little bit easier for you.

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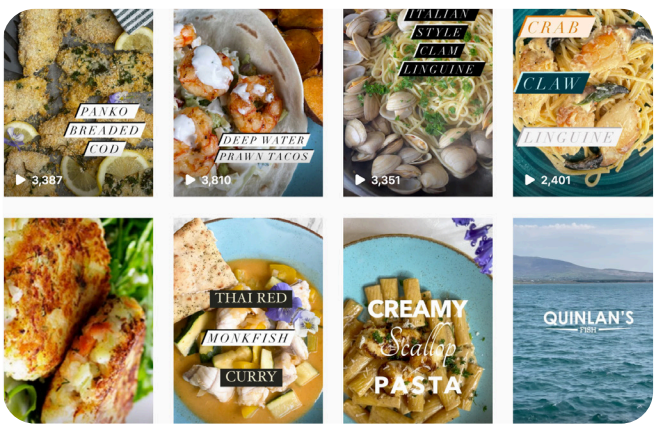
Fresh Portmagee Crab

We are delighted to have some Fresh Portmagee Crab in BACK IN STOCK once more in our Renard HQ! Fishing has been great the last few weeks, in fact it has been too good! So much so that we are welcoming the swells and wind again!

We only have a limited supply of crab so if you have been waiting or craving our crab, the time has come! Be sure to stock up if you are ordering online or visiting us in our Fish Shops!

Check out our array of delicious recipes and Instagram Reels showing you how to cook this delicatacy.

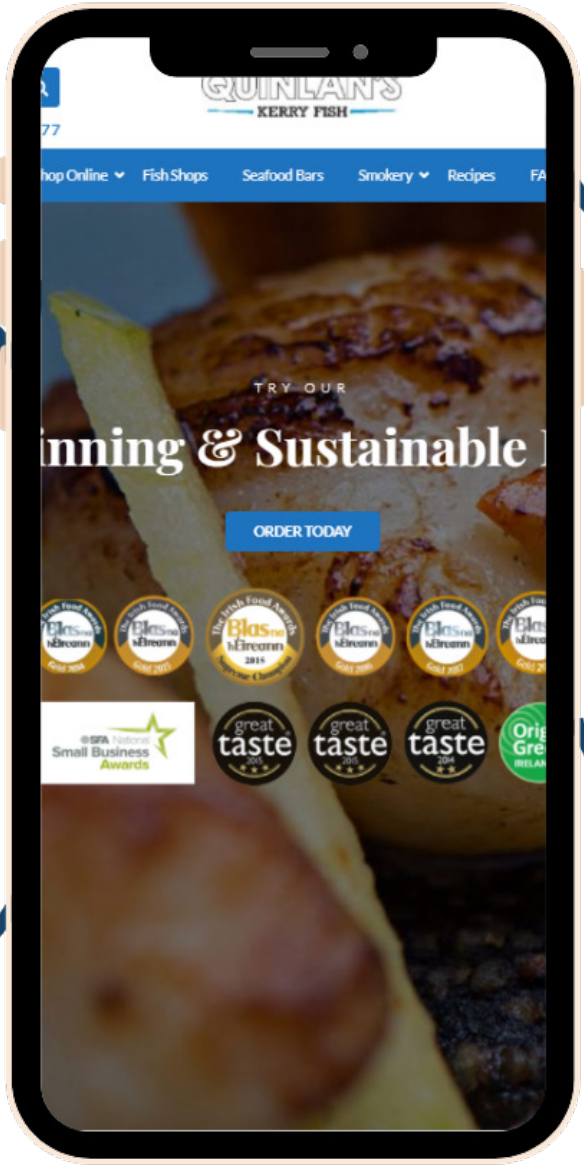


Check out our social media accounts @quinlansfish for more!

Stay Connected With Us on *Kerryfish.com*

Shop Online

Tips + Tricks



Find New Recipes

Our Story

For any queries or enquiries email sinead@quinlansfish.com