

# TREVALLY



*“Fine eating and an excellent sports fish”*

Although the flesh can tend to be dry, it still makes for fine eating. It is also an excellent sports fish when taken on light tackle. Size expectations should be kept around the 500g to 1kg mark. Medium to deep diving lures, wonder wobblers and slices are all attractive lures to trevally. Baits will include nippers, small poddy mullet, and small herrings. Trevally can be found in the bays, estuaries and headlands and near mangroves. They appear to show no preference for sand, silt, mud, gravel or ribbon weed bottoms. Worth sky conditions range from clear to overcast,

while winds from the south, south-east, south-west and east at around 15 knots will assist in putting a chop on the water, which is desirable for trevally fishing. The last two hours of the run out and the first three hours of the run in tides, between August and March in the early morning or late afternoon are favoured times. Drift fishing is not highly recommended so therefore, fish with anchor down. As trevally have sharp lateral spines it is advisable to use a cloth and hold by the underside of their body near the head when handling. Lateral spines can also sever lighter traces than recommended when playing fish.

duty egg-beater reel with a capacity to take 180m by 6kg mono.

## HOW TO CATCH TREVALLY

### LURES

Cast about the vicinity and retrieve at varying speeds.

### BAIT

Cast out, let settle and take up slack. For both lures and baits, strike when extra weight is felt on line. Use a gaff or landing net to land fish.

### WHERE TO CATCH TREVALLY

Refer to Map downloads.

### TREVALLY = TR

### RODS, REELS AND RIGS

Use a medium to fast taper boat rod to three metres along with a 125mm or 150mm side cast reel or a medium

### BAIT RIG



### LURE RIG



**BAIT:** Yabbies, Small Poddy Mullet, Winter Whiting & Herrings.

## Tucka Time!



### Steamed Trevally With Salted Black Bean

#### Ingredients

4-5 spinach leaves  
1 red onion - sliced length ways  
Pinch of salt  
Black pepper  
100g of salted black bean - soak in water for 10 minutes wash gently and drain off water  
3 tbsp white wine vinegar - or white vinegar

1 whole medium size trevally  
2 tsp olive oil  
2 tbsp of sugar - white or raw  
2 tbsp soy sauce

1 yellow capsicum - julienne  
2 red chilli - seeded & julienne  
4-5 sprigs of coriander

#### Method

Wash fish and score. Line a heatproof bowl (large enough to hold the fish) with spinach leaves and then add the fish. Combine all ingredients and pour over fish. Place the bowl in a steamer for 10-12 minutes. If you do not have a steamer, wrap the bowl in foil and place in a moderate pre heated oven for 12 - 15 minutes or until cooked.

Garnish with coriander sprigs and lemon wedges. Serves 4.

