



Get to know more about me.....!

Engraulis encrasicolus (Linnaeus 1758)

 European anchovy



Size

Adult, my standard length is around 20cm. I am often smaller in tropical waters (between 12 and 15 cm).



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Habitat

I am a gregarious species, commonly found in large schools. In my early lifestages, I am often found in the fresh waters of lagoons or estuaries. Adult, I am a coastal pelagic species, that lives in open water. I usually live in waters less than 50m deep, but I can venture down to 400m deep.



Origins

You can find me all over the eastern Atlantic, from the coast of Norway to South Africa. I am also present in the Channel, in the Mediterranean basin, and in the Black Sea.



Diet

I eat mainly plankton, in particular copepods, fish larvae or eggs and small molluscs.



Culinary curiosities!

You can cook me in different ways: fried, pan-fried, or in escabeche. I can also be marinated in olive oil and lemon. In France, I am associated with many typical southern dishes such as pissaladière or pan bagna.

Source: FAO, Fishbase, INPN, wikipedia