COD FAMILY

Pouting

Trisopterus luscus Also known as bib

Caught off the Sussex coast | Confirmed record



Pouting (*Trisopterus luscus*). Picture: Georges Jansoone (JoJan), CC BY-SA 3.0 (creativecommons.org/licenses/by-sa/3.0/), via Wikimedia Commons: commons.wikimedia.org/wiki/File:Trisopterus_luscus01.jpg.

Key facts

IDENTIFY IT
Deep-bodied, coppery fish with four or five darker bands and a black spot at the base of the pectoral fin.

SIZE
Up to about 3 kg; a boat fish averages about 1 kg.

HABITAT
Very common in the English Channel. Small fish use shallow sand; larger fish shoal near rocks and wrecks, down to 300 m.

OFF SUSSEX
Possible in November and from December to January on Kestrel Warrior's seasonal guide.

AROUND BRITAIN
No months in our sources

METHODS
Worm baits for small fish; fish strips and squid for larger ones. Small sabiki lures or mini-eels fished hard on the bottom also work.

GROUP
Cod family

IN SHORT
Pouting, also called bib, is a deep-bodied, coppery fish with four or five darker bands down its sides and a black spot at the base of the pectoral fin. Pouting are listed among regular inshore catches and wreck-trip fish from Brighton. British boat record: confirmed.

COME FISHING WITH US

Fish with Kestrel Warrior from Brighton Marina

Where you might meet pouting with Captain Ant:

- **Winter pouting trips from Brighton Marina** (autumn to spring over wrecks and rough ground)
- **Pouting on a 4-hour inshore trip** (sand, reefs and rough ground near Brighton; 4 hours, £55 per person or £500 whole boat)

Free tuition and free gutting and filleting of your catch. Rod hire £10 per person; fishing tackle is included on the shark trip. Prices 2027 from £20 per person: kestrelwarrior6.co.uk/charter-boat-fishing-prices/

Book: ring **07896 471691** (8am to 9pm, seven days a week) · info@kestrelwarrior6.co.uk · kestrelwarrior6.co.uk/contact/

Scan to book

About the pouting

Pouting, also called bib, is a deep-bodied, coppery fish with four or five darker bands down its sides and a black spot at the base of the pectoral fin. It is very common in the English Channel.

Small fish use shallow sand, while larger fish shoal near rocks and wrecks, down to 300m. They grow to about 3kg, and a boat fish averages about 1kg.

Off Sussex, they are listed among the regular inshore catches and wreck-trip fish from Brighton. Kestrel Warrior's seasonal guide marks November, and December to January, as possible months.

Small fish take worm baits, while larger ones go for fish strips and squid. Small sabiki lures or mini-eels fished hard on the bottom also work. The British boat record is 5lb 8oz, caught off Berry Head in Devon in 1969, well above the average boat fish of around a kilogram.

Pouting are not a fish many people travel for, but they are worth knowing, since they turn up regularly on the wrecks and rough ground that boat trips fish.

On the boat

Small pouting take worm baits. Larger fish prefer fish strips and squid. Small sabiki lures or mini-eels fished hard on the bottom also work. Off Sussex, Kestrel Warrior's seasonal guide marks November, and December to January, as possible months, and pouting are listed among regular inshore catches and wreck-trip fish from Brighton. Other months are not given in the record, so they are not known here.

British boat-caught record

Confirmed record

Weight	5 lb 8 oz (2.494 kg)
Where	Off Berry Head, Devon
When	1969
Angler	R Armstrong

Confirmed British boat-caught record: R Armstrong, 5 lb 8 oz (2.494 kg), off Berry Head, Devon, 1969. The list gives the year only, not the full date. The official weight-based boat records were frozen in June 2024. This record is on the official British Record Fish Committee list, so it is a confirmed record, not a claim.

Care and rules

No minimum size was found for pouting on the Gov.uk page. The record gives no other protection or eating notes for this species. Rules change: check the current rules before you fish.

Did you know?

Pouting are very common in the English Channel, and larger fish shoal near rocks and wrecks, down to 300 m, according to Planet Sea Fishing.

Sources: Planet Sea Fishing - Pouting; BRFC Sea Fish Listings June 2026; Kestrel Warrior - Sea fish of Sussex; Kestrel Warrior - Sea fishing seasons Sussex; Kestrel Warrior - Wreck fishing Brighton. The full guide, with links to every source: kestrelwarrior6.co.uk/sea-fish-guide/pouting/