Blue Cod 藍鳕
PARAPERCIS COLIAS
Pākirikiri

Medium-textured white flesh with a low oil content; suitable for most cooking methods. Large males are more distinctly blue with greenish sides. Some females are mottled towards shades of green. Juveniles are white with broad band of brown along the side. Bottom-dwelling up to 150 metres. Mainly caught in winter (from April to September) around southern New Zealand and the Chatham Islands. They are also found in the Marlborough Sounds, Cook Strait and off Wanganui.

Seasonal availability

<table>
<thead>
<tr>
<th>JAN</th>
<th>FEB</th>
<th>MAR</th>
<th>APR</th>
<th>MAY</th>
<th>JUN</th>
<th>JUL</th>
<th>AUG</th>
<th>SEP</th>
<th>OCT</th>
<th>NOV</th>
<th>DEC</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Product Specifications

**Chilled**
Skinless/boneless:
Run of catch. 5kg (11.02lbs) or 10kg (22.04lbs) per poly box.

Chilled trunks:
Headed and gutted. Run of catch. 12kg (26.46lbs) per poly box.
Keep well chilled 0°C (32°F).
Product received whole should have fillets removed to retain fillet quality and shelf life.

**Frozen**
Frozen fillets:
Skinless/boneless. Shatter pack 10kg (22.04lbs) per carton.
Best stored at -18°C (0°F) in supplied strapped cartons to avoid freezer burn/dehydration.
Recommended cooking from frozen or semi frozen state.

**Grades Available**
600g–1kg
1kg+

**Chilled**

Lengths available
30–40 cm
Reaching 60 cm

Weights available
0.8–1.5 kg
Up to 3kg

Catch methods

Where we’re fishing

Nutritional Information

<table>
<thead>
<tr>
<th>Amounts (per 100g raw fillets)</th>
<th>Energy</th>
<th>Protein</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sugar</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>342kJ</td>
<td>18.1g</td>
<td>0.8g</td>
<td>0.1g</td>
<td>0.3g</td>
<td>0.3g</td>
<td>87mg</td>
</tr>
</tbody>
</table>

Steve Tarrant
General Manager
+64 29 200 1862
steve.tarrant@moana.co.nz

Jason Ashford
International Sales & Market Development Manager
+64 27 221 8708
jason.ashford@moana.co.nz

MOANA
NEW ZEALAND