



Blue Cod 藍鱈

PARAPERCS COLIAS

Pākirikiri



Lengths available

30–40 cm

Reaching 60cm

Weights available

0.8–1.5 kg

Up to 3kg

Catch methods



LONG LINE

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



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+

Where we're fishing



Nutritional Information

Amounts (per 100g raw fillets)

| | |
|--------------------|-------|
| Energy..... | 342kj |
| Protein..... | 18.1g |
| Total Fat..... | 0.8g |
| Saturated Fat..... | 0.1g |
| Cholesterol..... | 0.3g |
| Sugar..... | 0.3g |
| Sodium..... | 87mg |

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