



Blue Moki

LATRIDOPSIS CILIARIS

Moki



Lengths available

55–70cm

Weights available

2–3kg

Up to 10kg

Catch method



TRAWL SET NET

Well textured flesh with plenty of fatty content around the skin. Grey-blue body with broad dark bands across the back and silvery-white on the sides and belly. The body is deep and compressed with large firm scales and the head has thick, fleshy lips. Juveniles live in shallow, rocky regions while adults generally school over the sandy seafloor in depths of up to 150 metres. Caught year-round off the east coast, from Bay of Plenty to Kaikoura, by trawl or set nets.

Seasonal availability



Product Specifications



Chilled

Whole fish:

Headed and gutted.

Fillets:

Fillets skin on, fillets skin off

Keep well chilled 0°C (32°F).

Product received whole should have fillets removed to retain fillet quality and shelf life.



Frozen

Fillets:

Shatter pack 10kg 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.

Where we're fishing



Nutritional Information

Amounts (per 100g raw fillets)

Energy.....	417.8kj
Protein	20.9g
Total Fat.....	1.6g
Saturated Fat	0.4g
Cholesterol	0.2g
Sugar	0.2g
Sodium	64mg

Source: New Zealand Food Files Data

General enquiries

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