



Blue Warehouse

SERIOLELLA BRAMA

Warehouse



Lengths available

40–60cm

Weights available

1–3kg

Up to 7kg

Catch method



TRAWL SET NET

Medium-textured flesh with a medium to low oil content; best cooked by moist heat methods; ideal in strong flavoured dishes such as a curry. Migratory species and there can be variations in appearance at different locations. Members of the Centrolophidae family. Common in the cooler waters at depths of up to 400 metres off the South Island and the Cook Strait. Caught throughout the year, mainly by trawl but sometimes by coastal 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.....	491.7kJ
Protein	20.4g
Total Fat.....	3.8g
Saturated Fat	0.9g
Cholesterol	0.3g
Sugar	0.3g
Sodium	46mg

Source: New Zealand Food Files Data

General enquiries

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