



Cardinalfish

EPIGONUS TELESCOPUS

Akiwa



Lengths available

40–70cm

Weights available

0.8–2.5kg

Up to 3kg

Catch method



TRAWL

Firm and moist; fillet has a darker layer under the skin and a dark strip running along the centre that can be removed by deep skinning and trimming; Medium coloured thick fillets whiten and flake easily when cooked. Belong to the Apogonidae family. Trawl-caught off the east coast of the North Island at depths of between 300 and 800 metres.

Seasonal availability



Product Specifications



Frozen

Whole fish:

Headed and gutted.

Fillets:

Skin off, bone in fillets.

Skinned and boned fillets.

All product packed in 10kg (22.04lbs) cartons and graded.

Best stored at -18°C (0°F) in supplied strapped cartons to avoid freezer burn/dehydration.

Recommended cooking from frozen or semi frozen state to retain succulence.

Where we're fishing



Nutritional Information

Amounts (per 100g raw fillets)

Energy.....	378kj
Protein.....	18.8g
Total Fat.....	1.7g
Saturated Fat.....	0.3g
Cholesterol.....	0.3g
Sugar.....	0.3g
Sodium.....	92mg

Source: New Zealand Food Files Data

General enquiries

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