



Groper

POLYPRION OXYGENEIOS

Hāpuku



Lengths available

80–100cm

Weights available

6kg average+
Up to 20kg

Catch method



BOTTOM TRAWL SET NET LONGLINE

Firm, lean, white flesh with few bones; remains moist with heavy flakes when cooked; makes good steaks; smokes well; has excellent roe.

Also known as Hāpuku. Belong to the Percichthyidae family (temperate basses). Caught year round off the east coast of the North Island, in Cook Strait, off Kaikoura, and off the west coast of the South Island.

Groper is caught by longline, some set netting and some bottom trawling over or near rocky areas to depths of 250 metres.

Seasonal availability



Product Specifications



Chilled

Filletts and Skin on:

Skin off – run of catch.

Trunks –headed and gutted:

Run of catch.
16kg (35.27lbs) per poly box.

Keep well chilled 0°C (32°F).
Product received whole should have filletts removed to retain fillet quality and shelf life.



Frozen

Filletts:

Skinless, boneless, run of catch.
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.

Where we're fishing



Nutritional Information

Amounts (per 100g raw filletts)

Energy.....	393kj
Protein.....	19.4g
Total Fat.....	1.8g
Saturated Fat.....	0.4g
Cholesterol.....	0.3g
Sugar.....	0.3g
Sodium.....	89mg

Source: New Zealand Food Files Data

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