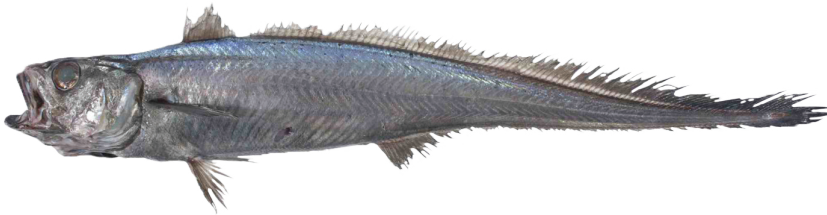




Hoki

MACRURONUS NOVAEZELANDIAE

Hoki



Lengths available

60–100cm

Reaching 130cm

Weights available

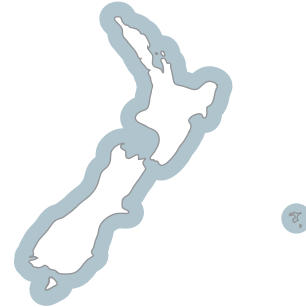
0.5–3.5kg

Catch method



TRAWL

Where we're fishing



Delicate and succulent; no pin bones and flakes easily. Dark purple-blue along the back, shading to paler iridescent blue on the upper side and mirror-like silver below. Long, thin body with a tapering tail. Belong to the Merucciidae family (hakes). One of New Zealand's most important commercial deepwater species. Caught by trawling. Most common off the South Island on the Chatham rise, Campbell Plateau and in Cook Strait. Most abundant between 300 to 600 metres.

Seasonal availability



Product Specifications



Chilled

Skin on and Skin off:

Run of catch. 5kg (11.02lbs) or 10kg (22.04lbs) per poly box.

Headed and gutted:

Run of catch. 12kg (26.45lbs) 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

Fillets and Skin on:

Skinless/boneless. Run of catch. 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.

Nutritional Information

Amounts (per 100g raw fillets)

Energy.....	306.8kj
Protein.....	15.2g
Total Fat.....	1.2g
Saturated Fat.....	0.2g
Cholesterol.....	0.3g
Sugar.....	0.3g
Sodium.....	53mg

Source: New Zealand Food Files Data

General enquiries

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NEW ZEALAND