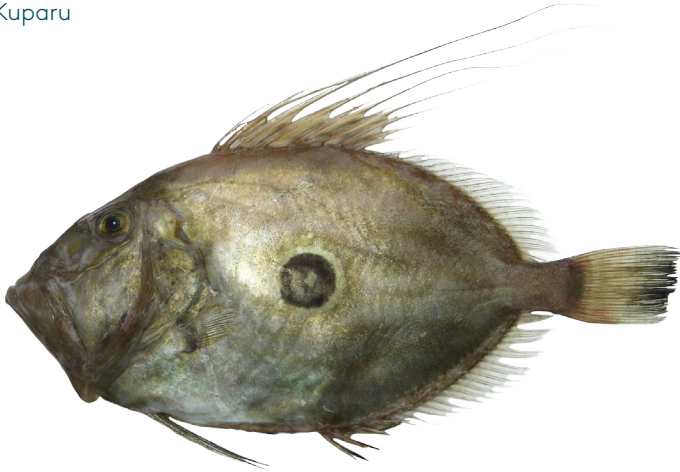




John Dory

ZEUS FABER

Kuparu



Premium table fish with firm white flesh. Suited to all cooking methods, fillets are boneless and can be eaten skin on or skinless. Medium to firm texture fillets can be boned easily. Belong to the Zeidae family (dories). They are caught year round in coastal waters off northern New Zealand most commonly north of the Bay of Plenty, often in mixed species trawl catches and by Danish seiners.

Seasonal availability



Product Specifications



Chilled

Whole fish:

Run of catch, graded small/medium/ large 12kg (26.46lbs) per poly box.

Fillets:

Skin on or skin off, run of catch.

Keep well chilled 0°C (32°F).

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



Frozen

Fillets:

Run of catch, skin on bone in fillets, shatter pack 10kg (22.04lbs) per carton.

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

Recommend cooking from frozen or semi frozen state to retain succulence. Do not thaw as fillets are moist.

Lengths available

30–40cm

Weights available

0.8–1.5kg

Up to 3.5kg

Catch method



TRAWL



DANISH SEINE

Where we're fishing



Nutritional Information

Amounts (per 100g raw fillets)

Energy.....	378kj
Protein.....	20.6g
Total Fat.....	0.8g
Saturated Fat.....	0.2g
Cholesterol.....	0.3g
Sugar.....	0.3g
Sodium.....	82mg

Source: New Zealand Food Files Data

General enquiries

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NEW ZEALAND