



Kingfish

SERIOLA LALANDL

Haku



Lengths available

65–120cm

Reaching 150cm

Weights available

5–15kg

Up to 60kg

Catch method



Firm, succulent flesh with a low oil content that can be improved by bleeding after capture; the dark flesh lightens on cooking. New Zealand Yellowtail Kingfish belong to the Carangidae family. Roving carnivores and an open-water fish found around the North Island and the northern South Island. Regarded as a sashimi grade fish by the Japanese. Caught by trolling, set net, purse seine, trawl or longline.

Seasonal availability



Product Specifications



Chilled

Whole fish:

Headed and gutted/Gilled 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.....	413.1kj
Protein	21.4g
Total Fat.....	1.2g
Saturated Fat	0.3g
Cholesterol	0.3g
Sugar	0.3g
Sodium	58mg

Source: New Zealand Food Files Data

General enquiries

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