



Monk fish

KATHETOSTOMA GIGANTEUM

Kūtoro



Lengths available

30–50cm

Reaching 90cm

Weights available

1.5–5kg

Up to 9kg

Catch method



TRAWL

Succulent, pearly white, firm flesh with a low oil content, not readily flaked; check for pin bones; ideal marinated. Mottled olive green/brown body above and white below with an elongated and flattened body and a prominent bony head with eyes that look upwards. Giant Stargazer belongs to the Uranoscopidae family. Caught all year by trawling, principally around the southern part of the South Island at depths between 50 metres and 500 metres off the continental shelf.

Seasonal availability



Product Specifications



Chilled

Whole fish:

Headed 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.....	389.4kj
Protein.....	17.4g
Total Fat.....	2.4g
Saturated Fat.....	0.6g
Cholesterol.....	0.2g
Sugar.....	0.2g
Sodium.....	94mg

Source: New Zealand Food Files Data

General enquiries

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