



# Red Cod

PSEUDOPHYCIS BACHUS

Hoka



Lengths available

**40–70cm**

Weights available

**0.8–1.3kg**

Up to 2kg

Catch method



TRAWL

Delicate, moist, white flesh with a low oil and fat content; flakes easily and often smoked. Members of the Moridae family (morid cods). Seasonal catch from November to June, most commonly in southern waters in the Canterbury Bight and off Westland at depths of 100 to 300 metres. Mainly caught inshore by trawling before they move to deeper waters in winter.

Seasonal availability



Product Specifications



**Chilled**

**Whole fish:**

Headed and gutted.

**Fillets:**

Skin on or skin off, skin on fillets.

Keep well chilled 0°C (32°F).

Product received should be drained and re-iced to retain quality and increase shelf life.



**Frozen**

Fillets Skin On.

Fillets Skin Off.

Shatter pack 10kg (22.04lbs) per carton.

**Grades Available**

0-100g

100-200g

200-300g

300g+

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

Recommended cooking from frozen to semi frozen state to retain succulence.

Where we're fishing



**Nutritional Information**

Amounts (per 100g raw fillets)

Energy.....	309kj
Protein.....	16.9g
Total Fat.....	0.6g
Saturated Fat.....	0.1g
Cholesterol.....	0.2g
Sugar.....	0.2g
Sodium.....	92mg

Source: New Zealand Food Files Data

General enquiries

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