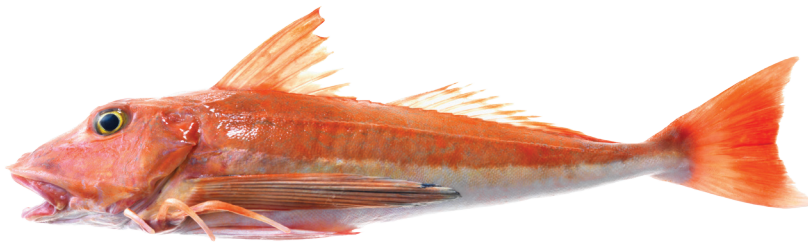




Red Gurnard

CHELIDONICHTHYS KUMU

Puuwhaiu



Lengths available

20–30cm

Reaching 50cm

Weights available

0.5–1.4kg

Up to 2kg

Catch method



BOTTOM TRAWL LONGLINE

Succulent, medium-textured flesh with low oil content. Suitable for most cooking methods. Body is reddish-pink to red above and white below. The large pectoral fins are bluish-green with one large, dark spot and several small white or blue spots and a blue margin. The outer skin is considered scaleless. Becoming popular in whole and filleted form. Widespread around New Zealand and caught by longline and bottom trawl all year around.

Seasonal availability



Product Specifications



Chilled

Whole fish:

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

Fillets:

Skin on bone in/skinless, boneless.

Keep well chilled 0°C (32°F).

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



Frozen

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

Recommend cooking from frozen or semi frozen state.

Where we're fishing



Nutritional Information

Amounts (per 100g raw fillets)

Energy.....	375kj
Protein.....	20.6g
Total Fat.....	0.7g
Saturated Fat.....	0.1g
Cholesterol.....	0.3g
Sugar.....	0.3g
Sodium.....	99mg

Source: New Zealand Food Files Data

General enquiries

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