



NEW ZEALAND

Sole

PELTORHAMPHUS NOVAEZEELANDIAE

Pātiki rori



Lengths available

30–40cm

Reaching 55cm

Weights available

< 0.8kg

Less than 0.8kg

Catch method



BOTTOM
TRAWL



SET NET

Delicate texture and moist flesh with a low oil content; upper fillets slightly darker but whiten on cooking. Popular in restaurants cooked whole, including skin as has very little scale. Found only in New Zealand and belong to the Pleuronectidae family (right-eye flounders). Caught throughout the year off the South Island's West Coast, Otago, and Southland by set net or bottom trawl to a depth of 100m.

Seasonal availability



Product Specifications



Chilled

Whole/gutted:

Packed on a per count basis.

Keep well chilled 0°C (32°F).

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



Frozen

Whole/gutted:

Individually bagged, 10kg (22.04lbs) per carton.

Grades Available

- A 175-250g
- B 250-325g
- C 325-400g
- D 400-500g
- E 500-600g
- F 600-800g+

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. New Zealand Sole should not be overcooked.

Where we're fishing



Nutritional Information

Amounts (per 100g raw fillets)

Energy.....	372kj
Protein.....	19.4g
Total Fat.....	1.2g
Saturated Fat.....	0.2g
Cholesterol.....	0.3g
Sugar.....	0.3g
Sodium.....	93mg

Source: New Zealand Food Files Data

General enquiries

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