



# Blue Cod

PARAPERCCIS COLIAS

Pākirikiri



Lengths available

**30–40**cm

Reaching 60cm

Weights available

**0.8–1.5**kg

Up to 3kg

Catch method



LONGLINE

Medium-textured white flesh with a low oil content; suitable for most cooking methods. Large males are more distinctly blue with greenish sides. Some females are mottled towards shades of green. Juveniles are white with broad band of brown along the side. Bottom-dwelling up to 150 metres. Mainly caught in winter (from April to September) around southern New Zealand and the Chatham Islands. They are also found in the Marlborough Sounds, Cook Strait and off Wanganui.

Seasonal availability



Product Specifications



**Chilled**

Skinless/boneless:

Run of catch. 5kg (11.02lbs) or 10kg (22.04lbs) per poly box.



**Frozen**

Fillets:

Skinless/boneless. Shatter pack 10kg (22.04lbs) per carton.

Best stored at  $-18^{\circ}\text{C}$  ( $0^{\circ}\text{F}$ ) in supplied strapped cartons to avoid freezer burn/dehydration.

Recommended cooking from frozen or semi frozen state.

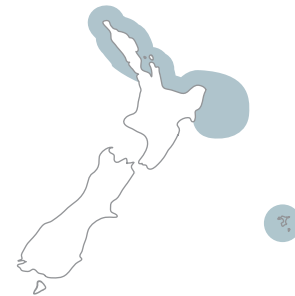
**Grades Available**

Gilled + gutted 600g–800g

800–1000kg

1kg+

Where we're fishing



**Nutritional Information**

Amounts (per 100g raw fillets)

Energy.....	342kj
Protein.....	18.1g
Total Fat.....	0.8g
Saturated Fat.....	0.1g
Cholesterol.....	0.3g
Sugar.....	0.3g
Sodium.....	87mg

Source: New Zealand Food Files Data

General enquiries

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