

# dory

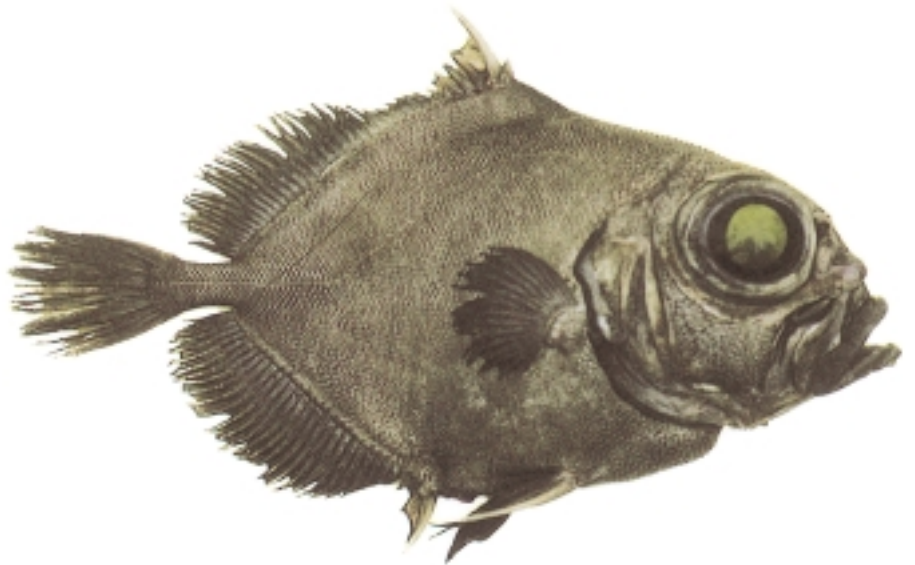
## smooth

*Pseudocyttus maculatus*

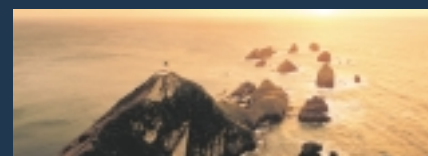


## black

*Alloctytus niger*



NGĀI TAHU SEAFOOD



# Dory

## Smooth Dory

*Pseudocyttus maculatus*

## Black Dory

*Allocyttus niger*

### Background Information

- The deepsea dory family are caught mostly off the Southern Eastern coast of New Zealand.
- Method of catching is by bottom trawl at depths up to 3,000 feet.
- Suited to all cooking methods, fillets are skinned and boned; deep cream in colour with medium to firm flesh texture and good flavor.
- Fillets remain moist and hold shape on preparation.
- Landings are constant throughout the year with short trawls, rapid freezing or icing ensuring premium quality.

### Packaging Specifications

- *Frozen Fillets*  
Skinless/boneless in Shatter Pack 10kg (22.05lb) per carton.

Grades	60 - 115g	(2 - 4oz)
	115 - 170g	(4 - 6oz)
	170 - 225g	(6 - 8oz)
	225g +	(8oz +)

### Storage, Handling and Defrost Recommendations

- *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 to retain succulence. Do not thaw as fillets are moist.

### Smooth Dory - Nutritional Information

(Per 100gm edible portion – approximate)

	Amount Per Serving	% Daily Value*		Amount Per serving	% Daily Value*
Total Calories	60g	-	Dietary Fibre	-	-
Calories from Fat	-	-	Sugars	-	-
Total Fat	-	-	Protein	15g	-
Saturated Fat	-	-	Vitamin A	-	8%
Cholesterol	40mg	13%	Vitamin C	-	3%
Sodium	95mg	4%	Calcium	-	-
Total Carbohydrate	-	-	Iron	-	4%

\* Based on a 2000 Calorie diet

# Smooth Oreo Dory

*Pseudocyttus maculatus*

## Background Information

- Suited to all cooking methods, fillets are skinned and boned; deep cream in colour with medium to firm flesh texture and good flavor.
- Fillets remain moist and hold shape on preparation.
- Caught mostly off the Southern Eastern coast of New Zealand at depths between 600 – 1200 metres.
- Methods of catching are bottom trawl.
- Landings are constant throughout the year with short trawls, rapid freezing or icing ensuring premium quality.

## Packaging Specifications

- *Frozen Fillets*  
Skinless/boneless in Shatter Pack 10kg (22.05lb) per carton.

<i>Grades</i>	60 - 115g	(2 – 4oz)
	115 - 170g	(4 – 6oz)
	170 - 225g	(6 – 8oz)
	225g +	(8oz +)

## Storage, Handling and Defrost Recommendations

- *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 to retain succulence. Do not thaw as fillets are moist.

## Nutritional Information

(Per 100gm edible portion – approximate)

		% Daily Value*			% Daily Value*
Total Calories	60g	-	Dietary Fibre	0	0
Calories from Fat	0	-	Sugars	0	0
Total Fat	0	0	Protein	15g	0
Saturated Fat	0	0	Vitamin A	0	8%
Cholesterol	40mg	13%	Vitamin C	0	3%
Sodium	95mg	4%	Calcium	0	0
Total Carbohydrate	0	0	Iron	0	4%

\* Based on a 2000 Calorie diet