

hake

(Merluccius australis)



NGĀI TAHU SEAFOOD



Hake

(*Merluccius australis*)

Background Information

- Hake occurs around South Island, Chatham rise and Campbell Plateau. Main fishery is on the West Coast of South Island during spawning season.
- Fishing season is short: July to August
- Most commonly occurs between 500m to 700m. Usually caught by bottom trawl but can be targeted by longliners.
- Hake flesh is moist and white with a delicate texture.

Packaging Specifications

- Frozen at Sea, H/G/T, 2 x 12kg Block (24kg cartons)

Grades 3L 1 – 4 pcs/12kg
 2L 5 – 7pcs/12kg
 L 8 – 12pcs/12kg

- Fillets can be produced to customer specifications.
- Fresh product is also available in 20kg polybins.

Storage and Handling

- *Frozen*
Best stored at -18°C (0°F) in supplied strapped cartons to avoid freezer burn/dehydration.
- *Fresh*
Keep product as close as possible to 0-1°C. This will ensure maximum product shelf life and quality.

Hake – Nutritional Information

(per 100g edible portion – approximate)

	Amount Per serving	% Daily Value*
Total Calories	81	-
Calories from Fat	5	-
Total fat	1.6g	1
Saturated Fat	0.5g	0
Cholestrol	53mg	21
Sodium	65mg	6
Total Carbohydrate	0g	0
Dietary Fibre	0g	0
Sugars	0g	0
Protein	16g	-
Vitamin A	-	0
Vitamin C	-	0
Calcium	11mg	2
Iron	0.4mg	6