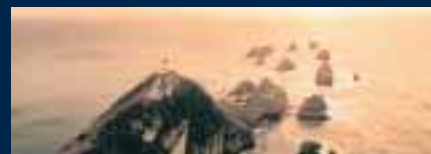


# hoki

*Macrurus novaezelandiae*



NGĀI TAHU SEAFOOD



# Hoki

*Macruronus novaezelandiae*

## Background Information

- Main fishing grounds are off the West Coast of New Zealand South Island and Cook Strait.
- Fishing season is all year around but peak season is between June and September.
- Method of catching is by mid water and bottom trawl at depths between 300 and 900m.
- Hoki has a delicate, white, moist flesh with no pin bones in the fillet. Hoki is excellent for consumers wanting white, mild flavored and bone free meat.

## Packaging Specifications

- Frozen Fillets, skinless/boneless, layer pack, 10kg (22.05lb) carton.
- Frozen Skin-on Fillet, layer pack, 10kg carton

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

- Hoki Roe, layer packed in 5 or 10kg box

Grades A, B, C, D (colour specifications and % of broken roe for each grade is packed to specific customer request)

## Storage and Handling

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

## Hoki – Nutritional Information

(per 110g edible portion – approximate)

	Amount Per serving	% Daily Value*
Total Calories	100	-
Calories from Fat	20	-
Total fat	2.5g	4
Saturated Fat	0.5g	3
Cholesterol	45mg	15
Sodium	65mg	2
Total Carbohydrate	0g	0
Dietary Fibre	0g	0
Sugars	0g	0
Protein	19g	-
Vitamin A	-	0
Vitamin C	-	0
Calcium	-	0
Iron	-	6