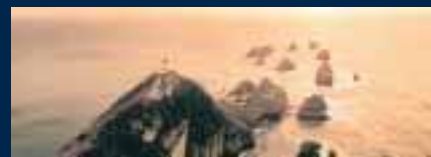


ling

(Genypterus blacodes) – Kingklip



NGĀI TAHU SEAFOOD



Ling

(Genypterus blacodes) – Kingklip

Background Information

- Ling are mainly caught around the bottom of the South Island and over Campbell Rise (east of South Island).
- Fishing is all year around with main season June to October.
- Ling is a bottom dweller, living at depths of 300–700meters, and is usually taken by bottom longlines or bottom trawl.
- Ling is a versatile, firm textured fish that can be cooked in practically every way. It has large, moist bone-free fillets that are ideal for pureeing and making into mousselines or terrines.

Packaging Specifications

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

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

- Frozen Skin-off Fillet, layer pack, 10Kg carton

Grades 0 – 500g, 500 – 1kg, 1 – 2kg, 2 - 3kg

Storage and Handling

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

Ling– Nutritional Information

(per 100g edible portion – approximate)

	Amount Per serving	% Daily Value*
Total Calories	80	-
Calories from Fat	5	-
Total fat	0.5g	1
Saturated Fat	0g	0
Cholestrol	65mg	21
Sodium	130mg	6
Total Carbohydrate	0g	0
Dietary Fibre	0g	0
Sugars	0g	0
Protein	19g	-
Vitamin A	-	0
Vitamin C	-	0
Calcium	-	2
Iron	-	6