

new zealand

monkfish

(Merluccius australis)



NGĀI TAHU SEAFOOD



New Zealand Monkfish

(Kathetostoma giganteum) - Stargazer

Background Information

- Widespread throughout New Zealand's coastal waters, but more common around South Island. Also occurs in Southern Australia.
- Fishing season is all year around with peak September to April.
- Inshore/mid water specie with depth range extends from 50m to 500m. Usually caught by bottom trawl.
- Fillets are thick, white and firm in texture. When cooked fillet has a firm shellfish like texture and flavour.

Packaging Specifications

Skin on Trunks Individually bagged in 20kg cartons.
Skinless Boneless Fillets Layer packed interleaved fillets in 5kg cartons.

Grading

Fillets	0	100gm
	100	200gm
	200	400gm
	400	600gm

- Fillets exceeding 600gms are cut in half.

Trunks	0	100gm
	500gm	1kg
	1kg	2kg
	2kg	3kg
	3kg +	

Storage and Handling

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

Monkfish – Nutritional Information

(per 110g edible portion – approximate)

	Amount Per serving	% Daily Value*
Total Calories	80	-
Calories from Fat	5	-
Total fat	0.5g	1
Saturated Fat	0g	-
Cholestrol	40mg	21
Sodium	90mg	6
Total Carbohydrate	0g	0
Dietary Fibre	0g	0
Sugars	0g	0
Protein	19g	-
Vitamin A	-	0
Vitamin C	-	0
Calcium	11mg	2
Iron	-	4