

Orange Roughy

Hoplostethus Atlanticus

Background Information

- New Zealand's most Premium recognised table fish with white firm texture flesh.
- Suited to most cooking methods, fillets are skinned and boned.
- A deep water species caught by trawling in depths between 700 – 1400 metres.
- Caught off the East, West and Southern coasts of New Zealand year round with the main season being May to August.

Packaging Specifications

- *Chilled Fillets*
Skinless/boneless; Run of the Catch; Upgraded
16kg (35.27lb) per Polybox. 5kg (11.02lb) per Tray Pack.
- *Frozen Fillets*
Skinless/boneless; Shatter Pack 10kg (22.05lb) per carton.

<i>Grades</i>	60 - 115g	(2 – 4oz)
	115 - 170g	(4 – 6oz)
	170 - 225g	(6 – 8oz)
	225 - 340g	(8 – 12oz)
	340g +	(12oz +)

- *Frozen Bagged portions*
Skinless/boneless portions; free flow in 1Lb bag (22 x 1Lb bags per master carton)

Graded 3 – 6oz portions

Storage, Handling and Defrost Recommendations

- *Chilled*
Keep well chilled 0°C (32°F). Product received whole should have fins removed to retain fillet quality and shelf life.
- *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 raw product – approximate)

		% Daily Value*			% Daily Value*
Total Calories	156	-	Dietary Fibre	0	0
Calories from Fat	0	-	Sugars	0	0
Total Fat	8.5g	0	Protein	15.1g	0
Saturated Fat	0	0	Vitamin A	0	0
Cholesterol	85mg	0	Vitamin C	0	0
Sodium	90mg	0	Calcium	0	0
Total Carbohydrate	0	0	Iron	0	0