

Fresh Bigeye Tuna

Latin: *Thunnus obesus*



Recommended for sashimi

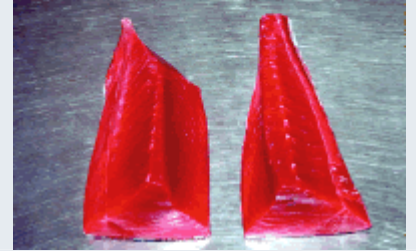
Bigeye is a favourite fish of many chefs with its fantastic flavour, texture, and lots of flesh with no bone. It is considered a premium flesh for sashimi. Bigeye forms the centrepiece for any dish. It also cooks brilliantly and is easy to prepare.

Bigeye is caught in deeper, cooler water, has a higher fat content and longer shelf life than other tunas. The flesh of Bigeye Tuna is deep red.

Preparation: Most chefs prefer to use Big eye for Sashimi, Sushi or carpaccio dishes. If you have to cook it, searing it in a hot pan works well, but be very careful not to over cook it. The high fat content is ideal for grilling, roasting and pan searing.

Availability: Caught and available all year round.

Shelf life: Best consumed within 5 days of receiving product.



Fresh Yellowfin Tuna

Latin: *Thunnus albacares*



Recommended for sashimi

Yellowfin is also an excellent fish for sashimi and other raw fish dishes. Its flesh is typically not as deep red and tends to be firmer than that of bigeye.

Flesh colour varies from pink in smaller fish to deeper red in larger fish.

Preparation: Yellowfin tuna is used in raw fish dishes especially sashimi. This fish grills very well and is used in cajun cuisine as 'blackened fish'. Yellowfin has a firm texture and subtle flavour.

Availability: Caught and available all year round.

Shelf life: Best consumed within 5 days of receiving product.



Eat Tuna for your health

Tuna is an excellent source of Omega 3 (approx 0.5g per 100g) which helps in lowering blood cholesterol and maintaining a healthy circulatory system. Tuna is also a good source of vitamin B3 used for the nervous and digestive systems, the skin and the manufacture of hormones.

Fresh Swordfish

Also known as Broadbill
Latin: Xiphias gladius



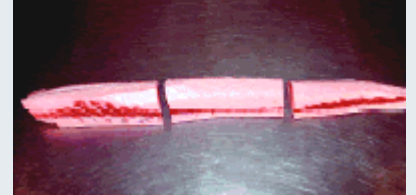
Recommended for sashimi

Swordfish is a fantastic fish to eat, and should melt in your mouth. Swordfish has high oil content and is rich in flavour with a texture similar to premium cuts of beef. It has a pale white to pinkish firm flesh. Swordfish has a very mild taste and tender flesh when cooked.

Preparation: Ideal for grilling, pan-frying and roasting. Its use in raw dishes is increasing. Swordfish Carpaccio is also a popular dish.

Availability: Caught and available all year round. Weekly supply occasionally subject to catch.

Shelf life: Swordfish keeps well and will maintain its condition for up to 7 days from receiving product.



Fresh Mahimahi

Also known as Dolphin Fish (not to be confused with the mammal)
Latin: Coryphaena hippurus

Mahimahi is a delicious fish with a delicate moist slightly sweet flavour. When it is first caught its colours are brilliant blue and silver speckled with yellow. Mahimahi has a thin skin with firm, light pinkish flesh.

Preparation: It should be cooked until it just starts to flake. Care should be taken not to overcook Mahimahi. It is suitable for most cooking methods. Lightly pan-frying works well (cook as per other NZ white fish).

Availability: Caught and available all year round.

Shelf life: Best consumed within 3 days from receiving product.



Fresh Wahoo

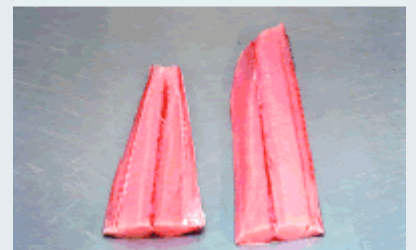
Also known as Ono
Latin: Acanthocybium solandri

Wahoo flesh is whiter, flakier and has a more delicate texture than other similar surface species. The word Ono means "good to eat" in Hawaiian.

Preparation: Wahoo is a very versatile fish and works well with most recipes. It has a low fat content making it especially suitable for poaching.

Availability: Caught and available all year round.

Shelf life: Best consumed within 3 days from receiving product.



Fresh Moonfish

Also known as Opah

Latin: *Lampris guttatus*



Recommended for sashimi

Moonfish is a stunningly coloured fish. It has a silvery-grey upper body and fades to rose red and dotted white spots towards the belly. The name moonfish is perhaps derived from its large round profile.

Moonfish flesh has different colours. The flesh from the fish's cheeks is dark red. Near the backbone is an orangish flesh and towards the belly the colour changes to pink. When cooked all the flesh turns to a white colour.

Preparation: The moonfish's flesh is rich and fatty, with a variety of uses. Moonfish is used for sashimi, for grilling, and for smoking.

Availability: Caught and available all year round.

Shelf life: Best consumed within 5 days from receiving product.



Fresh Blue Marlin

Latin: *Makaira nigricans*



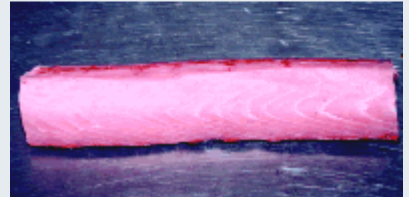
Recommended for sashimi

Blue Marlin has a high fat content and can also be used in sashimi and other raw fish dishes. Blue Marlin has a white firm flesh with a mild flavour. The high fat content gives the fish a naturally laquered appearance.

Preparation: Sashimi, steaking as fish of the day, ideal for grilling and other cooking methods.

Availability: Caught all year round. Weekly supply occasionally subject to catch.

Shelf life: Best consumed within 5 days of receiving product.



Fresh Striped Marlin

Latin: *Tetrapturus audax*



Recommended for sashimi

The flesh colour of Striped Marlin varies from fish to fish. Marlin with an orange-red flesh makes impressive cuts for sashimi. Other pink to lightcoloured flesh marlin can be used for fish of the day. The most sort after of all marlin species because of its tender flesh.

Preparation: Striped Marlin can be used for sashimi and other raw fish dishes. It takes well to char-grilling, roasting and pan-searing. The flesh of all marlin species is ideal for smoking.



Availability: Caught throughout the year, weekly supply occasionally subject to catch.

Shelf life: Best consumed within 5 days of receiving product.

Fresh Albacore Tuna

Latin: *Thunnus alalunga*



Recommended for sashimi

Albacore has a pink to white flesh and is used in cooking and raw fish dishes. Larger fish have a pinker flesh coloration and greater fat content. Solander Albacore are generally larger fish averaging around 18kg per fish. Albacore flesh is softer than other Tuna.

Preparation: Albacore is often smoked. It also grills well. Other uses, sashimi, poaching, marinated steaks etc. Care must be taken to avoid over cooking.

Availability: Caught and available all year round.

Shelf life: Best consumed within 5 days of receiving product.

