



GREAT CATCHES

MAKE A SPLASH

(more expensive varieties)

SALMON

A firm, oily, orange-fleshed fish. Buy it fresh in fillets, cutlets, steaks or kebabs, or smoked in fillets or slices.

Cook: Pan-fry, bake, poach, barbecue, microwave, grill.

Nice raw and in sushi.

Particularly high in omega-3.

SNAPPER

Great all-rounder with a delicate flavour and moist, white flesh. Usually sold whole or in fillets.

Cook: Poach, steam, pan-fry, bake, microwave, barbecue, grill.

TUNA

A firm, oily, red/brown-fleshed fish. Buy it in steaks.

Cook: Pan-fry, bake, barbecue, microwave. Nice raw and in sushi.

Particularly high in omega-3.

BLUE COD

Has pink flesh that whitens on cooking, and has medium-thick flakes once cooked. Usually sold in cutlets or steaks.

Cook: Poach, pan-fry, bake, smoke, microwave. Takes marinades well.

AFFORDABLE MOST DAYS

(medium-priced varieties)

GURNARD (RED)

A firm, white fish that holds its shape when cooked.

Cook: Bake, pan-fry, steam, poach, barbecue. Nice raw and in sushi.

LEMONFISH

A firm, white fish that holds its shape when cooked.

Cook: Bake, pan-fry, poach, steam.

TARAKIHI

A moist, white fish that has medium-thick flakes when cooked.

Cook: Bake, pan-fry, poach, barbecue, microwave. Nice raw and in sushi.

LING

A good stock-standard firm, white-fleshed fish that holds its shape well when cooked. It tends to be sold in large fillets.

Cook: Pan-fry, bake, stir-fry, barbecue, poach, grill.

HOKI

A delicate, white-fleshed fish that flakes easily when cooked.

Cook: Bake, microwave.

BUDGET-FRIENDLY

(less expensive varieties)

TREVALLY

A marbled, pink fish with a darker fat line that can be removed. Once cooked it has medium-thick flakes.

Cook: Pan-fry, bake, steam, poach, microwave.

FLOUNDER

A delicate fish that flakes easily when cooked. Very strong flavour.

Cook: Pan-fry, bake, barbecue, microwave.

RED COD

A delicate, white-fleshed fish that flakes easily when cooked.

Cook: Pan-fry, bake, poach, microwave.

KAHAWAI

A dark, oily fish that lightens on cooking.

Cook: Pan-fry, bake, microwave, poach.

SKATE

A white fish with medium-thick flakes when cooked.

Cook: Bake, poach, microwave, marinate.



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