



# TARAKIHI

WHOLE, DRESSED, FILLETS



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A medium to firm fish with a delicately flavoured flesh.

### Scientific name

Nemadactylus  
macropterus

### Availability

Year round

### Average weight

900-2.5kg, up to 6kg

### Average length

30-40cm

### Shelf life

24 months

### Keep frozen

at -18°C (0°F) or below.

### Nutrition information

AVERAGE QUANTITY PER 100g	
Energy	337kJ
Protein	17.9g
Fat, total	0.9g
- saturated	0.2g
Carbohydrate	0.3g
- sugars	0.3g
Sodium	75mg

### Sustainability

Tarakihi has been fished commercially in New Zealand for over 100 years. Although there has been some short term fluctuations commercial catch levels have been fairly stable at 3,500 to 6,500 tonnes annually since 1945.



### Cooking methods

Tarakihi has medium to firm white, moist flesh, suitable for most cooking methods. It can be used in a delicate or strongly flavoured dish. Tarakihi is versatile and can be baked, barbequed, curried, fried, poached, marinated, used in soup and chowder or served raw as sushi.



### Product details

#### Fillet portion grades (Skinless/Boneless)

85-115g  
115-175g  
175-225g  
225g+

#### Carton weight

5kg

#### Fillet portion grades (Skin on/Bone In)

50-70g  
70-100g  
100-175g  
175g+

#### Carton weight

10kg

#### Whole (IWP)

300-500g  
500-800g

#### Carton weight

10kg

#### Dressed

300-900g  
900g+

#### Carton weight

2x11kg



Learn more at  
[www.talleys.co.nz](http://www.talleys.co.nz)

