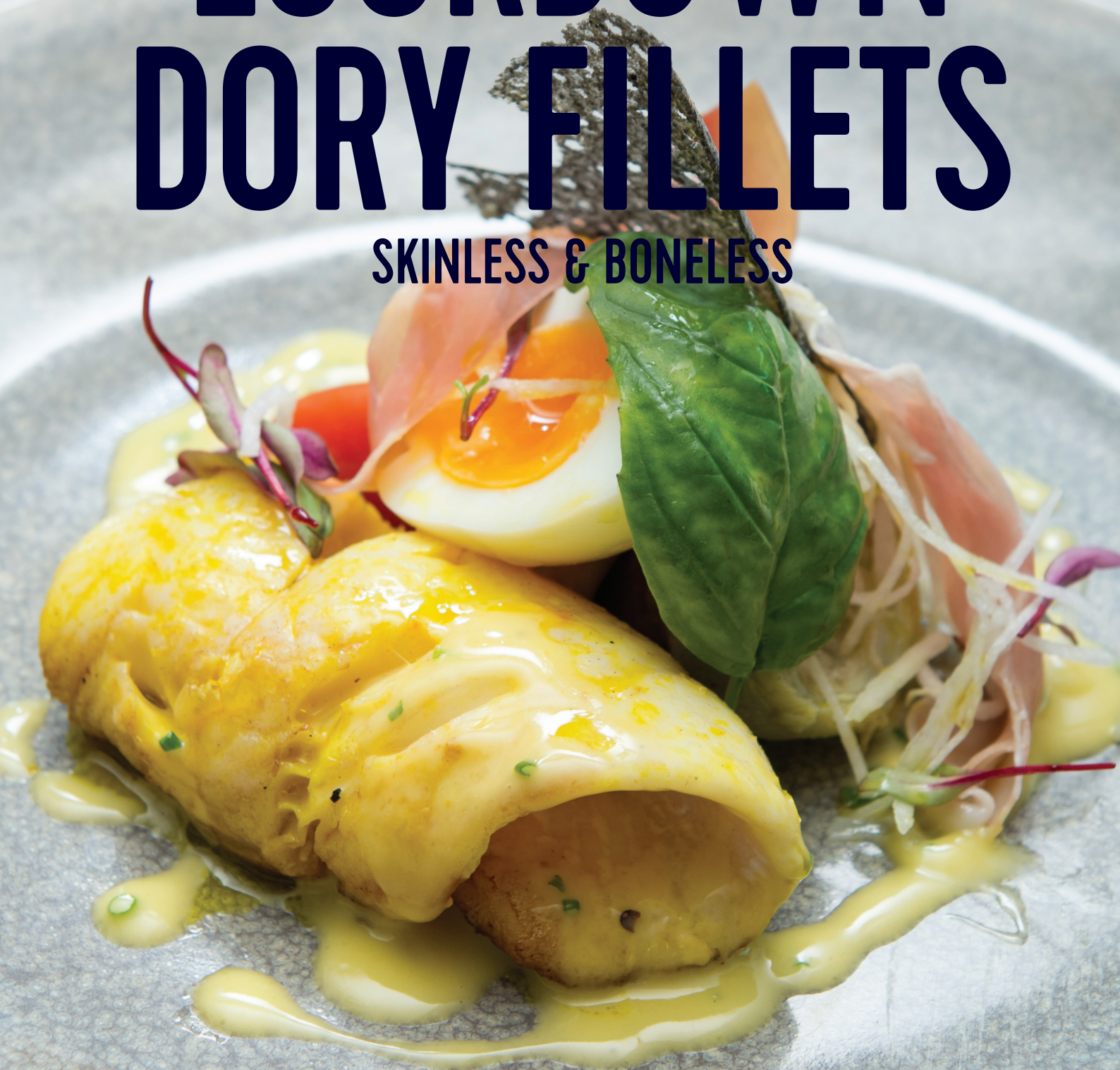




LOOKDOWN DORY FILLETS

SKINLESS & BONELESS



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Lookdown Dory fillets are firm, white and do not flake easily.

Scientific name

Cyttus traversi

Availability

Caught year-round.

Average weight

500g-1.2kg, up to 2.5kg

Average length

25-40cm

Shelf life

24 months

Keep frozen

at -18°C (0°F) or below.

Nutrition information

AVERAGE QUANTITY PER 100g	
Energy	471kJ
Protein	17.7g
Fat, total	2.9g
- saturated	0.8g
Carbohydrate	4.2g
- sugars	0.7g
Sodium	52mg

Sustainability

Lookdown Dory is managed by the Ministry for Primary Industries using the Quota Management System (QMS).

Under the QMS a yearly catch limit is set for every fish stock (a species of fish, shellfish or seaweed from a particular area). By controlling the amount of fish taken from each stock, the QMS helps keep New Zealand fisheries sustainable.



Cooking methods

Lookdown Dory has a delicate sweet flesh, the fillets are firm, white and do not flake easily. Fillets hold together while cooking and are suitable for most cooking methods.



Product details

Fillet grades

60-115g
115-175g
175-225g
225g+

Carton weight

20.4kg (3x6.8kg)
5kg



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