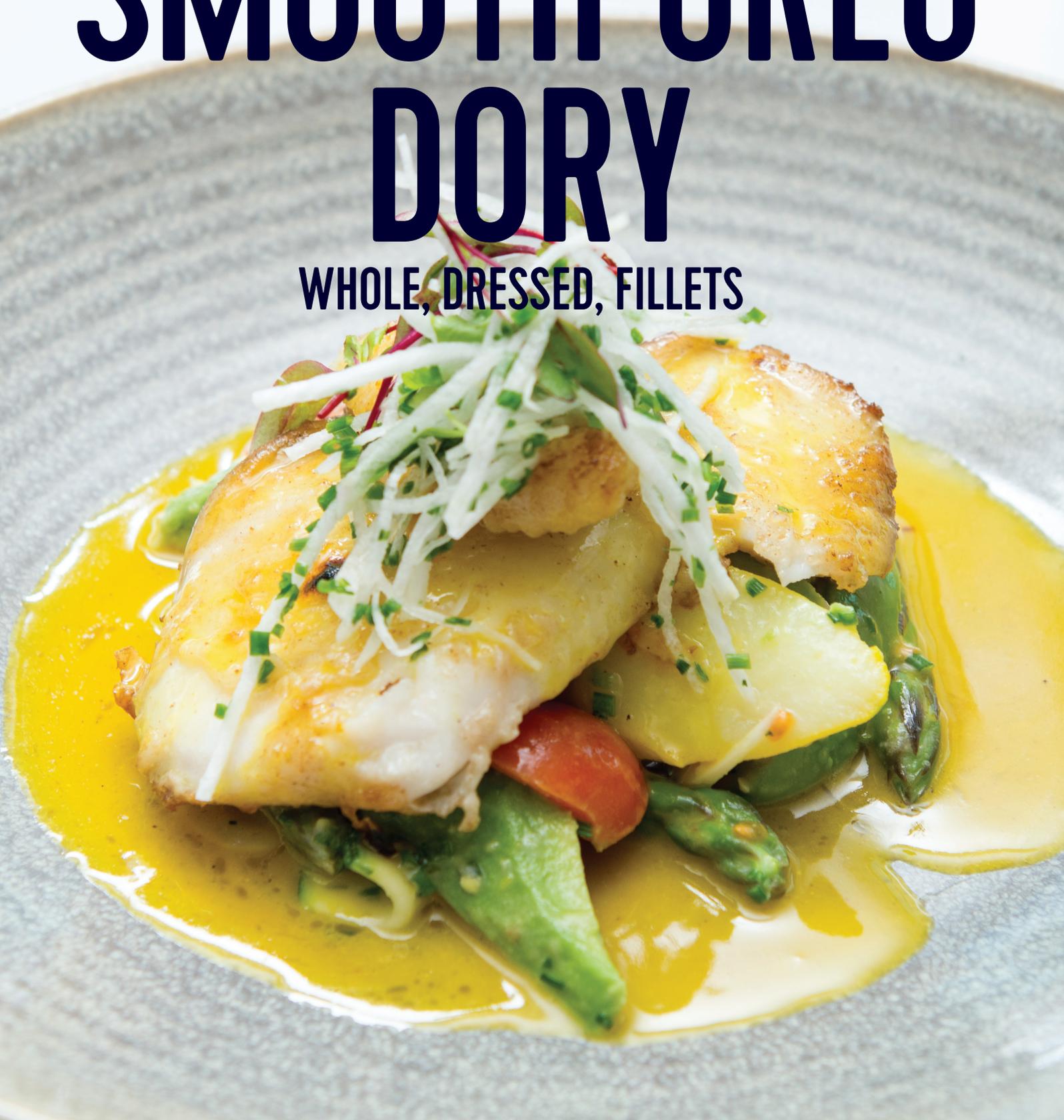




SMOOTH OREO DORY

WHOLE, DRESSED, FILLETS



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A firm, white flesh fish that holds together well when cooked.

Scientific name

Pseudocyttus maculatus

Availability

Year round.

Average weight

800g-2kg (up to 4.5kg)

Average length

35-45cm

Shelf life

24 months

Keep frozen

at -18°C (0°F) or below.

Nutrition information

| AVERAGE QUANTITY PER 100g | |
|---------------------------|-------|
| Energy | 343kJ |
| Protein | 11.2g |
| Fat, total | 4.1g |
| - saturated | 0.5g |
| Carbohydrate | 0.3g |
| - sugars | 0.3g |
| Sodium | 78mg |

Sustainability

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

Fisheries Improvement Plans have been developed for smooth and black oreo, which path out the steps towards achieving MSC certification for these fisheries.



Cooking methods

Smooth Oreo Dory fillets are firm, white and do not flake easily. Fillets hold together while cooking and are suitable for most cooking methods including Bake, sauté, poach, steam, bbq, casserole or use in a soup/chowder.



Product details

Available packed as:
Whole, dressed and fillets.

Contact us to find out more about our range.



Learn more at
www.talleys.co.nz

