



# STARGAZER

WHOLE, DRESSED, FILLETS



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A pearly white flesh fish with a firm texture that doesn't flake easily.

### Scientific name

Kathetostoma  
giganteum

### Availability

Year round)

### Average weight

1-3kg

### Average length

30-50cm

### Shelf life

24 months

### Keep frozen

at -18°C (0°F) or below.

### Nutrition information

AVERAGE QUANTITY PER 100g	
Energy	384kJ
Protein	17.4g
Fat, total	2.4g
- saturated	0.6g
Carbohydrate	0.2g
- sugars	0.2g
Sodium	94mg

### Sustainability

Stargazer, also known as Monkfish and are widespread in New Zealand coastal waters but particularly around the South Island at depths between 50 to 500 metres. Stargazer is managed by the Ministry for Primary Industries using the Quota Management System (QMS).



### Cooking methods

Stargazer has a pearly white flesh, a firm texture that will not flake easily. Stargazer is a versatile fish that is suitable for most cooking methods including fried, poached, steamed, back and for inclusion in chowders. When cooked it has similar characteristics and flavour to Rock Lobster.



### Product details

Available packed as:  
Whole, dressed and  
fillets.

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range.



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