

NEW ZEALAND BUTTERFISH



DESCRIPTION:

ALSO KNOWN AS DOLLARFISH, SHINER, PUMPKIN-SEED, STARFISH, POMFRET AND PACIFIC POMPANO. THE AVERAGE LENGTH IS 10 INCHES AND AVERAGE WEIGHT IS 8 OZ. THEY ARE MOST COMMON IN THE COOLER WATERS AND MAINLY CAUGHT BY TRAWLING, SOMETIMES IN COASTAL NETS.

EATING QUALITIES:

BUTTERFISH HAVE DARK, SWEET, RICHLY FLAVORFUL MEAT THAT'S HIGH IN FAT AND TENDER IN TEXTURE. AN EXCELLENT PAN FISH - IT IS USUALLY GUTTED WITH THE HEAD AND SKIN LEFT ON. THE FLESH TURNS WHITE AND OPAQUE WHEN COOKED.

FEED:

THE BUTTERFISH IS FOUND IN SHALLOW WATER AROUND THE COASTS OF NEW ZEALAND AND ITS OFFSHORE ISLANDS WHERE IT FEEDS LARGELY ON KELP.

SOLD BY:

FRESH WHOLE HEAD OFF DRESSED
FILLETS

NUTRITIONAL INFORMATION

PORTION SIZE 32 GRAMS

TOTAL FAT 3G
SATURATED FAT 1G
MONOUNSATURATED FAT 1G
CHOLESTEROL 21MG
SODIUM 28MG
PROTEIN 6G
CALORIES 47

COOKING METHODS

BROILED
BAKED
GRILLED
WHOLE DEEP FRIED
CUSTOM SMOKED
PAN FRIED

HANDLING

WHOLE FISH AND FILLETS SHOULD BE STORED IN A DRAIN PAN IN THE COLDEST PART OF THE WALK-IN. FILLETS SHOULD ALSO BE COVERED IN ICE ALTHOUGH WITH A BARRIER, SO THE ICE NEVER TOUCHES THE FLESH. FILLETS SHOULD BE STACKED SKIN TO SKIN OR FLESH TO FLESH.

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