

BLUENOSE GROUPER

BLUENOSE WAREHOU



DESCRIPTION:

Bluenose grouper is the marketing name for this fish since it isn't a grouper and is in the warehou family. The bluenose can be distinguished from grouper by its blunt snout. It is caught in the southwest Pacific and mainly in New Zealand and Australia. At Fortune Fish our Bluenose is sourced from New Zealand and comes in headed and gutted. They are found over rough ground and at the edges of canyons and steep drop-offs. The bluenose prefers cold water environments. The fish has gained popularity in the U.S. and it is exported to Japan for sashimi and cooked applications.

EATING QUALITIES:

The bluenose has firm but moist meat with a mild flavor, that is similar to grouper. It has a brown tint when raw and whitens when cooked.

FISHING METHODS AND REGULATIONS:

Bluenose is caught mostly by long-line and hook and line, although there is a trawling fishery as well. New Zealand is one of the world's leaders in sustainability and the bluenose is under the Quota Management System. The waters around New Zealand are divided into 8 different zones and within each zone every species has a quota. The quota is then fished in one day or spread more evenly throughout the year depending on the fishery.

SOLD AS:

H&G
 Fillets (skin-on or skin-off)
 Portions

NUTRITIONAL INFORMATION

3.5 oz raw portion

Calories	100
Protein	19 g
Total lipid (fat)	2.7 g
Carbohydrate	g
Cholesterol	mg
Omega-3	1 mg

COOKING METHODS

Sauté
 Grill
 Bake
 Broil
 Steam
 Sashimi

HANDLING

Whole fish should be packed in flaked ice. 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.

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