

BLUENOSE
HYPEROGLYPHE ANTARCTICA



DESCRIPTION:

Bluenose belongs to the Centrolophidae (Butterfish) family and has shiny blue/black sides which fade to silver on the belly. They have a characteristic blunt snout, low-set eyes and a large mouth, giving them a rather unique appearance. Scales are somewhat small compared to other bass. They are caught in deep water off the coast of New Zealand. They tend to inhabit areas on the outer shelf and upper slope of rough, rocky ocean floor, and congregate around seamounts and offshore reefs. Bluenose is by far New Zealand's most famous bass export, with insatiable demand for this fish in overseas markets, especially Australia and the USA.

EATING QUALITIES:

Bluenose has medium-firm texture, with a large succulent flake. The fillets are a nice white color and have good Omega-3 content resulting in a distinct buttery flavor.

FISHING METHODS:

Bluenose is managed by quota system, and are caught by longlines and handlines off the coast of the Southern Pacific Ocean, New Zealand and Australia.

SOLD AS:

H&G fish, Fillets

NUTRITIONAL INFORMATION
 Per 3.5 oz portion

Calories	97
Fat Calories	18
Total Fat	2 g
Protein	18 g
Sodium	68 mg
Cholesterol	41 mg
Omega-3	500 mg

COOKING METHODS

- Broil
- Grill
- Sauté
- Roast
- Fry

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 with a barrier, so the ice never touches the flesh.

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