



SEASONAL AVAILABILITY

SPECIES NAME	SCIENTIFIC NAME	SEASONAL AVAILABILITY											
		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Fin Fish - General													
ALFONSINO	<i>Beryx splendens</i>												
ANCHOVY	<i>Engraulis australis</i>												
BARRACOUTA	<i>Thyrsites atun</i>												
BLUENOSE	<i>Hyperoglyphe antarctica</i>												
BUTTERFISH	<i>Odax pullus</i>												
BLACK CARDINALFISH	<i>Epigonus telescopus</i>												
BLUE COD	<i>Parapercis colias</i>												
RED COD	<i>Pseudophycis spp</i>												
JOHN DORY	<i>Zeus faber</i>												
SHORTFINNED EEL	<i>Anguilla australis</i>												
LONGFINNED EEL	<i>Anguilla dieffenbachii</i>												
SAND FLOUNDER	<i>Rhombosolea plebeia</i>												
YELLOWBELLY FLOUNDER	<i>Rhombosolea spp</i>												
GEMFISH	<i>Rexea solandri</i>												
RED GURNARD	<i>Chelidonichthys kumu</i>												
HAKE	<i>Merluccius australis</i>												
HAPUKU	<i>Polyprion oxygeneios</i>												
HOKI	<i>Macruronus novaezealandiae</i>												
KAHAWAI	<i>Arripis spp</i>												
YELLOWTAIL KINGFISH	<i>Seriola lalandi</i>												
LEATHERJACKET	<i>Parika scaber</i>												
LING	<i>Genypterus blacodes</i>												
BLUE MACKEREL	<i>Scomber australasicus</i>												
JACK MACKEREL	<i>Tracherus spp</i>												
GREY MULLET	<i>Mugil cephalus</i>												
ORANGE ROUGHY	<i>Hoplostethus atlanticus</i>												
BLACK OREO	<i>Allocyttus niger</i>												
SMOOTH OREO	<i>Pseudocyttus maculatus</i>												
PORAE	<i>Nemadactylus douglasi</i>												
KING SALMON	<i>Oncorhynchus tshawytscha</i>												
SNAPPER	<i>Pagrus auratus</i>												
LEMON SOLE	<i>Pelotretis flavilatus</i>												
NEW ZEALAND SOLE	<i>Peltorhamphus novaezeelandiae</i>												
SOUTHERN BLUE WHITING	<i>Micromesistius australis</i>												
GIANT STARGAZER	<i>Kathetostoma giganteum</i>												
TARAKIHI	<i>Nemadactylus macropterus</i>												
TREVALLY	<i>Pseudocaranx dentex</i>												
TURBOT	<i>Colistium nudipinnis</i>												
BLUE WAREHOU	<i>Serirolella brama</i>												
SILVER WAREHOU	<i>Serirolella spp</i>												
Tunas and Billfish													
ALBACORE	<i>Thunnus alalunga</i>												
BIGEYE TUNA	<i>Thunnus obesus</i>												
SKIPJACK TUNA	<i>Katsuwonus pelamis</i>												
SOUTHERN BLUEFIN TUNA	<i>Thunnus maccoyii</i>												
YELLOWFIN TUNA	<i>Thunnus albacares</i>												

 No Catch

 Available
 Main Season

 **New Zealand Seafood. The greatest meal on Earth.**

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Sharks and Chimaeras													
SPINY DOGFISH	<i>Squalus acanthias</i>	Available											
ELEPHANT FISH	<i>Callorhynchus milii</i>	Main Season		Available								Main Season	
RIG	<i>Mustelus lenticulatus</i>	Available											
SCHOOL SHARK	<i>Galeorhinus galeus</i>	Available				Main Season				Available			
Shellfish													
COCKLES	<i>Austrovenus stutchburyi</i>	Available											
GREENSHELL MUSSEL	<i>Perna canaliculus</i>	Available											
OCTOPUS	<i>Pinnoctopus cordiformis</i>	Available											
DREDGE (BLUFF) OYSTER	<i>Tiostrea chilensis</i>	Available		Main Season				Available					
PACIFIC OYSTER	<i>Crassostrea gigas</i>	Available			Main Season							Available	
BLACK-FOOT PAUA	<i>Haliotis spp</i>	Available											
PIPI	<i>Paphies australis</i>	Available											
SCALLOP	<i>Pecten novaezealandiae</i>	Available											
ARROW SQUID	<i>Nototodarus spp</i>	Main Season				Available				Main Season			
TUATUA	<i>Paphies spp</i>	Available											
Crustaceans and Echinoderms													
PADDLE CRAB	<i>Ovalipes catharus</i>	Available											
KINA	<i>Evechinus chloroticus</i>	Main Season		Available						Main Season			
ROCK LOBSTER	<i>Jasus edwardsii</i>	Available											
SCAMPI	<i>Metanephrops challengeri</i>	Available											



No Catch



Available
Main Season

Fish Fillets with Tomato and Avocado

The very mild tasting fish is baked in healthy fruit topping.

- 175g/6oz fish fillets
- salt and freshly ground black pepper
- 650g/1.5lb tomatoes, peeled and sliced
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 2 avocado's, peeled and sliced
- 2 rounded tablespoons chopped basil

Lay the fillets in large, shallow, ovenproof dish and seasons well. Cover with the tomato slices, half the basil and pour over the vinegar and olive oil. Cover with foil and bake in a moderately hot oven, 200C° for 20 minutes.

Add the avocado slices, more seasoning, re-cover and cook for a further 10–15 minutes or until the fish is cooked through. Sprinkle with the remaining basil before serving hot or cold.

Serves 4



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