



OREO DORY

Pseudocyttus Maculatus, Allocyttus Niger

In New Zealand the most common species of Dory are Smooth Oreo Dory and Black Dory. Both of these species have a firm, white flesh with a delicate flavour which is suitable for most cooking methods. Wild Smooth Oreo Dory and Black Dory are a deep water fish caught all year round, with peak season from October to March. Sealord Dory comes from a sustainable and well managed fishery.





AVERAGE LENGTH

30-45 cm
12-18 inches

WEIGHT

0.5-2 kg
1.1-4.4 lbs

AVAILABILITY

Caught all year round
Peak season: **October to March**

CATCH METHOD

Precision Seafood
Harvest and Trawl

SEALORD PROVIDE A RANGE OF PRODUCTS IN FROZEN FORMATS

Format	Description
Dressed	Headed, gutted with single cut angled behind the pectoral fins
Fillets	Skinned, trimmed fillets which can be further cut into portions
Block	Layered skinless fillet block, suitable for further industrial processing
Value Added Coated	Coated, seasoned, packaged and further processed products

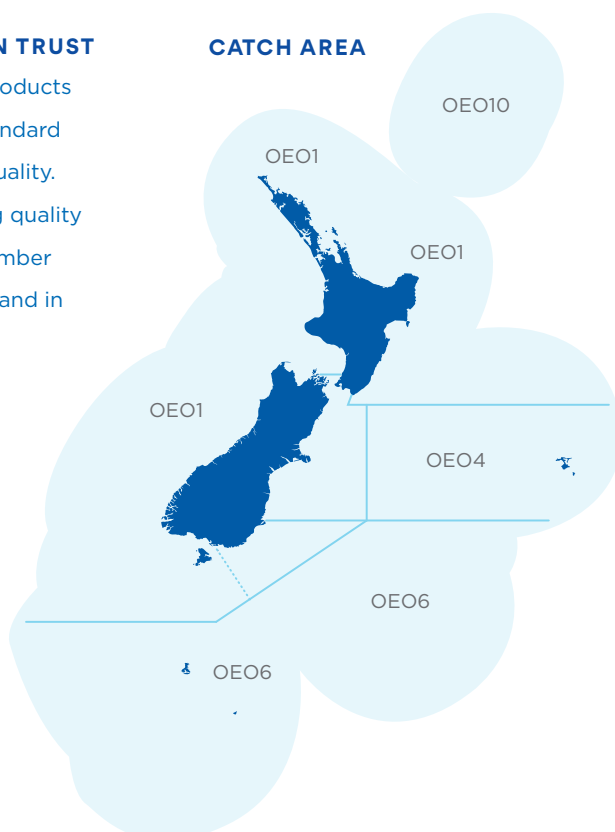
SUSTAINABLE DEEPWATER SEAFOOD

We care about the future of fishing, so our fish comes from well-managed fisheries, some of which have a Fisheries Improvement Plan in place. We continue to evolve our processes and undertake research to ensure we manage fisheries with the best practices and quality of scientific information available. The Quota Management System (QMS) has been operating in New Zealand for over thirty years, solidifying New Zealand's reputation as a world leader in sustainable fisheries management. It ensures that our fisheries resources are not over-fished and that our seafood will be available for generations to come. It is one of the most extensive quota-based fisheries management systems in the world, with over 100 species or species complexes managed within this framework.

QUALITY YOU CAN TRUST

We deliver quality products to an exceptional standard of food safety and quality. Our uncompromising quality is why we are the number one retail seafood brand in New Zealand.

CATCH AREA



NUTRITION

Energy	345kJ
Protein	17.7g
Fat	1.1g
Cholesterol	
Carbohydrate Sugars	Less than 1g Less than 1g
Sodium	56mg

OUR ACCREDITATIONS INCLUDE:

