

SNAPPER / TÂMURE

Pagrus auratus



FLAVOUR

● MILD ●● MEDIUM ●●● RICH

TEXTURE

● TENDER ●● MEDIUM ●●● FIRM

AVAILABLE

Snapper is available year-round. Click to expand:



PRICE PER SERVE

\$ LOW \$\$ MEDIUM \$\$\$ HIGH

BUYING FISH

When buying Snapper, always check the:

EYES: Bright and clear cornea, shiny black pupil

GILLS: Rosy pink pastel coloured gills

FLESH: semi-transparent and glossy.

If the fish looks sticky or mushy then it is not fresh.

EATING SEAFOOD

Seafood is a highly nutritious food and is a great source of protein. Many species are low in saturated fat and a number of them are a good source of Omega-3. Seafood also contains many other vitamins and nutrients.

The New Zealand Heart Foundation [recommends](#) that you should have at least two servings of fish or seafood per week.

GREAT SERVED

Snapper is a family favourite for many New Zealanders. It's a highly versatile fish and can be cooked whole (baked or poached with Asian flavours perhaps), eaten raw as sashimi where the uncooked flesh has an iridescent aspect, grilled or fried, smoked, or put into soups or curries.



To find out more about snapper and to see some great recipes go to our website: www.seafood.co.nz/recipes

NUTRITION

Snapper is a source of selenium. Selenium is necessary for normal immune system function and for the production of thyroid hormones. It also acts as an antioxidant defence, meaning it helps to protect cells in our body from damage.

According to the Ministry of Health, [New Zealand soil generally contains low levels of selenium](#), meaning that much of New Zealand plant-based food is also naturally low in selenium.

Snapper is full of nutrients that are important for our health. It is a good source of vitamin D, which is important for bone health. While the main source of vitamin D is the sun, the widespread use of sunscreen to reduce our exposure to the sun's rays means that dietary sources of vitamin D are becoming increasingly important.

DID YOU KNOW?

Archaeologists have estimated that catches of snapper from the Hauraki Gulf may have reached almost 1000 tonnes a year by 1550.

FURTHER INFORMATION

Download the full information pack on snapper. **Download** a copy of this boilerplate.

NUTRITION INFORMATION

Snapper Raw Flesh	Average Quantity per 100 g
Energy	460 kJ
Protein	20.1 g
Fat, total	3.2 g
saturated	0.8 g
Carbohydrate	0.3 g
Sugars	0.3 g
Sodium	78 mg
Selenium	99 µg

Nutrition information data for snapper was sourced from the New Zealand Food Composition Database <http://www.foodcomposition.co.nz>

SUSTAINABLE SEAFOOD

QUOTA MANAGEMENT

Snapper is one of New Zealand's largest and most valuable coastal fisheries. The commercial fishery, which developed last century, expanded in the 1970s and peaked in 1978 with the commercial catch estimated at 18,000 tonnes. By the mid 1980s catches had declined with some stocks showing signs of overfishing. Today, most of our snapper stocks appear to be stable or increasing.

Snapper were introduced into New Zealand's Quota Management System (QMS) in 1986. The QMS sets catch limits that allow the sustainable use of the snapper resource based on stock assessments conducted by government and the fishing industry.

Commercial and recreational fishers are not allowed to take snapper that are shorter than 25cm to allow them to breed.

MONITORING

Snapper abundance is monitored using commercial catch rates and catch-at-age sampling. Assessments also use trawl survey information and abundance estimates from the recapture of tagged fish.

All stocks appear to be stable or increasing. However all stocks were substantially reduced prior to their entry into the QMS, and rebuilding of stocks in some areas appears to be slow.

Recreational harvest levels of snapper are uncertain historically but since the mid-2000s have been estimated using aerial surveys of recreational fishing. The Ministry for Primary Industries' Large Scale Multi-Species survey of amateur catch will also provide new estimates of recreational harvest of snapper.

It has been suggested that juvenile snapper are dependent on sea grass beds. The impact of land use and land-based effects on coastal ecosystems including sea grass beds are being actively researched.

HARVESTING

Snapper are caught by long lining, trawling and some set netting. While all these fishing methods have some impact on the environment, including accidental captures of sea birds and marine mammals, significant investment in special technology and improved fishing methods have been made by industry to successfully lessen the impact.