

Orange roughy

Scientific name: *Hoplostethus atlanticus*

Market name: *Orange roughy*

Common names: *Orange roughy, red roughy*



The Orange Roughy Story

This species was first fished commercially off New Zealand, and then later off of Australia. It was the New Zealanders who launched the marketing effort for the fish formerly known as slimehead – a distinct marketing handicap. After the Kiwis persuaded the FDA to allow use of the name orange roughy, it soon became New Zealand's most valuable finfish species.



The fish is distinctive, with its bright-orange skin, spiky fins and bony head. Orange roughy averages 3 1/2 pounds, and the fillet size is generally 6 to 8 ounces.

Roughy is a deepwater species taken by trawls at depths of up to 700 fathoms. In such a cold and pressurized environment, mating is not a frequent activity. Additionally, the average age of roughy caught in commercial fishing nets is from 30 to 50 years, which translates into a slow replacement rate and a high susceptibility to overfishing.

Product Profile

Orange roughy has a mild, delicate flavor and moist, large-flaked meat that holds together well after cooking. Raw orange roughy flesh is pearly white, and it cooks up to an opaque white.

The skin side of the fillets often sports a faint, orange-brown band of color. With roughy, the darker the meat, the lower the quality.

FLAVOR



TEXTURE



Primary Product Forms

Fresh
Fillets
(skinless/boneless)

Frozen (most common)
Fillets
(skinless/boneless)

Value-added
Blocks
Breaded

You Should Know...

The fat beneath the skin of orange roughy contains a partially indigestible oily wax, called wax ester. Roughy fillets should always be deep-skinned to remove this subcutaneous layer.

Cooking Tips & Methods

The meat of the orange roughy is tolerant of most cooking methods, except deep frying and grilling, and works well with almost any seasoning or sauce. Orange roughy has a moderate oil content, which helps the meat retain moisture during cooking.

Though some product is frozen twice (once aboard the boat and again after skinning and filleting), roughy maintains its quality remarkably well if frozen properly.

- Bake Poach
- Broil Sauté
- Fry Smoke
- Grill Steam

Substitutions *Ocean perch, Cod, Haddock*

Nutrition Facts

SERVING SIZE:
100G/3.5 OZ. (raw)

AMOUNT PER SERVING

Calories	65
Fat Calories	3
Total Fat	0.3 g
Saturated Fat	0 g
Cholesterol	58 mg
Sodium	63 mg
Protein	14.7 g
Omega-3	0.1 g

GLOBAL SUPPLY

Australia
New Zealand

- Farmed
- Wild
- Farmed and Wild



SEASONAL AVAILABILITY

Fresh ■

Froz. ■

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
The fresh season for orange roughy is typically November through March, New Zealand's summertime.											

Orange Roughy Fillet Bnls/Sknls 6-8 oz.	1/22 lb.	264820
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Information provided by Seafood Business