



Food Writers New Zealand  
**HANDBOOK**

meat, poultry,  
eggs and seafood

# MEAT

A selection of meat cuts and recommended cooking methods.

Cooking methods	Beef	Lamb	Pork/ham/bacon	Venison
Roast or bake	Bolar	Fillet	Belly	Bolar
	Eye Fillet	Forequarter	Leg	Bone-in Hind Leg
	Mince (loaves)	Leg	Leg Steak	Denver Leg
	Rolled Roast	Loin	Loin Roast	(Knuckle, Topside, Silverside, Rump)
	Rump	Mince (loaves)	Mince (loaves)	Frenched Rack
	Scotch Fillet	Rack	Rolled Roasts	Leg Fillets
	Sirloin	Ribs	Scotch Fillet/ Rib Eye Roast	Rolled Shoulder Roast
	Spare Rib	Rump	Shoulder	Shortloin
	Standing Rib	Silverside	Shoulder Roast	Striploin
	Topside	Striploin	Spare Ribs	
	Wing Rib	Thick Flank	Whole Fillet	
			Leg Ham	
		Ham		
Grill, Chargrill or Barbecue	Eye Fillet Steak	Backstrap	Butterfly Fillet Steak	Chops
	Mince Patties	Butterflied Leg	Centre Loin Chops	Denver Leg
	Minute Steak	Cutlets	Cutlets	(whole piece, steaks or medallions)
	Rump Steak	Fillet	Medallion Steak	Flank Steak
	Schnitzel	Kidney	Mince Patties	Frenched Rack
	Scotch Fillet Steak	Leg Steak	Scotch Fillet/Rib Eye Steak	Mince Patties
	Sirloin Steak	Liver	Ham Steaks	Ribs Shortloin
	T-bone steak	Loin Chops	Sliced Bacon	(whole/steaks)
		Mince Patties		Striploin
		Rump		(whole/steaks)
		Schnitzel		Tenderloin
	Shoulder Chops		(whole/steaks)	
Stir-fry	Eye Fillet Steak	Cutlets	<i>Thin strips or dice from:</i>	Flank Steak
	Mince	Fillet	Fillet Steak, Rump Steak, Schnitzel, Scotch Fillet or Rib Eye Steak	Leg Fillets
	Minute Steak	Kidney		Mince
	Rump Steak	Liver	<i>Thin strips of:</i>	Rack Cap
	Schnitzel	Loin Chops	Bacon, Ham	Shortloin
	Scotch Fillet Steak	Mince		Striploin
	Sirloin Steak	Rump		<i>Thin strips from:</i>
	T-bone Steak	Schnitzel		Denver Leg
			(Knuckle, Topside, Silverside, Rump)	

Cooking methods	Beef	Lamb	Pork/ham/bacon	Venison
Pan-Fry	Eye Fillet Steak	Cutlets	Butterfly Fillet Steak	Chops
	Mince	Fillet	Centre Loin Chops	Flank Steaks
	Minute Steak	Kidney	Medallion	Heart
	Rump Steak	Liver	Mince Patties	Leg Fillets
	Schnitzel	Loin Chops	Rump Steak	Liver
	Scotch Fillet Steak	Mince	Schnitzel	Medallions or Steaks from Denver Leg
	Sirloin Steak	Rump	Scotch Fillet/ Rib Eye Steak	<i>(Knuckle, Topside, Silverside, Rump)</i>
	T-bone Steak	Schnitzel	Rib Chops	Mince Patties
		Ham Steaks	Shortloin Steaks	
		Sliced Bacon	Striploin	
			Tenderloin <i>(whole/steaks)</i>	
Slow Cook, Braise, Stew, Simmer	Blade	Brain	Belly/Fingers/Slices	Denver Leg pieces, diced <i>(Knuckle, Topside, Silverside, Rump)</i>
	Brisket <i>(fresh/corned)</i>	Forequarter	Centre Loin Chops	Shank <i>(diced)</i>
	Chuck	Heart	Kidneys	Fore and Hind Shanks
	Gravy Beef	Kidney	Leg Steaks	Goulash
	Heart	Leg	Loin Chops	Neck Fillets
	Kidney	Leg Steaks	Mince	Ossobuco
	Liver	Liver	Pickled Pork	Ribs
	Oxtail	Neck Chops	<i>Pieces or dice from:</i> Rump Steak, Shoulder Steak, Shoulder Chops, Spare Ribs, Shoulder Bacon	Shoulder, diced
	Silverside	Shank		Shoulder roasts <i>(Bolar, Chuck Tender, Blade)</i>
	Skirt	Shoulder		
	Shin	Shoulder Chops		
	Spare Ribs	Tongue		
	Thick Flank	Tripe		
	Tongue <i>(fresh/corned)</i>			
	Topside			
Tripe				
Poach	Sweetbreads	Brains	Fillet	Shortloin
	Veal brains	Sweetbreads	Loin	Sweetbreads
				Tongue
Sous vide				Bolar
				Blade
				Chuck
				Tender Denver Leg <i>(Fillets)</i>
				Neck Fillets
				Shortloin
				Sweetbreads
				Tenderloin
			Tongue	

# POULTRY PRODUCTS

The range of fresh chicken products is continually increasing. A summary of what is currently available is listed in the following table. When using poultry, note if the product is skinned or smoked.

Whole birds	May be unstuffed, pre-stuffed, smoked or cooked
Half birds	May be cooked or smoked
Portions	Breast, drumstick, wing, thigh, thigh quarter cut, whole leg, breast fillet (single/double), thigh fillet, tenderloins
Deboned options	Whole bird, breast, thigh
Chicken products	Chicken roll (cooked, smoked), Cordon Bleu, Kiev, crumbed (fillets, steaks, fingers, patties, nuggets, schnitzel), livers, gizzards, heart, neck, feet, fat, frames, marinated (various), nibbles, bites

The range of products is further extended when frozen chicken products are included. A variety of frozen fowl, turkey and duck products is also available.

Free-range chicken (including corn-fed), and barn chicken.	Most whole birds raised to 1.2kg or 1.4kg processed carcass. Processed whole or portions. Free-ranging from 3 weeks old. If corn-fed, the diet can be up to 70% corn
Duck	Fresh and frozen whole bird, breast and leg portions
Turkey	Fresh and frozen whole birds of varying sizes, speciality cuts and boned portions
Poussin	Baby bird, whole or boned (spatchcocked)
Chinese silky	Processed Chinese-style with head and feet on. Mainly for local Asian market
Pheasant	Whole birds, breasts or thighs, frozen or smoked
Guinea hen	Whole birds, breasts or thighs, fresh, frozen or smoked
Quail	Whole birds, boned (spatchcocked), tunnel-boned or smoked
Quail eggs	Available packed at speciality stores

For more information: [www.pianz.org.nz](http://www.pianz.org.nz)

## EGGS

### Free-range

Hens are housed in weatherproof buildings with an area for nesting, perching and scratching that is either fixed or movable and with access to an outdoor area during daylight hours.

### Barn

Hens are housed in weatherproof buildings with access to nesting, perching and scratching areas. No access to outdoors.

### Enriched colony cage

Hens are housed in 20- to 60-bird enclosures in weatherproof buildings with areas for nesting, perching and scratching. No access to outdoors. Computer-controlled environments and feed and water supplies.

### Current cage

Hens are housed in 4- to 5-bird enclosures in weatherproof buildings. No access to outdoors. Computer-controlled environments and feed and water supplies.

### Minimum egg weights

Jumbo	68g egg	816g doz
Large 7	62g egg	744g doz
Standard 6	53g egg	636g doz
Mixed grade	A selection of different-sized eggs	
Medium 5	44g egg	528g doz
Pullet 4	35g egg	420g doz

For more information: [www.eggfarmers.org.nz](http://www.eggfarmers.org.nz)

# SEAFOOD

The table describes seafood by common name and other known names, includes a guide to cooking methods and availability and a description of colour, texture and flavour.

Species	Colour and Texture	Flavour	Cooking Suggestions	Availability
<b>FISH</b>				
Whitebait			Fritters	
Brill M: Patikinu	Delicate, moist, apricot-coloured or white flesh that whitens on cooking	Mild	Bake, fry, BBQ	Year round
Leatherjacket Creamfish M: Kiriri	Firm white flesh; usually sold headed, gutted and skinned to produce a portion-sized serving	Medium	Bake, curry, fry, grill, poach, stew	Year round
Sand flounder Diamond, tinplate or square founder Dab M: Patiki	Moist, delicate flesh which whitens on cooking	Medium	Bake, grill, BBQ, fry	Year round
Yellowbelly flounder Greenback flounder Black flounder M: Patiki	Moist, delicate flesh with a low oil content; upper fillets slightly darker than underside but whitens on cooking	Medium	Bake, grill, BBQ, fry	
Frostfish Cutlassfish M: Hiku			Bake, fry, poach	Occasional
Lemon sole M: Raututu/Paatiki rori	Delicate, moist white flesh with a low oil content, upper fillets slightly darker but whiten on cooking	Mild	Bake, fry, grill – serve with complementary flavours or seasonings. Light cooking allows the flesh to retain moist texture. Impressive when served whole. Works with Asian flavours. Can be crumbed	Year round
Turbot M: Patiki	Delicate, succulent, apricot-coloured flesh that whitens on cooking; low to medium oil content	Medium	Fry, bake, poach	Year round
Southern blue whiting Southern poutassou	Delicate, moist and easily flaked with a low oil content; firmer flesh than blue whiting from the northern hemisphere			August to October
Hake Whiting M: Hake	Soft and delicate flesh with few bones and large, moist fillets	Mild	Bake, curry broth, fishcakes, marinate, poach, chowder, soup, stew	May to September

Species	Colour and Texture	Flavour	Cooking Suggestions	Availability
Hoki Whiptail Blue grenadier Blue hake M: Hoki	Delicate and succulent; no pin bones and flakes easily	Mild	Bake, curry, fish pie, fishcakes, smoke, soup, chowder	Main season June to September, but available all year
Red cod Akaroa cod New Zealand cod M: Hoka	Delicate, moist white flesh with a low oil content; flakes easily and often smoked	Medium	Bake, fry, grill, poach, smoke	July to January
Gemfish Silver kingfish Southern kingfish M: Makataharaki	Delicate flesh with a high fat content that flakes easily; excellent for smoking; suitable for most cooking methods and does not have the pinbone structure found in barracouta		Bake, BBQ, fry, marinate, poach, smoke	Main season February to July but available all year
Rough skate M: Whai	Moist and delicate flesh with a medium to low oil content; makes an ideal substitute for whitebait in fritters	Mild	Bake, fry, poach	Year round
Smooth skate	Moist and delicate with a medium to low oil content	Mild	Bake, fry, poach	Year round

**MEDIUM-TEXTURED FISH** These species have the ability to either hold their shape or flake into thin flakes.

Orange roughy	Medium with coarse flakes and pearly white fillets; must be deep-skinned to remove fat layer	Mild	Bake, BBQ, fry, poach, smoke, steam, stew, soup	May to August main season but available year
Blue cod M: Rawaru	Medium-textured pink flesh that whitens on cooking; low oil content	Mild	Bake, fry, grill, marinate, poach, smoke, soup	October to March with the main season from April to September
John Dory M: Kuparu	Medium to firm textured; boned easily; flesh is white when cooked, with medium flakes		Bake, fry, marinate, poach	Year round
Lookdown Dory	Medium to firm textured; boned easily; flesh is white when cooked, with medium flakes		Bake, fry, marinate, poach	Year round
Butterfish Greenbone M: Marari	Medium-textured, succulent flesh with high iodine content; suitable for most cooking methods	Mild	Bake, marinate, poach, smoke, grill, fry	Year round
Ruby fish		Mild	Bake, BBQ, fry, poach, steam, stew	Year round

Species	Colour and Texture	Flavour	Cooking Suggestions	Availability
Blue moki Moki Moki trumpeter M: Moki		Mild	Bake, curry, fry, poach, smoke, steam, stew	Year round depending on region
Yelloweye mullet M: Makawhiti			Bake, poach, steam, stew, smoke	Year round
Trevally Jackfish M:Araara	Medium to soft with a low oil content; marbled pink flesh with a darker fat line that can be filleted out; excellent for smoking; for peak eating quality, should be bled immediately after capture	Strong	Bake, curry, fry, marinate, steam, poach, smoke/steam	Year round, peaking from late summer to early spring
Barracouta M: Manga, Maka		Medium	Bake	Year round
Garfish Piper Half-beak M: Hangehange		Medium	Bake, fry, marinate, BBQ	Year round
Red gurnard Gurnard M: Puwhaiu	Succulent, medium-textured flesh with low oil content	Mild	Bake, BBQ, fry, poach, steam, stew, grill, sushi/raw	Year round
Ribaldo Deep sea cod Googly-eyed cod White cod Mora		Mild		Year round
Sea perch Scorpionfish Scarpee Jock Stewart M: Pohuiakaroa		Mild	Bake, fry, BBQ	Year round
Snapper Bream Schnapper New Zealand golden snapper Brim M: Tamure	Semi-firm flesh with a low oil content and coarse flakes; excellent for most cooking methods including whole; has excellent roes; very suitable for smoking	Mild	Bake, poach, BBQ, smoke, curry broth, raw/sushi	May to September
Tarakihi Ocean bream M: Tarakihi	Medium to firm white flesh with a low to medium oil content; suitable for all methods of cooking	Mild	Bake, grill, fry, BBQ, raw/sushi	Year round
Bigeye tuna	Firm dark flesh that lightens on cooking	Medium	Bake, BBQ, fry marinate, poach, smoke, raw/sushi	Main season is January to March, then September to November, with no catch from April to August

Species	Colour and Texture	Flavour	Cooking Suggestions	Availability
Kahawai Northern kahawai M: Kahawai	Dark to medium textured flesh that lightens on cooking; suitable for canning, where flesh turns to delicate pink, and also smoking			Year round
Sprat Stout sprat M: Kupae		Medium	Bake, fry, grill	Year round
White warehou Silver warehou M: Warehou hiriwa	Firm, white flesh with a high fat content; suited to all cooking methods	Mild	Bake, curry, fry, poach, steam, stew	Year round
Skipjack tuna	Dark red flesh with a medium texture; low moisture and high oil content; spectacular cooked whole and produces excellent steaks, especially when cooked in court bouillon or white wine	Medium	Bake, BBQ, fry, smoke, stew, raw/sushi	
Blue mackerel Pacific mackerel Southern mackerel English mackerel M: Tawatawa	Soft, flaky and moist flesh with a high oil content; darkish, raw flesh lightens and firms up on cooking; excellent canned	Medium	Bake, BBQ, fry, grill	Year round
Jack mackerel Horse Jack mackerel Slender Jack mackerel M: Hauture	Oily, dark flesh that lightens on cooking; suited to most cooking methods		Bake, BBQ, casserole, curry, marinate, poach, smoke, steam	Year round
Anchovy M: Kokowhawha	Oily and dark flesh	Strong	Bake, BBQ, fry, marinate, poach, smoke	Not readily available in New Zealand
Pilchard/sardine M: Mohimohi	Oily and dark flesh	Strong	Bake, BBQ, fry, marinate, poach, smoke	Not readily available in New Zealand

#### **FIRM-TEXTURED FISH** These species retain their shape during cooking

Monkfish Giant stargazer Bulldog Stargazer M: Puwhara	Succulent, pearly white firm flesh with a low oil content; not readily flaked; check for pin bones; ideal marinated	Mild	Bake, BBQ, fry, poach, steam, chowder, marinate	May to August
Conger eel M: Ngoingoi	Firm flesh	Strong	Bake, fry, smoke, soup, chowder, stew	Not readily available commercially in New Zealand



Species	Colour and Texture	Flavour	Cooking Suggestions	Availability
Shortfinned eel Longfinned eel Yellow eel Silver eel M: Tuna	Firm flesh	Strong	Bake, fry, smoke, soup, chowder, stew	Year round
Lemonfish Rig Spotted dogfish Gummy shark Smoothhound Spotted smoothhound M: Makoo	Firm, white, boneless flesh with low oil content; does not flake easily	Medium	Bake, curry, fry, poach, steam, stew	Year round
School shark Greyboy Greys shark Tope Flake M: Tupere		Medium	Bake, curry, fry, steam, stew	April to September
Spiny dogfish Southern spiny dogfish Spineback Spiky dogfish Spurdog Spiky Spotted spiny dogfish M: Koinga		Medium	Bake, BBQ, fry, poach, steam, stew	Year round
Ling Kingklip M: Hokarari	Very firm with very white flesh that holds its shape well on cooking		Bake, BBQ, curry, fry, poach, smoke, steam, stew, soup/chowder	Year round
Smooth orea	Medium to firm texture	Medium	Bake, BBQ, curry, fry, grill, poach, smoke, steam, stew, soup/chowder	Year round
Alfonsino	White flesh, firm texture with a high oil content; suitable for most cooking methods	Mild	Bake, curry, fry, poach, steam, stew	Year round
Bluenose M: Matiri	Firm textured, medium coloured, moist and succulent	Mild	Baked, BBQ, fry, poached, soup/chowder	Year round
Elephant fish Silver trumpeter White fillets M: Mako repe	Firm white flesh	Mild	Bake, BBQ, grill	October to February
Ghostshark Pale ghostshark Pearl fillets Pearl fish		Mild	Bake, curry, fry, poach, soup, chowder, steam, stew	Year round

Species	Colour and Texture	Flavour	Cooking Suggestions	Availability
Hapuku Groper M: Hapuku	Firm, lean white flesh with few bones; remains moist with heavy flakes when cooked; makes good steaks; smokes well; in season has excellent roe	Medium	Bake, BBQ, fry, steam, stew, pan-fry, poach, smoke, sushi/raw	October to May
Black oreo Black Dory Deepsea Dory	Medium to firm texture	Medium	Bake, BBQ, curry, fry, grill, poach, smoke, steam, stew, soup/chowder	Year round
Trumpeter M: Kohikohi	Flesh firm, suitable for most cooking methods and whitens on cooking		Bake, BBQ, curry, fry, smoke, steam, stew	Year round
Black cardinalfish Bigeye cardinalfish Akiwa Cardinalfish M: Akiwa	Firm and moist; fillet has a darker layer under the skin and a dark strip running along the centre that can be removed by deep skinning and trimming; fillets are thick and flake easily when cooked	Mild	Bake, curry, poach, smoke, steam	Year round
Kingfish Yellowtail kingfish Northern kingfish Yellowtail Kingfish M: Warehenga	Firm, succulent flesh with a low oil content that can be improved by bleeding after capture; darker flesh lightens on cooking	Medium	Bake, BBQ, casserole, fry, poach, smoke, steam, sushi/raw	Year round but abundant in south in summer
Porae M: Porae		Medium	Bake, BBQ, curry, fry, marinate, poach, soup/chowder, sushi/raw	Year round
Marlin			Bake, BBQ, fry, poach, steam, stew, smoke	
Pacific bluefin tuna Bluefin Tunny	Firm dark flesh that lightens on cooking	Medium	Bake, BBQ, curry, fry, marinate, poach, smoke, steam, stew, sushi/raw	May to June
King salmon	Firm pink-orange flesh with a high oil content; flakes well; often smoked	Strong	Bake, BBQ, curry, fry, grill, marinate, poach, steam, stew, smoke, raw/sushi	Year round

Species	Colour and Texture	Flavour	Cooking Suggestions	Availability
<b>SHELLFISH</b> Delicate/soft				
Scampi New Zealand scampi M: Kourarangi	Medium to firm delicate-tasting white flesh.	Mild	Bake, BBQ, marinate, sushi/raw	Year round
Cockle Clam Venus shell M: Tuangi	Firm flesh	Medium	Bake, BBQ, fry, soup/chowder, broth, steam	Year round
Pipi Clam M: Pipi	Firm flesh	Medium	Bake, BBQ, fry, marinate, sushi/raw, steam	Year round
Surf clam M: Tuatua	Medium firm, moist and succulent; a delicacy, favoured for their texture and flavour.		Bake, BBQ, fry, marinate, poach, soup/chowder, steam	Year round
Pacific oyster Oyster New Zealand oyster M: Tio repe		Delicate and creamy	BBQ, fry, neat, casino, smoked, baked, fried, soup, steam	April to November
Dredge oyster Bluff oyster Foveaux Strait or Stewart Island oyster Nelson oyster Flat oyster	Creamy delicate succulent meat with a medium oil content	Delicate and creamy	BBQ, fry, neat, casino, smoked, baked, fried, soup, steam	March to August
Sea urchin Kina Sea egg M: Kina	Prized for its delicate, smooth, buttery roe; male roe is silkier, while the female roe is slightly more grainy	Strong	Bake, fry, raw	August to January
<b>SHELLFISH</b> Medium				
Scallop M: Tupa	Moist sweetness and melt-in-your-mouth texture, firm flesh, juicy	Strong	Grill, bake, BBQ, fry, poach, marinate	July to February
Prawn				
Greenshell™ mussel Perna Farmed mussel Cultivated mussel M: Kuku, kutai	Large plump tender meat	Medium	Bake, BBQ, curry, fry, sauté, baking, steam, soup/chowder, sushi/raw, grill	Year round
Abalone paua Black-foot paua Paua M: Paua	Firm flesh; if overcooked, the texture can become rubbery; the colour will change and edges will begin to curl when the paua is cooked	Strong	Grill, stir-fry, saute, bake, poach, broth, BBQ, fritters.	Year round

Species	Colour and Texture	Flavour	Cooking Suggestions	Availability
<b>SHELLFISH</b> Firm				
Arrow squid Shortfinned squid Calamari Squid M: Wheketere	Ivory-coloured flesh which whitens on cooking	Medium	Bake, stir-fry, BBQ, roast; if whole, wash thoroughly and remove quill (bone) and skin	Main season December to May, but available year round
Paddle crab Swimming crab South Pacific crab New Zealand Sea crab M: Papaka	Bright, white flesh that is crisp and moist	Medium	Bake, BBQ, steam, fry	Year round
Rock lobster Spiny Rock lobster Red Rock lobster Crayfish Red crayfish M: Koura	Firm succulent flesh	Strong	Bake, BBQ, sushi/raw, poach, boil, steam	Year round, slightly decreased supply from February to May
Sea cucumber Sea slug	Firm and dark flesh	Strong		Year round

Our first handbook was produced in 1991, with the purpose of providing a reference tool that in turn would establish standards for New Zealand food writers. In 1999 the handbook was updated to reflect the growing needs of members.

Food Writers New Zealand is indebted to our hardworking, talented, innovative and active contributors who provided their specialist input for this latest edition.

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**KATHY PATERSON, PRESIDENT, 2016**

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