

CHEF'S PREFERRED



# CAPE HAKE

Cook from Frozen

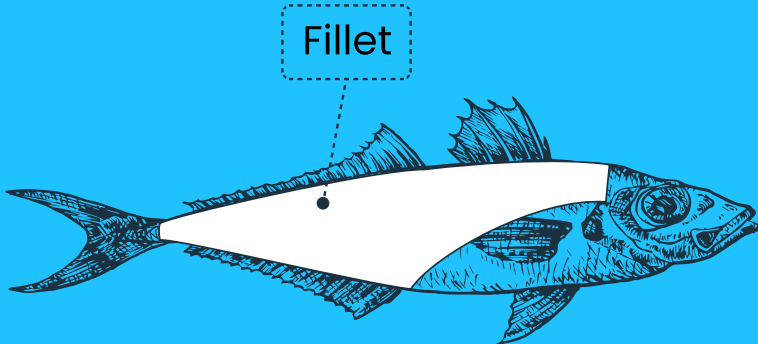
GUARANTEED 100% NET WEIGHT



Cooked

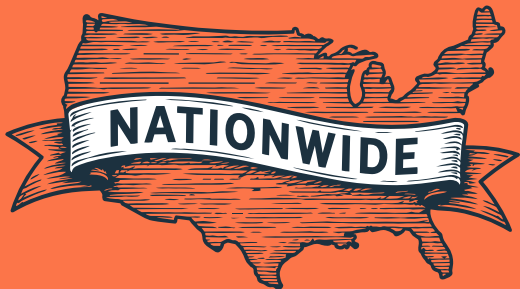
Raw

QUALITY PORTIONING IN MIND



NUTRITIONAL VALUE

|           |       |
|-----------|-------|
| Calories  | 74    |
| Protein   | 16.5g |
| Total Fat | 0.9g  |



NATIONWIDE STORING AND DELIVERY

# Wild Caught Cape Hake

Cape Hake (Merluccius Capensis / Merluccius Paradoxus) is caught in the pristine icy depths of the Atlantic Ocean in South Africa. 100% natural, low in fat and a good source of protein and Omega 3. MSC-certified and quick frozen at the ultimate peak of freshness, with no preservatives, no added colourants and no antibiotics.

## Specifications

SCIENTIFIC NAME  
Merluccius Capensis / Paradoxus

AVAILABILITY  
Wild Caught  
Year Round

WHOLE FISH FACTS

0.5–2 kg

Average Fish Size

20–60 cm

Average Fish Length

Catch Area

FAO 47

South Africa, sustainably caught

## Nutrition Facts

| Per 100g serving |       |             |        |
|------------------|-------|-------------|--------|
| FATS             |       | MINERALS    |        |
| Saturated Fat    | 0.2g  | Cholesterol | 50mg   |
| Polyunsaturated  | 0.3g  | Sodium      | 60mg   |
| Monounsaturated  | 0.1g  | Potassium   | 380mg  |
|                  |       | Calcium     | 15mg   |
|                  |       | Omega 3     | 0.2g   |
| VITAMINS         |       |             |        |
| Vitamin A        | 10mcg | Vitamin B12 | 1.2mcg |
| Vitamin D        | 1mcg  |             |        |

74

CALORIES

343 kJ

16.5g

PROTEIN

0.9g

TOTAL FAT

1% DV

0g

CARBS

0% DV

## Cooking Methods

Cape Hake features firm, white, moist flesh with a mild and delicate flavour. This versatile fish is perfect for a wide range of cooking methods and is ideal for both everyday family meals and restaurant dining. Popular in fish and chips, battered portions, fish fingers and sauced meals. Cape Hake is an ideal choice for:

- Grilled
- Baked
- Steamed

- Pan/Deep Fried
- Flame Grilled
- Sauced



# Product Range



## I&J South African Cape Hake Fillets

MSC certified, chemical-free deep water Hake from South Africa. Available as fillet, loin, or portion. Mild, firm fish with higher fat than Cod or Haddock, rich in Omega 3. Skinless, deboned, 100% natural, frozen at sea.

Available Sizes:

- 2–4 oz
- 4–6 oz
- 6–9 oz
- 9+ oz

Pack Size: Shatterpack (2/10#)



## I&J Cape Hake Formed Portions

Cape Hake is carefully laid into trays, land frozen, and packed individually into boxes. The protein creates a strong bond, making these portions versatile for any cooking method. It's an excellent alternative to Cod, Haddock, Sole, and Orange Roughy.

Available Sizes:

- 3 oz
- 4 oz
- 5 oz
- 6 oz

Pack Size: IQF Portions (1/10#)



## I&J Cape Hake Natural Loins

The thickest and meatiest part of larger Hake Fillets, hand cut, and land frozen for your customers. Very consistent natural shapes with great eye appeal — perfect for fish & chips and two or three piece meal customers.

Available Sizes:

- 2 oz
- 3 oz
- 4 oz

Pack Size: IQF Natural Loins (1/10#)



## I&J Cape Hake Folded Loins

MSC-certified, chemical-free, and land frozen fillets are hand laid and packed in two 10-pound boxes. The protein binds the loins for a permanent bond, perfect for any cooking method. A premium alternative to Cod, Haddock, Sole, and Orange Roughy.

Available Sizes:

- 3 oz
- 4 oz
- 5 oz
- 6 oz

Pack Size: Indiv. Wrapped (1/10#)