Southern Rock Lobster (Kōura)

Jasus edwardsii



Kōura or Southern Rock Lobster (Jasus edwardsii) has been a highly valued source of food for as long as Ngāi Tahu have lived in Te Waipounamu. With its dark red shell and bright orange legs, kōura is a prized catch. Its sweet, succulent flesh is regarded as a delicacy. For traditional gatherings and special occasions, kōura is often the centerpiece of the meal. This is especially true when hosting manuhiri (guests).

Off New Zealand's south-west coast, snow-capped mountains and rugged coastline give way to fiords and ocean that are undisturbed by human habitation. Kōura live in underwater rock contours along this coastline in waters 20 to 30 metres deep. The lobsters are captured live in this environment and will be kept in seawater tanks before being carefully packed into insulated containers for export, enabling them to reach their destinations in markets around the world in the freshest condition.

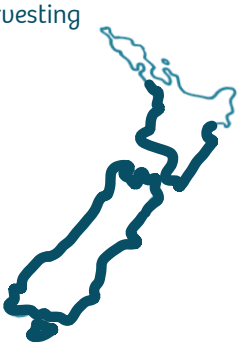
Fishers are limited in the amount they can catch each season and lobsters that are too small or carrying eggs are returned to the ocean. This responsible approach ensures kōura will be available for generations to come.

Weights available **350g – 3kg**

Grades available **AAAA - F**

Catch Method **Pot caught**

Where we're harvesting

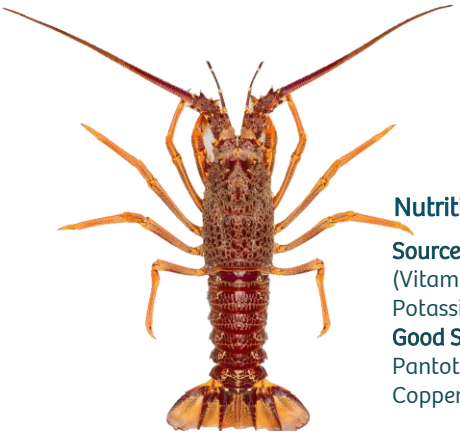


Product Specifications

Live

Frozen

Grade	Size
AAAA	<350g
AAA	350-400g
AA	400-500g
A	500-600g
B	600-800g
C	800g-1kg
D	1-1.5kg
E-	1.5-2kg
E+	2-2.5kg
F	2.5kg+



Nutrition

Source: Biotin (Vitamin B7), Thiamin (Vitamin B1), Iodine, Magnesium, Zinc, Potassium

Good Source: Niacin (Vitamin B3), Pantothenic Acid (Vitamin B5), Vitamin B12, Copper, Phosphorus, Selenium

Seasonal availability

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Available Out of season

Contact details

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www.ngaitahuseafood.com

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