Wild Abalone (Pāua)

Haliotis iris



New Zealand has its own, distinctive abalone (Haliotis iris), known throughout the country by its Māori name, pāua. Recognisable by its beautiful blue-green, iridescent shell, pāua is also known internationally as 'black foot abalone' because, in its natural state, it has a thin black surface covering its creamy-white flesh.

To Ngāi Tahu, pāua is considered as a taonga (treasure), and a gift from Tangaroa, the god of the sea. It is highly valued for its firm meaty flesh and savoury, sea flavour. Pāua shell is used for jewellery and incorporated in traditional carvings, usually to represent the eyes.

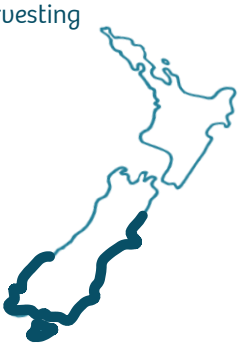
Pāua quota owned by Ngāi Tahu is harvested by hand by free divers, who dive to the sea floor without the use of oxygen tanks, which are prohibited in the gathering of this species. The live shellfish are delivered to Ngāi Tahu Seafood depots around the South Island.

Weights available **350 - 800g**

Lengths available **125+mm**

Catch Method **Free dive**

Where we're harvesting



Product Specifications

Live	Small : 300-450g Medium: 450 – 600g Large: 600+
Frozen	IQF (shell on and meat) – range 300-600g+ each. IQF (meat only) –range 160–300g each. Meat – sold in 10kg boxes





Nutrition

Source: Biotin (vitamin B7), Riboflavin (vitamin B2), Magnesium, Phosphorus, Potassium

Good Source: Niacin (vitamin B3), vitamin B12, Copper, Iodine, Iron, 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

NGĀI TAHU SEAFOOD