

SEAFOOD

NEW ZEALAND

Summer 2025 | Volume 33 | No. 04 | Issue 291



Zak and Tamar's Sprat Summer

Merry Fishmas: gifts for seafood fans

Meet the Harvey family fishing in Tauranga



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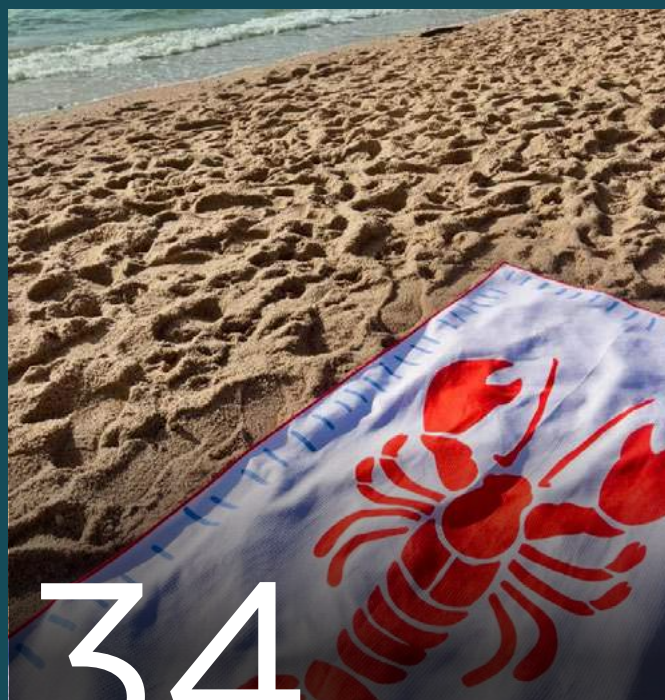
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EDITORIALS

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Postal Address:

PO Box 297
Wellington 6140
New Zealand

Physical Address:

Level 12, 7WQ
7 Waterloo Quay, Pipitea
Wellington 6011
Phone: +64 (0)27 436 5273
www.seafood.org.nz



Editorial Enquiries:

Email: editor@seafood.org.nz

Advertising Enquiries:

Karen Olver
Phone: +64 (0)27 436 5273
advertising@seafood.org.nz

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From the Chief Executive

Sitting down to write this introduction to the Summer 2025/26 issue of Seafood New Zealand's magazine, I couldn't help but anticipate the many pleasures of a summer seafood feast. Of course, seafood is enjoyable any time of year, but there's something about the rising temperatures and blooming flowers, plus the excitement of the upcoming holidays, that make kaimoana a perfect pairing for the season.

Appropriately, this issue is full of ways to enjoy our seafood.

We've got a lineup of summer seafood festivals across the country to add to your diaries on pages 20-21, and a reminder from the Marine Stewardship Council on pages 18-19 about what makes these 'blue foods' so important. We've even got a seafood-themed gift guide to make shopping for the fisher and seafood lover in your life (we figure everyone reading this has a few!) a bit easier – see pages 34-35.

A distinct highlight, of course, is the dynamic duo of Zak and Tamar – our cover feature this issue. Building on the success of their first six recipes in *Fishy Bits*, they've cooked a bunch of new recipes perfect for your summer BBQ, family picnic or Christmas brunch (pages 11-17). I've been told this means they're entering their "Hot Sprat Summer"... Once again, their recipes star fish species people might not immediately gravitate towards, and I love how they champion the wide variety of fresh, healthy protein New Zealand's dedicated fishers and industry professionals work so hard to bring to our plates.

And of course, there are plenty of familiar faces featured throughout the pages as well. Recently retired fisher Chris Carey is our "Catchin up with" profile, and he has plenty of great yarns about his time out at sea (pages 22-23). Comms star Jen Vallance also caught up with Tauranga-based Chris Harvey to chat about his family's long fishing legacy (pages 5-7).

To close, I'd like to wish each and every one of you a wonderful and restful holiday period. I hope you're able to spend time with family and friends, and to recharge the batteries (a spot of fishing perhaps?) as we gear up to tackle 2026!

Lisa Futschek

Chief Executive, Seafood New Zealand

The family that fishes together

Seafood New Zealand's Jen Vallance caught up with Tauranga local and Seine Fish Ltd. owner-operator Chris Harvey to talk about fishing, family and life on the water.

Chris and his siblings on one of George's boats when they were little.

It didn't take long to see that for Chris and the extended Harvey family fishing isn't just a job, it's a family legacy, and they love it.

"I love every day when I'm out there," Chris says. "I'd probably do what I do for free...but, you know, you kind of need money for life."

And it's certainly a family affair – grandparents, uncles, cousins – you name it! His grandad was a fisher and his dad, George Harvey, was out fishing when Chris was born. George and one of his brothers had bought a small boat together, "which they pretty much made a failure of," Chris says with a cheeky laugh. But it didn't take long for them to find their stride. Soon George had his own longliner and Chris' uncles – Floss, Arch and Doc – were all longlining, too. Another uncle, David, was gillnetting in Coromandel Harbour for flounder.

Chris' earliest memories aren't so much of playgrounds or classrooms, they're of boats and fish. Dad had a hand-driven longline reel that the line wrapped around to set and haul the line, which Chris describes as "very hard work."

"I remember being on the boat and sleeping on the engine box," he recalls. "Those little boats with the engine in the middle of the floor and a box over the top – that's where I'd sleep. It was warm and noisy and rocking...perfect for a little kid."

Breakfast was cornflakes in a Tupperware container with milk tipped in on the spot – no frills, just whatever worked at sea. By his own count, Chris has been around boats and fishing for about 45 years.

His Uncle Arch only recently stopped, but the rest of the family is still involved in one way or another. Cousins are fishing further north, Chris and his brother work together.

Chris' son, Cam (25), also grew up on the boats in school holidays. After leaving school, Cam tried a couple of other things but ultimately was drawn to a career in fishing. He now skips one of the family boats.

Chris and his wife, Jess, who own and operate Seine Fish, currently run three boats – though the long-term plan is to settle with two, one for Chris and one for son Cam. Their vessels range in size from 40 to 60 feet and include *Boy Roel*, *St Pierre* and *Aotea*.

The Bay of Plenty and Coromandel regions are also dotted with other Harvey family-owned boats, too, each carrying decades of experience – including *Wakanui*, *Ikateri*, and *Eight Bells*.

Jess plays a big part in the business. She works on the boat when she can and handles all the behind-the-scenes work, Chris says affectionately.

"We're a proper family operation," he adds. "Always have been."



George's boat, *Scania*, with a decent catch.

FEATURE

“I love working with my son, my family, my crew, I love what we do. It’s a good life.”



Cam, Jess and Chris Harvey standing in front of their newest boat, Aotea.

Through the years, the Harveys have worked across longlining, seining and trawling. Today they’ve returned to seining as their preferred method.

“For us, it’s the efficiency and the lifestyle,” Chris explains. “We enjoy the process. You get a mix of species and really decent quality.”

Their main target is snapper, which goes primarily to Leigh Fish, who in turn supply supermarkets through Foodstuffs. That means many New Zealanders all over are eating fresh Harvey-caught fish every week.

“It’s cool knowing people can buy fresh fish even if they can’t go catch it themselves,” says Chris.

Seining also brings in lesser-known species such as pōrae and sea perch – which Chris believes should be embraced more.

“People go straight for snapper, but there are beautiful fish out there most people haven’t even heard of,” he says.

Currently, Chris and Jess employ about six crew members, many of whom stay for a decade or more.

“We get pretty lucky,” Chris says. “We see young people come in, grow, get confident and build a life. That’s one of the things I love most.”

Family remains central, and son Cam has been taking on more responsibility each year, now skippering a boat Chris has owned for over a decade.

“It’s amazing watching him grow into it,” Chris says. “Just like I did.”

Ask Chris for a good story and he’ll tell you he loves every day – but there are a few standout moments.

Chris recalls one unforgettable day when Cam was about eight or nine. Cam was steering the boat up the Tāmaki

Strait on their way to the wharf to unload with a decent amount of fish onboard; Chris and the crew were on the deck packing fish.

“Cam called out, ‘There’s a whale in front of us!’ I thought, ‘Yeah, right!’ but up it came, about the size of our boat. Pretty cool thing for a kid to spot.”

There are less-calm stories too, like the night a storm shifted over the Hauraki Gulf and turned a sheltered anchorage into chaos.

“Next thing we know we’re in 100-knot winds and two- to three-metre waves,” Chris remembers. The anchor rope wrapped around the prop, leaving them momentarily helpless.

“It was pretty terrifying for a bit, but it dropped back to 80 knots within 15 minutes, then eased right off. By morning it was flat calm.”

Ask Chris why he keeps going after nights like that and he smiles.

“I love the environment. I love the freedom. Even with cameras now – they do their thing and I do mine. It’s where I belong.”

One thing Chris has seen change over the years is the size of the industry.

“There used to be heaps of little boats,” he says. “You’d pull into a harbour and catch up with other fishermen. Now it’s a smaller, tighter industry – same catch, fewer boats.”

He worries that some of the proposed blanket bans and restricted zones may unintentionally push out small operators who are more limited to where they can fish.

"You can inadvertently end up removing the smaller operators, like us, whose sole purpose is to fish for Kiwis," he says. "People probably don't realise that it's their fish supply that will be impacted."

What frustrates him most is the misconception that commercial fishers don't care about the ocean or the future of fish stocks.

"Most fishermen these days are investing for the long term," he says. "We're not out there trying to ruin anything – it doesn't make sense for us to do that. It's that simple."

For all the change and all the challenges, Chris wouldn't trade this life for anything.

"I love working with my son, my family, my crew," he says. "I love what we do. It's a good life."

And after decades on the water and generations behind him, the Harvey family remains exactly what it's always been: a family that's stood the test of time, working together to provide delicious kaimoana to Kiwis one catch at a time.

About Danish Seining

Danish seining is a fishing method where a boat lays out a long rope in a triangular pattern on the seabed around a school of fish. The boat deploys one rope while moving in a wide arc, then comes back and lays out a second rope on the other side. A net is attached between the ropes at the apex of the triangle.

As the boat hauls in both ropes simultaneously, they sweep along the seafloor, herding the fish toward the centre net.

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Justine Inns
Partner
027 2275 324
justine@oceanlaw.co.nz



Hamish Fletcher
Partner
027 220 5122
hamish@oceanlaw.co.nz



Karyn van Wijngaarden
Partner
027 479 4345
karyn@oceanlaw.co.nz



Hayley Campbell
Senior Solicitor
027 533 1350
hayley@oceanlaw.co.nz



Sid Wellik
Principal
027 292 4966
sid@oceanlaw.co.nz



Daniel Jackson
Solicitor
027 246 2981
daniel@oceanlaw.co.nz

Montgomery House, 2nd Floor, 190 Trafalgar Street, Nelson 7010. Freephone 0800 Oceanlaw. www.oceanlaw.co.nz.

Zak and Tamar's Sprat Summer

Season one of *Zak and Tamar's Fishy Bits* brought us approachable, affordable everyday seafood. Now, season two – *Zak and Tamar's Sprat Summer* – steps boldly into exploring the full potential of summer seafood cooking. It's built around the idea that seafood isn't just a meal: it's a way of bringing people together.



When Zak Olsen (Moana New Zealand) and Tamar Wells (Seafood New Zealand) sit down to talk about the new season, filmed just a week ago in Tāmaki Makaurau Auckland, they're still buzzing from filming – partly from exhaustion, but mostly from pride. They joke, they kid, they interrupt each other and they both have very strong conflicting opinions about parsley. But beneath the banter sits a clear, shared belief: seafood should be accessible, exciting and far less intimidating than people think.

At the centre of *Sprat Summer* is the backyard barbecue. "It's all about going beyond the traditional Kiwi barbecue," says Zak, "and showing how diverse seafood is for summer cooking." Instead of sticking to the tried-and-true sausage-and-steak lineup, the pair explore what's possible with a whole fish and work their magic with often-overlooked species, creating a fully seafood-based barbecue experience with dishes ranging from delicate crudo to hearty salads built to feed a crowd.

"These are meals that you cook when you have people over, your aunties or your mates," Tamar adds. "None of it is single-serve, unless you want it to be. It's all dishes for when everyone's coming around and you want to make something a little bit special but still easy."

One of the strongest themes this season is reducing waste and making use of the whole fish – whether it's something you've caught yourself or a surprisingly affordable whole trevally from the supermarket.

"We wanted people to see that every part of a fish has a purpose," Tamar explains. "Just like you'd use different cuts of meat from a cow for different things, you can do the same with fish."

This philosophy also led the duo toward lesser-known species and cuts, all provided by Moana New Zealand: kahawai instead of snapper for the whole-fish dishes; gemfish instead of hāpuku; kingfish instead of tuna; and pōrae, which even Tamar hadn't tried before. These are the fish people often catch or see at a local fish counter and then hesitate over: *What do I do with these fish?* *Sprat Summer* offers a colourful, fun and friendly answer to that question.

Season two also came with a more polished kitchen setup (thanks to Blum New Zealand) and a Broil King BBQ (from Aber Living), some extra cameras and even a director to wrangle the action. The result? A production that feels a little more elevated without losing the slightly chaotic homemade charm that is Zak and Tamar cooking together.

Even though Zak likes the wrong parsley and Tamar still juices citrus in a way that terrifies everyone, they both agree that the season was a success.

"These dishes are still quick," Zak says. "Nothing takes more than about 30 minutes. But they're celebration dishes. The kind of food that makes someone say, 'Whoa, you made that?'"



Zak and Tamar on set filming *Sprat Summer*.

"These dishes are still quick... Nothing takes more than about 30 minutes. But they're celebration dishes. The kind of food that makes someone say, 'Whoa, you made that?'"

– Zak Olsen

COVER FEATURE

Ask them for their favourite dish and they will both talk at once, however, the usual bickering and banter stops and the pair become almost sentimental. Tamar lights up describing the “ta-ta-ta-ta” (tartare tartare), the raw fish hors d’oeuvre that made Zak’s entire face dissolve into bliss. Zak swears it’s one of the best seafood dishes he’s ever eaten (a statement that made Tamar genuinely well up). The crudo also gets reverent praise, and the blackened fish is spoken about like a cherished family member. With these two, food is a treasure to be shared.

There were plenty of memorable moments during filming too: porous benchtops and a leaking fish bin, needing to pause filming while Tamar cried over chopped shallots, and even a dramatic fish-bone choking incident. “Honestly,” Zak laughs, “the gagging was a highlight.”

Will there be a third season? Both are hopeful and already discussing ideas. They want to gather favourite traditional recipes from fishers and give them a “glow-up” – think classics like crumbed fish with creamed corn. They want to keep experimenting, keep celebrating, and keep showing people that good seafood is for everyone.

Whether season three happens or not, they’re still sending each other dish ideas forever more. “We’re friends now,” Tamar says matter-of-factly. “It’s official.”

“We wanted people to see that every part of a fish has a purpose. Just like you’d use different cuts of meat from a cow for different things, you can do the same with fish.”

– Tamar Wells

Thanks to Moana New Zealand, Blum New Zealand and Aber Living for making *Zak and Tamar’s Sprat Summer* possible.



Find these recipes and more online at seafood.org.nz/spratsummer

Watch Zak and Tamar work their magic on the Seafood NZ YouTube channel: youtube.com/@NZSeafoodIndustry





Get a whole fish in your fish hole

Using the whole fish opens up access to a range of cuts most people don't usually think about, each with its own texture and flavour – a bit like the way we treat beef or chicken, we use different parts for different purposes. The fillets are the familiar part, but the heads, wings, bones and cheeks all offer something different. The bones make a clean, rich stock; the wings roast up with a bit of crispiness; and the cheeks are tender and mild.

It's an easy way to get more variety from one fish while cutting down on waste. Once you look beyond the fillets, there's a lot more to work with than you'd expect.

In *Sprat Summer* we make a three course meal for four from two fish. We demonstrate with a trev (trevally) and use skin-on fillets.

Read on for all the recipes.

— Hors d'oeuvre

Tartare tartare

This fish version of beef tartare is the perfect summer BBQ starter! Served like a classic lobster roll and packed with the fresh flavours of tartare sauce. You could also serve this mix alongside crackers or toast like a beef tartare. This recipe is a great way to use up the trimmings and odds and ends of your whole fish (we used the belly here).

Any robust (not mushy) fish works for this. Some options: Kingfish, kahawai, gurnard, snapper or tuna.

Ingredients:

- 300 grams fish scraps diced up/coarse fish mince
- 1 Tablespoon capers
- 2 pickles
- 1 Tablespoon fresh dill
- 1 Tablespoon fresh parsley
- 1 lemon (juice and zest)
- ½ cup crème fraîche
- 1 teaspoon extra virgin olive oil
- 4 small soft brioche buns
- Butter
- Salmon caviar for garnish (optional)

Method:

Finely chop the capers, pickles, dill and parsley and place in a bowl with the lemon juice and zest, olive oil and crème fraîche. Give it a stir then add the chopped fish in. Salt and pepper to taste. Mix so all the fish is evenly coated.

Cut your brioche buns down the centre of the top (as you would cut a hot dog bun). Butter them and brown them lightly in a frying pan.



Spoon fill them with the “tartare tartare”.

If you are feeling fancy – spoon a little salmon caviar on top and throw some dill at it.

Done! Only thing quicker is eating them!



RECIPE

— Entree

Smoked fish spaghetti for the whole crew

Here's a great way to use up the frame and head of your whole fish – smoke them (follow instructions for your smoker) and remove the flesh from the bones once cool. It is easiest to do this at room temperature rather than chilled from the fridge.

If you don't have a smoker, you can just steam, bake or poach the frame with some aromatics – wine, Mediterranean herbs, or onion and garlic. Anything to push some flavour in there! Although, the flavour of the smoked fish really makes this dish something special, so we really do recommend it.

Ingredients:

- 300 grams smoked fish
- 1 packet of spaghetti
- ½ cup diced shallots
- Nob of butter
- Dash of olive oil
- Juice of 1 lemon
- Glug of dry white wine
- ½ cup cream
- Pepper
- ¼ cup grated pecorino/Parmesan
- 1 handful of chopped fresh parsley

Method:

Before starting on the sauce, cook your spaghetti, reserving a little of the pasta water before draining. Run the spaghetti under cold water to stop it cooking and set it aside.

In a large frying pan on medium heat, soften the shallot in olive oil and butter. Once softened, add fish. Fry for a minute and add lemon juice and wine. Once that has started simmering, add in your cream, half the parsley and cheese and a truckload of cracked black pepper. Let that simmer until the cream has thickened.

Add the spaghetti and stir through – add some of the pasta water to loosen the sauce. Stir thoroughly.

Serve up! Sprinkle with more cheese and parsley and a squiz of lemon juice.

— Main event

Reverse surf and turf – where the surf is the star

This recipe is a one-pan wonder – full of protein and can be made with any firmish fish fillets (snapper, tarakihi, warehou). This is the perfect meal when you feel like something hearty that is still light enough for a summer evening.

Method:

Thinly slice the red onion into half moons and put in a bowl with tomato rounds, thyme leaves, red wine vinegar, olive oil and salt and pepper. Set aside.

Rinse your beans thoroughly, drain and set aside.

Rub your fish in the Greek seasoning – get both sides covered, and put on a plate to the side with a drizzle of olive oil.

Slice your chorizo into rounds and pop into a skillet that is large enough to fry the 4 fish fillets. Bring to a medium heat with some olive oil and a little butter. You want the chorizo to slowly brown and release its flavours and oils but not get too crispy – once it starts to brown, remove the chorizo, retaining the oils in the pan. Return the pan to the heat and add more butter.

Once the butter is well foamy and slightly brown, add the fish skin-side first. Fry for 2-3 minutes then flip and fry the other side for another 2-3 minutes (depending on the size of your fillets). Remove the fish from the pan and set aside.

Return the pan to the heat and add back the browned chorizo, beans and wine – crank the heat up and stir so that all the lovely bits of seasoning cooked onto the pan are released into a sauce. Simmer for a few minutes just to cook the wine down and for the sauce to thicken. Stir through some chopped flat leaf parsley at the last minute.

Spill the beans on a large dish and place your chorizo and fillets on top. Dress with parsley, lemon juice and a drizzle of olive oil.

Ingredients:

- 4 skin-on white fish fillets
- ½ red onion
- 4 medium tomatoes, sliced
- Small bunch of thyme
- 1 Tablespoon red wine vinegar
- Olive oil
- Salt and pepper
- 2 tins butter beans
- 2 chorizo sausages
- Big nob of butter
- Glug of dry white wine
- Small bunch of parsley

Greek seasoning:

- 3 Tablespoons dried oregano
- 2 Tablespoons dried basil
- 1 Tablespoon dried dill
- 2 Tablespoons onion powder
- 2 Tablespoons garlic powder
- ½ Tablespoon salt
- 1 Tablespoon black pepper



RECIPE

— Zak and Tamar's Sprat Summer BBQ

Kingfish salad Niçoise

Serves: 4

Salad Niçoise ("knee-swarz") is traditionally made with tuna, but it is magical with a kingfish loin! You could also use warehou, trumpeter or alfonsino.

The fish can be cooked through or left rare – here we are going for the rare version and we are glad we did. This salad has everything you could ever want and more! It's a great substitute for your classic potato salad on the picnic table this summer.

Ingredients:

- 500 grams kingfish loin, cut down to approx. 3x3 centimetres
- 6 eggs
- 1½ cups green beans
- Handful of black olives
- 1 cup cherry tomatoes
- 1½ cups cooked new potatoes
- ½ cup flat leaf parsley
- 1 baby cos lettuce

Dressing:

- 3 Tablespoons red wine vinegar
- 2 teaspoons Dijon mustard
- ½ cup olive oil
- 3 Tablespoons combined thyme and rosemary, finely chopped
- Salt and pepper

Method:

Start by cooking your eggs so they are "jammy", meaning not runny but not hard boiled. The trick is to start with fridge-cold eggs and boiling (rolling, not madly bubbling over) water. Gently pop your eggs in and set a timer for 7 minutes. Prepare cold ice water to cool the eggs as soon as the timer is up. Peel once cooled.

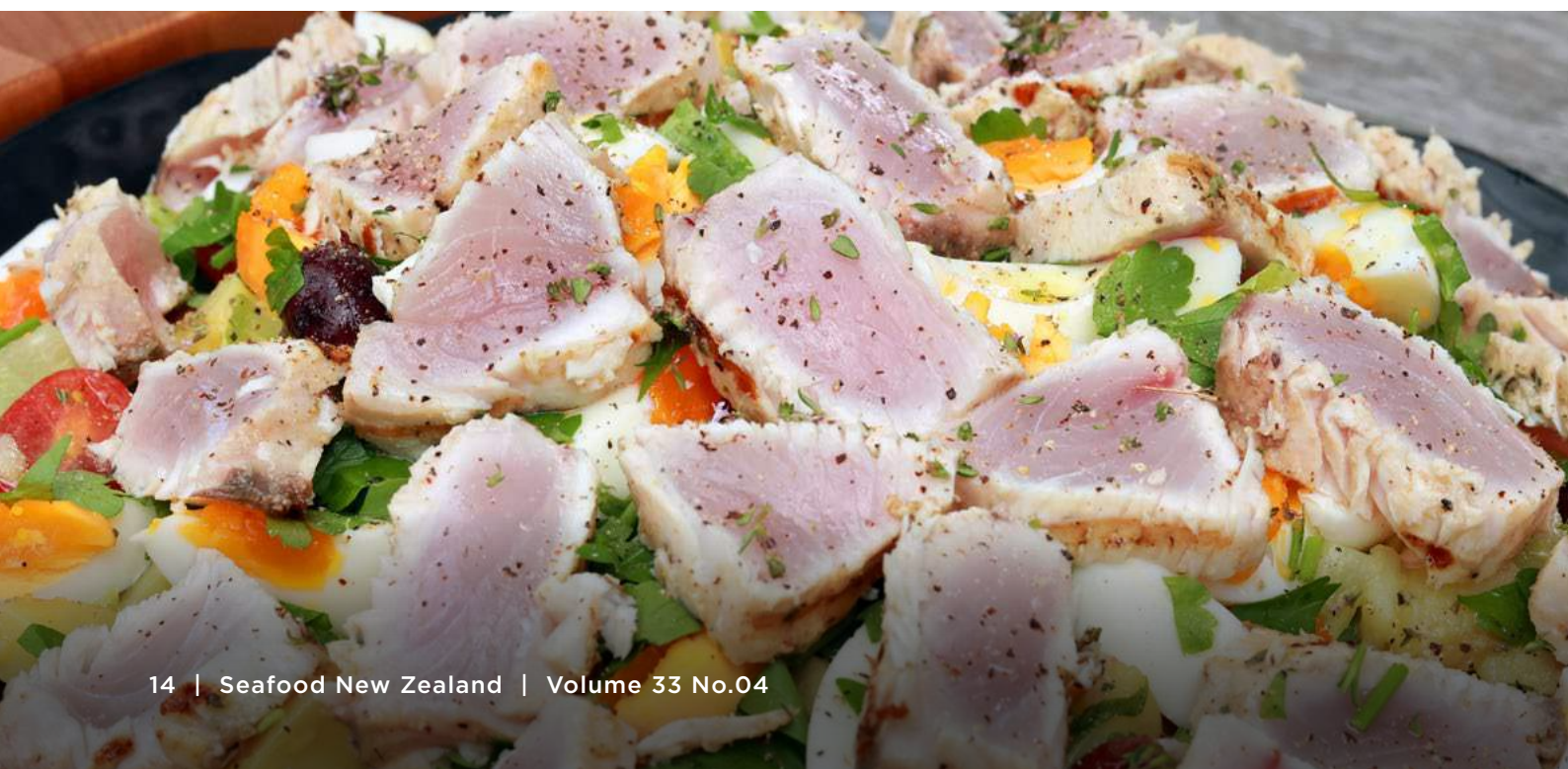
Now, mix all your dressing ingredients together. Take a couple of tablespoons of the dressing and rub over your kingfish loin (or whatever delightful fish you have chosen). Set aside while you prep the salad.

Chop the potatoes, beans and tomatoes into small bite-sized pieces (you want it chunky, but not so chunky that you can't have all three on a fork at once) and add to a serving bowl. Chop up the cos lettuce and parsley and mix all together with the dressing. Slice the jammy eggs. Pop the mixture into the serving bowl and sprinkle with olives and the sliced eggs.

Get your BBQ roaring to a medium-high heat and oil your grills up. Cook the fish on each side for 1-2 minutes. The goal here is to get a nice chargrill line across your fish and cook the first 5-millimetres of flesh.

Once cooked on each side, set aside to rest for 3-4 minutes. Slice into 5-millimetre rounds and place atop your salad.

Voila! A fish salad for the whole family.



— Zak and Tamar's Sprat Summer BBQ

Blackened gemfish steaks

Serves: 4

Thick steaks and grilled corn on the cob are BBQ staples – let's do it with fish! We got a lovely big gemfish, as the light texture lent itself well to the blackened seasoning and cutting it as a steak kept it robust on the grill. The flavour and succulence of gemfish really made it a star of the day.

Yes there are bones in it – but that's just a gentle reminder to slow down, enjoy the meal, the company and the gorgeous summer day. Sea perch, trumpeter or bluenose are other good options.

Method:

Coat both sides of your fish in a generous amount of the creole seasoning and set aside for BBQing. While the flavours settle in, get the rest of the prep done.

Mix up your remoulade sauce ingredients and set to the side. Remember – taste your sauces and re-season if needed or to your personal taste.

Slice each tomato into 3 rounds. Peel the corn, season both with salt and pepper and drizzle with olive oil. Set aside for BBQing.

That's it! Prep done – move on out to the BBQ and fire it up to medium-high.

Have your corn on one side while the fish is on the hot plate. It will need about 2–3 minutes per side. The term blackened comes from the spices getting charred, which changes the flavour profile.

After you have flipped the fish, start grilling your tomatoes and give everything a kiss of butter. The tomatoes will only take 1 minute per side – we don't want these mushy/sloppy.

Serve everything together on a big dish, with a bowl of remoulade for dipping in the middle. Take your time and enjoy – remember, there are bones!



Ingredients:

- 4–8 gemfish steaks (depending on size of fish and appetite)
- 4 green tomatoes
- 2 ears of corn
- Butter
- Olive oil

Remoulade:

- 1 cup mayonnaise
- 2 teaspoons hot sauce
- 1 teaspoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- 2 teaspoons capers, minced
- 1½ teaspoons paprika
- 2 pickles, minced
- 1 fresh garlic clove, minced
- 1 Tablespoon lemon juice
- 1 Tablespoon pickle juice

Creole seasoning:

- 6 teaspoons paprika
- 4 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons cayenne, or more for a spicier version
- 2 teaspoons black pepper
- 2 teaspoons white pepper
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 2 teaspoons dried thyme

RECIPE

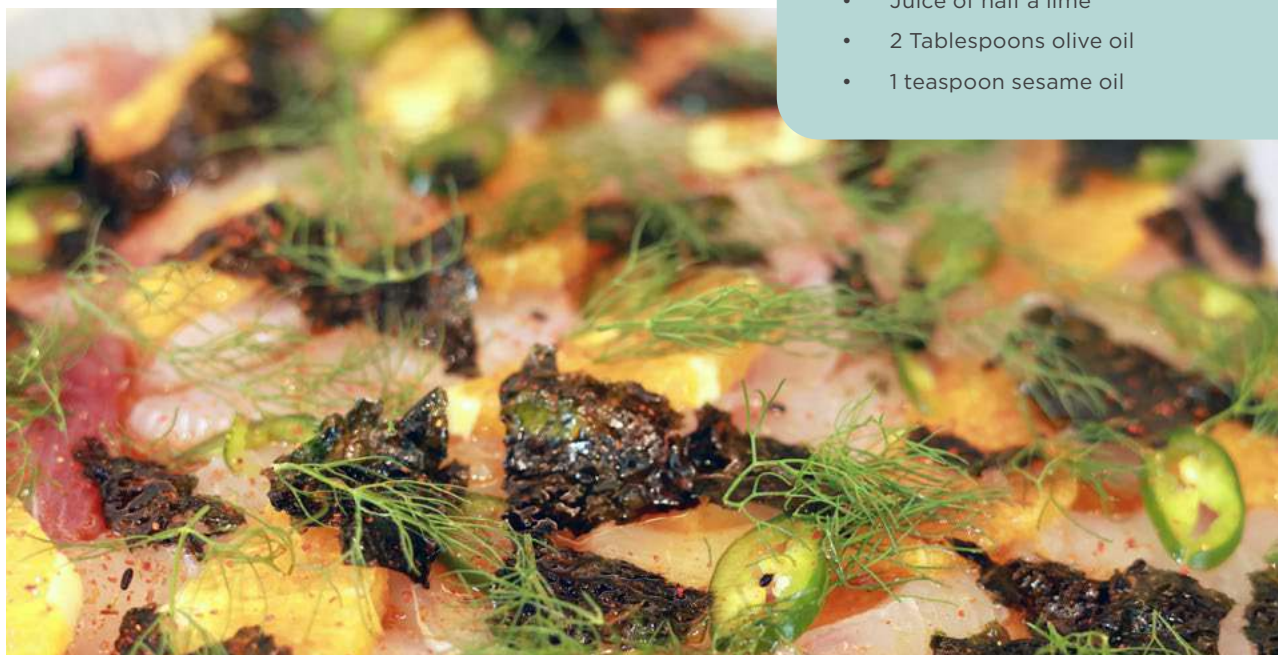
— Zak and Tamar's Sprat Summer BBQ

Gochujang pōrae crudo

Serves: 4

What is the best way to “cook” fish? Don’t cook it at all! Just slice it up and pair it with complementary ingredients – something sweet, something sour, something salty and, in this case, something spicy! Although, if spice really isn’t your thing, swap out the gochujang paste for miso paste.

This crudo has a lovely balance of flavours that support but don’t overwhelm the fish – fresh and tangy, it makes a great starting dish for your summer table. With very little effort it looks fancy pants like the restaurants, so you will be sure to impress your friends and family. This recipe works well with kingfish, trevally, pōrae, snapper and kahawai.



Ingredients:

- 400 grams of fish fillet
- 1 orange or tangelo
- 1 green chilli
- 1 snack pack of dried nori/seaweed
- Fresh fennel fronds
- Shichimi tōgarashi seasoning (you can get this at the supermarket), or black sesame seeds and chilli powder

Gochujang dressing:

- ½ teaspoon gochujang (Korean chili paste; you can find it at most supermarkets)
- 2 teaspoons mirin
- 1 teaspoon rice wine vinegar (or white vinegar)
- Juice of half a lime
- 2 Tablespoons olive oil
- 1 teaspoon sesame oil

Method:

Mix the dressing ingredients together – bar the oils – to fully dissolve the paste. Once smooth, add the oils. Have a taste and make sure it is to your liking, add more sour or spice depending on your palate. Yes, the dressing has a punch, but it will be less obvious once combined with the other ingredients.

Slice your fish into bite size pieces about 5-millimetres thick – you don’t want it too thin; crudo should have some texture to it.

Slice your oranges into quarter moons the same thickness as the fish, and slice your green chilli into fine rounds.

On your chosen serving platter drizzle a layer (not a pool) of dressing, make sure to remix the dressing before drizzling. Save some of the dressing for later. Place a single layer of fish across the dressed plate.

Pop your orange pieces evenly across the plate – don’t cover all the fish, you should have about half the fish still showing through. Sprinkle your green chillies over as well (as many or as little as you like/can handle).

If you are serving this straight away carry on to the next steps. Otherwise pop it in the fridge for up to 30 minutes (any longer and the fish will cook in the citrus).

To finish, drizzle a bit more of the dressing over the crudo, then crush some seaweed sheets and tear the fennel fronds into 1-centimetre-ish bits and sprinkle over. Lastly season lightly with the shichimi tōgarashi powder.

Finished! What in the fine dining have you done!?!
A feast for the eyes and most importantly the mouth!



— Zak and Tamar's Sprat Summer BBQ

Thai grilled whole fish with flatbread and salad

Serves: 4

A whole fish is a great way to get everyone around the table – this summer BBQ version is so easy and flavourful it will draw a crowd. Stuffed with Thai aromatics, the fish has a vibrant fresh flavour perfect for a hot day. Make with kahawai, mackerel, mullet or gemfish.

Method:

Take your whole fish and rub it inside and out with the brown sugar and fish sauce. Then stuff the cavity with the lime leaves (crush them in your hands to release the flavour), sliced lemon and ginger. Wrap the whole thing in tinfoil (this can be prepared ahead of time and left sitting in the fridge so the flavours infuse). Otherwise, head out to the BBQ and put it (in the tinfoil) on a medium heat for 30 minutes. While that cooks, prep your side dishes.

For the flatbreads, take your cooked and cooled kūmara in a medium bowl and start adding flour. Start with 1 cup, mixing and adding it in small amounts until it forms a tight dough. Flour your benchtop or board and divide the dough into balls that fit in the palm of your hand. Roll out to 1-centimetre (can be thinner, not thicker). You don't need to be precious about shape and uniformity – they are rustic! Flour the dough well and set them aside in a single layer (do not stack!).

Now for the easiest side salad! Cut the cucumber into 5-millimetre half moons and pop in a bowl with the Kewpie sesame dressing – this stuff is so umami and moreish!

Once the fish has been in for 25 minutes, get your flat breads on the grill. Make sure the grill is oiled and pop your bread on. Give them 2-3 minutes per side, and feel free to flip them a few times so they cook through but don't burn.

Carefully take the fish from the tinfoil and place on a platter – pour all the juices from the foil over the fish. Tear a piece of flat bread off, put some cucumber in it and top with the succulent fish – enjoy!!

Remember, kids – fish have bones.

Ingredients:

- 1 whole gutted kahawai
- 1 Tablespoon soft brown sugar
- 2 Tablespoons fish sauce
- 1 lemon, sliced
- 5 lime leaves
- Knob of ginger

Flatbread:

- 1 cup cooked and cooled kūmara
- 2 cups plain flour
- Salt and pepper

Salad:

- 1 cucumber
- 2 Tablespoons Kewpie sesame dressing



Blue foods for a blue planet: how sustainable fishing can feed the world

As the world's population moves beyond eight billion, the challenge of feeding everyone without exhausting the planet's resources has never been more urgent. According to the EAT-Lancet Commission, we must shift towards foods that nourish people and protect ecosystems, and the ocean holds one of our most powerful yet overlooked solutions.

Seafood, or 'blue foods', provides high-quality protein and vital micronutrients such as omega-3s, iron, zinc and vitamin B₁₂, nutrients essential for human health that are more efficiently absorbed than those from most land-based foods. Research¹ shows that if all global fisheries were managed sustainably, we could harvest an extra 16 million tonnes of seafood annually, enough to prevent nutrient deficiencies in tens of millions of people worldwide.

Sustainable fishing means more

Over a third of the world's fish stocks are overfished, yet science shows well-managed fisheries can recover and deliver more food over time. The UN Food and Agriculture Organisation's *Blue Transformation* roadmap highlights how aquatic foods can improve nutrition, economies and ecosystems when harvested sustainably.

Unlike livestock, wild-capture seafood uses no land, fresh water or fertiliser and has a far lower carbon footprint than beef or pork. Investing in sustainable ocean resources benefits marine life and secures healthy seafood for future generations.

The planetary health diet

The EAT-Lancet Commission have recently called for a 'planetary-health diet' that balances nutritional value with environmental sustainability. It recommends reducing high-impact red meats while increasing the proportion of fish, seafood, legumes, and vegetables. Sustainable seafood, harvested from well-managed fisheries, fits squarely within this model, offering nutrient density with minimal ecological cost.

¹ Costello et al (2016): Global fishery prospects under contrasting management regimes, 16 million more tonnes of catch could be harvested, while Ye et al (2012) found a similar figure of 16.5 million more tonnes of catch could be harvested if fisheries were better managed.



Grilled hoki with taramasalata.



Trolling for tuna.

New Zealand leadership: hoki and albacore

The potential of blue foods is evident in New Zealand's sustainably managed fisheries.

The New Zealand hoki fishery became the world's first whitefish fishery to achieve MSC certification in 2001. Nearly 25 years later, it remains a global model for science-based management, careful monitoring, and international collaboration.

Each year, New Zealand vessels fish the deep sub-Antarctic waters where hoki thrive.

Similarly, New Zealand's albacore tuna troll fleet, also MSC-certified, showcases how small-scale fisheries

can balance economic viability with environmental care. Doug Saunders-Loder, President of the Tuna Management Association, says, "Albacore tuna migrates into New Zealand waters from December to April, perfectly suited to small coastal boats that troll by hand – a true contest between fisher and fish. This non-quota fishery eases pressure on other stocks, has strong economics, minimal bycatch and low environmental impact. It's sustainable fishing in practice, supporting coastal fishers, their families, and communities."

"The New Zealand hoki fishery shows what's possible when industry, government and science work together. By managing our hoki stock sustainably, we're not only providing a delicious, nutritious, low-carbon seafood protein choice to a world that needs it more than ever, we are also actively reducing our effects on the aquatic environment."

– Aaron Irving, GM Deepwater

A call for a blue transformation



"If more global fisheries are managed sustainably, we will provide even more of the nutrition needed to feed a growing population. But this requires urgent action. Consumers, fishers and businesses are already supporting this shift. But we need governments to do more, ensuring the urgent transformation of our food systems globally," says Rupert Howes, Chief Executive Marine Stewardship Council.

For New Zealand, embracing the blue transformation means more than exporting premium seafood, it's about contributing to global food security while protecting our shared marine heritage. As the world looks for solutions to the dual crises of hunger and climate change, sustainable fishing offers one of the clearest pathways forward: nutritious food from healthy oceans, for generations to come.

The MSC Blue Foods Report reveals:

- Better management could unlock 16 million tonnes more seafood each year
- MSC-certified fisheries show healthier, more productive stocks
- Wild seafood delivers more nutrition with fewer emissions
- The MSC aims for one-third of global catch in its programme by 2030

Read the report and more New Zealand fishery stories at msc.org/nz

It's seafood celebration season!

Get the dates for these summer seafood festivals saved in your diaries for 2026. From briny mussels to fresh local kaimoana and maritime-themed festivities, these events bring communities together and showcase the best New Zealand's regions have to offer.



28 February 2026

Twizel Salmon & Wine Festival

Returning for its 20th year, the annual Twizel Salmon & Wine Festival is once again being held on the shores of Lake Ruataniwha. Featuring delicious dishes made with local salmon from producers like Mt Cook Alpine Salmon and High Country Salmon, each paired with a boutique beverage, it makes for a perfect seafood-centric summer day.

twizelsalmonandwinefest.com



Staying cool at the Twizel Salmon & Wine Festival.
Photo: Dana Johnston.



28 February – 15 March 2026

Moana Auckland

For three weeks, Auckland's waterfront will come to life with a range of ocean-inspired events that honour the city's heritage and celebrate its connection to the moana. Alongside crowd favourites like the Z Manu World Champs and the Auckland Wooden Boat Festival, the 2026 festival introduces exciting New Zealand firsts, blending kaimoana, culture and live entertainment into a unique summer experience for everyone.

aucklandnz.com/moana



The Auckland Wooden Boat Festival is returning in 2026 as a part of Moana Auckland.



14 March 2026

Havelock Mussel & Seafood Festival

Seafood lovers can converge on the New Zealand Greenshell™ Mussel Capital for the 22nd iteration of this ultimate seafood celebration. Plan to sample the culinary delights from the 40-plus food stalls, learn from top chefs Michael van de Elzen and Ganesh Raj, and cheer on your favourite mussel-opening team in competition – there will even be a Guinness World Record attempt! Every ticket supports local causes – proceeds go directly back into community grants.

havelockmusselfestival.co.nz



Sanford staff opening mussels under pressure! Leroy Bull Photography.



16 March 2026

Hokitika Wildfoods Festival

From deep within the bush to the depths of the sea, the 36th Wildfoods Festival once again promises diners a taste of the unusual. From the comparatively well-known whitebait to more uncommon mountain oysters and huhu grubs, visitors will get a truly wild sense for what New Zealand has to offer. As always, the tasting occurs against the backdrop of invigorating live entertainment and the fan-favourite Feral Fashion competition, encouraging fancy dress.

wildfoods.co.nz



Fish eyes served at the Hokitika Wildfoods Festival. Stewart Nimmo Photographer.

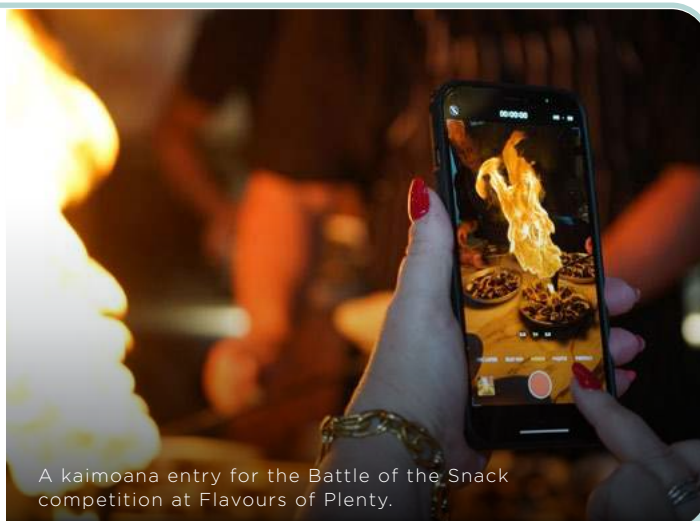


16 April – 3 May 2026

Flavours of Plenty Festival

With a theme of “Pushing the Palate,” chefs, producers and food lovers are encouraged to embrace innovative flavour combinations and new takes on favourite dishes. Featuring dozens of events across the region, from competitions and long lunches to workshops and markets, the festival provides a place for people to discover and celebrate the coastal Bay of Plenty’s food scene.

flavoursofplentyfestival.com



A kaimoana entry for the Battle of the Snack competition at Flavours of Plenty.

CATCHIN' UP WITH...



Chris (right) with Kaleb in Lyttelton.

Catchin' up with Chris Carey

From potential marine biologist to deepsea first mate and then manager at Independent Fisheries Ltd, Chris has seen the industry from all sides. Recently retired, he shares reflections from his years at sea.

How did you first get into the commercial fishing industry?

It was never my intention to be a fisherman. I wanted to join the Navy just like my dear old dad, but when I rocked up to the recruitment office in Wellington the bloke behind the big desk in the blue uniform said, "Sorry son, you wear glasses."

Jacques Cousteau and his "Aquanauts" were doing wondrous things with coral reefs and wrecks aboard the *Calypso*, all displayed in glorious black and white on our AWA Deep Image telly, so a marine biologist was my fallback position. And I did go some way to achieving this with a certificate of science in biochem and microbiology and a full-time job with Fisheries Research Division in Wellington. However, a four-month summer deployment on a US flagged super seiner chasing skipjack tuna off the northeast coast of New Zealand was the catalyst. That was 1976.

What was your favourite role and what did you enjoy most about it?

A first mate has to be the best job in the world. My time as mate with Rick Tregidga on the *Amaltal Explorer* rates as one of the best of times.

With his 'Goon Show' humour and mentoring, 'Old Scrote' was awesome to work for – however, I never realised what stress he was under behind the scenes until I got the skipper's job. Despite that I enjoyed being the 'Old Man' because I have, through my career, been blessed with very good crews covering my shortfalls and weaknesses. Perhaps that's what I was good at, picking good people to work with me, to be part of the team.

What's the best piece of advice you've received?

If you're no longer having fun, if your job makes you angry and job satisfaction is waning and you no longer look forward to going to sea, it's time to reevaluate – be that a different role within the industry, or away from it completely.

What skills do you think are most important for someone working in this industry?

A thick skin and a sense of humour. The ability to play multiple roles as a medic, a mentor, a father figure, marriage guidance counselor, judge and jury, a shoulder to cry on or bounce ideas off. Better to ask advice before pressing forward and making a complete cockup because your ego got in the way.



Chris Carey.

Is there a common misconception about commercial fishing or the seafood industry you'd like to set straight?

There are a number of glaring misconceptions. One is foreign crew are paid peanuts. Not so. When reflagging came in 2014, irrespective of ownership, all fishing vessels in New Zealand had to fly the Kiwi flag. This brought them under our health and safety and employment regulations.

The second is trawling. The word trawling simply means 'towing' and there are a number of net types that are towed. The misconception that bottom trawling results in forests of coral being bowled over every time you shoot away is also untrue – we're not bulldozing a new 'road and subdivision' every time we go to work! Most trawlable ground hasn't changed for decades, and you tow your gear over the ground your father, grandfather and great grandfather towed, at the same depth and time of year catching the same fish. Stop it, now you've wound me up!

What's been your most memorable day at work?

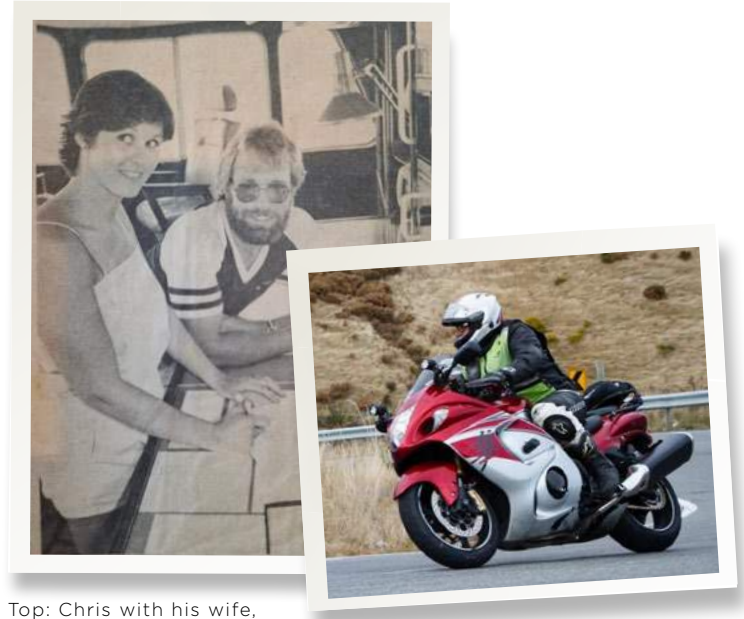
Coming home low and slow, the freezers full, boat sparkling, Def Leppard banging away on the bridge hi-fi.

Outside of work, what do you enjoy doing?

I have a really great extended family and grandkids and I love it. Family and good friends, there's nothing better. But if you're asking about 'me time' that revolves around 'Charlotte the Harlot', my Gen 2 Hayabusa – or the 'other woman' as my wife calls her. I have been involved with the Ulysses Club for 30 years, I'm a member of the IBA, the Iron Butt Association, and the NZ Distance Riders and the like. I've also done a number of adventure rides overseas – I'm heading back to the Himalayas next June and I've got a number of bucket list rides to knock off while I'm still able to do so.

What's your favourite kaimoana, and how do you like to enjoy it?

No, it's not crayfish. I'd rather eat a good sausage or a pie. Crumbed tarakihi and half a scoop from the Lyttelton chippy washed down with a pint of hazy from the brewery next door ticks the box.



Top: Chris with his wife, Carey, on the *Western Ranger* in the early 80s. Chris remembers, "I couldn't skip the summer season so she had to come to sea for our honeymoon." Inset: Chris on his beloved Gen 2 Hayabusa, 'Charlotte the Harlot'.

Snapper is pretty good too but hard to get down here. Sashimi, wasabi and soy sauce and a cold beer...now that's living the dream.

Is there anything else you'd like to share about your time in the seafood sector?

I think I was a competent fisherman, but I wasn't a great fisherman. Certainly not in the league of the likes of Pete Connolly, Gary Courtney, Rick and Steve Jackson, all of whom I have a great deal of respect for. No, I just happened along at the right time, initially with the skipjack fishery here and around the Pacific and I had the best of it.

When I came back after my time offshore and joined the team at Independent Fisheries Ltd again, I became involved with the purchase, reflagging, refitting and management of their three BATMs. It was the culmination of years of hard work. The family ethos established by Charles, Mark, Grant and Kevin is what makes IFL stand out from the rest. You only have to look at the loyalty of the staff to see that – their professionalism, humour and dedication to doing things proper-like made my job as a manager easy and enjoyable and I leave with many lifelong friends amongst them.

Seeing those blue, green and white ladies coming through The Moles into the inner Lyttelton harbour down by the head, gleaming and clean, I think that is what I'm most proud of, having been a part of that team.

Keen to share your story in "Catchin' up with"?
Want to nominate someone else? Email us at
editor@seafood.org.nz

Darren Guard is well on his way to breaking YouTube

It took nearly two years of ongoing “annoying” by one of Darren Guard’s mates, Oliver Steding, to get him to do a proper podcast and tell some industry stories.

“He just got me at the right time,” Guard says. “I had a couple hours of quiet, and so I literally went, you know, ‘Fudge. Okay, we’ll just do something, and I’ll just talk about the Guard family history.’ And he goes, ‘Yep, I’ll go do it on the *Gleam*.’ Well, it was low tide, and I didn’t want that to be on camera. So I literally sat on a Talley’s fish bin. We drove around behind Talley’s and I sat on a fish bin, and I told the Guard history. I think that’s had something like 18,000 views and dozens and dozens of positive comments.”

In the 10 months since Guard released that first podcast on *The Gleam Fishing Channel* on YouTube in March 2025, he’s produced and shared – at the time of writing – 22 episodes, each featuring one of the many personalities in the commercial fishing industry. Wherever possible, guests are hosted live in the *Gleam* wheelhouse.

“I’m just a storyteller, and I want to share not just my family’s history, but the really fascinating stories of the industry to promote its history, its present and careers. And I’ll throw in a safety message where I can as well. So all of the things I’m passionate about come out in *The Gleam Fishing Channel*.”

Fortunately, Nelson Tasman, where Guard is based, is a rich hunting ground for fishermen – simplifying some of the weekly logistics to get a new episode uploaded each Saturday.

“There’s a fair bit of work to do it properly. People might think it all looks structured and planned, but it is very much seat of your pants stuff. I have to align the video guy, my schedule, high tide to get them on the *Gleam* safely plus the guest so, if the stars come together, boom, we do it,” he says.

To date, he’s picked the brains of everyone from the “king of fishing TV” himself, Graeme Sinclair, to skippers Roger Rawlinson and Steve Potter, Young Fish Aotearoa co-founder Ben Pierce and award-winning mussel farmer Zarn Reichardt of The Kutai Guy. Some episodes have racked up tens of thousands of views.

What they haven’t racked up, somewhat surprisingly, is any controversy, despite Guard sharing each episode in well-populated online recreational fishing groups.

“I have had pictures of huge bags of pair-trawled snapper in Tasman Bay posted on recreational fishing platforms, and all I get is positive feedback,” Guard says somewhat disappointedly. “I’ve not had one negative comment from a recreational fisher about the commercial fishing.



Episode 14 – Grant Orr: Scalloping and dredging in the Top of the South of New Zealand



Episode 8 – Steve Potter (FV Galatea): West Coast Hoki and Bluefin Fishing



Episode 19 – Graeme Sinclair: The King of Fishing TV

I've had heaps of, 'Wow. I didn't understand. That's really good because it's in layman's terms.' Every time I push that share button, I'm going, 'This is the one.' Because that's what we expect, right? I got an email from the group the other day and I'm all, 'Here we go. Finally!' Because I want to get into them in a positive, constructive manner. I want to engage. But it was just, 'We love what you're doing, but if you just read the rules, could you please post on a Tuesday.'"

To Guard, the reaction just proves the podcast is a "hugely powerful communicator" for the industry. Comments and supportive phone calls have rolled in from Australia and Canada to Germany, drawn to the show's killer combination of boats, fishing and nostalgia-driven – and sometimes emotional – storytelling. Organically, the channel has hit 2,000 subscribers in under a year, well ahead of the average 15 months it takes channels to hit just 1,000. It's one step on the path to making the channel self-sustainable, which is essential for Guard.

"We've worked out it takes two days, roughly, of our time to make each podcast, and that's a lot of commitment. It's a full-time job. My Saturday's gone, and you've got to reply to queries and comments and all of that stuff."

He adds that this should be considered his official call-out for volunteers and support to help with future episodes.

"One thing I've learned about YouTube: it's way harder than I thought. I'm very careful not to break my children's hearts, because every kid wants to be a YouTuber or a social media star. And to be fair, that's part of what drove me to investigate this stuff anyway, but it's pretty hard. They're actually quite embarrassed that I'm doing it. I remember the first one we did, they were watching YouTube and it popped up on TV. We just heard this blood-curdling scream: 'Come and see. It's you. You've broken YouTube.'"

Quick-fire questions

Dream interviewee?

Any storyteller. More than being famous, they've got to be interesting. Actually, the gold standard of who I want to get is Peter Talley. I want to know his life from the day he was born to how he got to where he is now.

Best interview tip?

Listening. Ask the question and then shut up. If you looked at the first few podcasts, I talked too much. The funniest one was with Grant Orrr on scallops and oysters. His wife goes, "You know, it was 13 minutes before he got to say a word."

Biggest learning?

People's personal journeys are really quite cool. Posting the ones about my family have been intriguing – I have found stories about Jack and Betty Guard I didn't know, and I have found family members I didn't know.

Any advice for new podcasters?

Make sure you have the time, the commitment and the resources. Understand your audience, your niche, what tales you want to tell and what you want to promote. Go for it, but have a plan like it's any business and don't let it take your life over.

Watch and subscribe to The Gleam Fishing Channel podcast on YouTube at youtube.com/@thegleamfishingchannel

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Community around the country

The 2025/26 Regional Fisher Workshops are officially underway – and there's never been a better time to get involved. These workshops, hosted by Fisheries New Zealand in collaboration with industry partners including the New Zealand Federation of Commercial Fishers, Seafood New Zealand and Moana New Zealand are designed with one goal in mind: to make fishing fit for the future.



At the workshop in Dunedin on 3 October.



Observing the flume tank in action at Plant & Food Research.

At each session, fishers have the chance to connect directly with key local fisheries management staff, share their experiences, and hear firsthand about the latest innovations and developments shaping the industry. Whether it's new technology, regulatory updates, or sustainability initiatives, these workshops are a vital opportunity to stay informed and have your voice heard.

These workshops aren't just about information – they're about community. They're a space to connect with fellow fishers, share stories and build a stronger, more resilient industry together.

So whether you're a seasoned skipper or just starting out, we encourage you to come along. Your insights matter. Your questions matter. And your presence helps shape the future of commercial fishing in Aotearoa.

Keep an eye out for upcoming workshop dates in your region. Let's work together to keep our industry thriving.

Upcoming workshops:



Wednesday 28 January, 2026
Greymouth



Friday 30 January, 2026
Christchurch

For more information, go to: seafood.co.nz/workshops.

Email fisheries.SSI@mpi.govt.nz to RSVP to a session in your region or for more details.

Talley's



2024/2026



ALBACORE TUNA SEASON

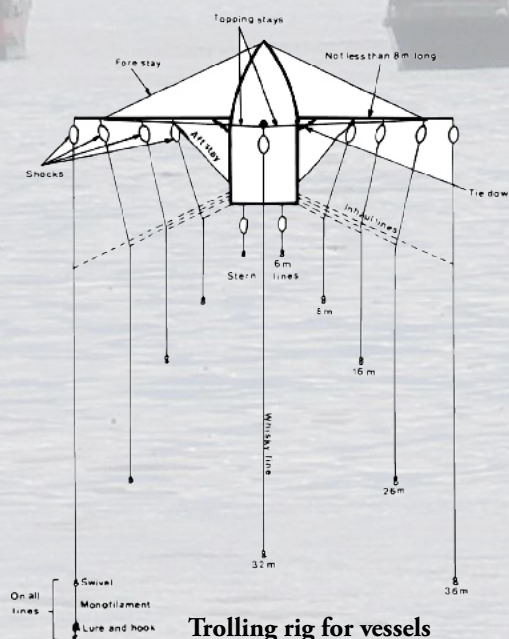
Talley's wish to welcome all Albacore Tuna fishermen to the South Island fishery where we operate the only complete chain of tuna receiving depots.

These buying stations are:

• Picton	Alf Reid		027 450 0501
• Nelson	Shannon Bloomfield	03-548 0109	021 277 2849
• Motueka	Nic Langridge	03-528 2800	021 284 2400
• Tarkohe	Alf Reid		027 4500 501
• Westport	Cheyenne Amai	03-788 9175	021 353 912
• Greymouth	Geoff Drake	03-769 9070	021 743 074
• All other Ports	Geoff Drake	03-769 9070	021 743 074

This season we will, as usual, offer our now legendary shore assistance to all vessel owners and crews.

- Speedy discharge
- Cleaning and sanitisation of fish holds
- Diesel at very competitive prices
- Use of our slurry bins
- Speedy payment
- Ice supplied



We would like to buy your tuna, and will unload your vessel at any of the above buying stations.

We will help you gear up your vessel so if you need assistance please phone us.

Should you have a vessel that needs a skipper or, be a skipper who needs a vessel, please don't hesitate to call us. We welcome all enquiries.

PLEASE CONTACT

Telephone: 03 528 2823 - Cell: 021 527 472



Fast Tracking Aquaculture 2025 Conference: supercharging the sector

The aquaculture industry came together for two days in October to share knowledge, celebrate leadership and promote creative solutions in aquaculture in Aotearoa New Zealand. Richard Briggs Photography.

The Fast Tracking Aquaculture 2025 conference was a timely reminder of the importance of building a resilient, innovative and forward-looking industry.

Over 500 attendees from across the industry heard more than 45 presentations, and facilitated meaningful conversations around key themes: Fast Tracking Aquaculture, Provenance and Innovation, Leadership and Workforce, Finfish, Shellfish, Transforming a Business, the New Zealand Economy and Leading Through Change.

The event fostered new connections, showcased innovative ideas, and strengthened a shared commitment to growing aquaculture in New Zealand.

Above: Some of the nominees for the inaugural Women of Aquaculture Aotearoa (WoAA) awards at the conference. A powerful celebration of the women shaping New Zealand aquaculture. "It's been overwhelming to see the respect, appreciation, and mana reflected in the nominations," said WoAA co-founder Caroline Gilbertson.

Right: AQNZ's Immediate Past Chair, Bruce Hearn, was presented the inaugural Lifetime Services to Aquaculture and Industry Award by Hon. Minister for Oceans & Fisheries, Shane Jones. "I've loved everything about this industry - the boats, the environment, the challenges, the innovations, and the people," said Bruce.



“Rarely have I felt a room so charged with energy, optimism, and belief in what’s ahead. From offshore finfish projects to pharmaceutical algae, the Rutherford Hotel was absolutely alive with practical ideas and creative solutions.”

– Keynote speaker James Sibley, Sibley Media



“Be the best at what customers value the most.”

– Jason Paris, CEO One New Zealand



Above: Ali Undorf-Lay from Akaroa King Salmon greet delegates upon arrival at the registration table.
Below: The delegates had several opportunities to sample products from the sector during the conference breaks.



The cocktail showcase from aquaculture producers was a standout moment.

Seafood NZ and Federation combine 2026 conferences

Harold Hillman speaks to delegates at the 2025 Seafood New Zealand Conference. Tim Cuff.

Seafood industry bodies Seafood New Zealand and the New Zealand Federation of Commercial Fishermen (Federation) will be co-hosting their annual conferences in 2026, at Tākina in Te Whanganui a Tara Wellington, with the Seafood New Zealand conference on May 26 and 27 and the Federation conference on May 28 and 29.

Seafood New Zealand Chief Executive Lisa Futschek says she's excited about the opportunities that come from joining up the two long-standing conferences, with Seafood New Zealand bringing its event forward to match with the Federation's usual King's Birthday weekend timing.

"With 2026 being an election year, we're looking forward to co-hosting our respective conferences side by side in the Capital. This supercharges the access of our members to each other as well as to government Ministers and opposition spokespeople."

"We're pulling together an action-packed programme covering everything from policy and science to innovation and beyond. We'll also be celebrating 40 years of the Quota Management System, which has helped New Zealand achieve the second-highest levels of sustainable fish stocks worldwide. And of course, there will be time to connect with colleagues and savour the best of our kaimoana."

Federation President Doug Saunders-Loder says Wellington is the perfect central location for hosting fishers, maritime company representatives and conference speakers from around the country.

"By gathering in the Capital, Ministers and MPs of all parties can meet a cross-section of the sector, from passionate independent fishers to directors of larger companies and all the other maritime businesses that make our \$2.2-billion export industry possible.

"It's a good opportunity for fishers to attend the Seafood New Zealand day and get that national and international perspective, and also meet with the heads of seafood companies and the regulator. I also want Seafood New Zealand's delegates to stay and attend our conference day to really engage with how policy decisions impact those who put in the hard yards every day on the water."

Despite teaming up for 2026, both Futschek and Saunders-Loder stress each organisation's unique character is not changing.

Seafood New Zealand's presentation of the Seafood Stars Awards and much-anticipated Seafood Showcase will wind up the programme on 27 May, while the Federation's hallmark fish n' chip dinner and charity auction, and awarding of the prestigious Electronic Navigation Shield and Sunderland Marine Young Fisher of the Year Award, will follow its sessions on 28 May.



Federation fish n' chip dinner and charity auction. Paul Petch Photography.

Further details and registration for the Seafood New Zealand and New Zealand Federation of Commercial Fishermen 2026 conferences will be available in early 2026.



Kai Ika kicks off in Hawke's Bay

The Kai Ika Project began in Auckland back in 2016 with a simple idea: respect our kaimoana and stop throwing away the good parts. What started as a small trial on Z-Pier quickly grew into a city-wide movement, with fish heads and frames that would normally be discarded instead being shared with families who genuinely value them. Wellington soon picked it up and, thanks to the generous donations of commercial seafood companies such as Moana New Zealand and Sanford, between the two regions more than 500 tonnes of rescued fish has now been redistributed to communities that need it most.

This year, the kaupapa found its way to Hawke's Bay, where it has been embraced with the same generosity and enthusiasm that fuelled its success elsewhere. With the support of Sustainable Hawke's Bay, the project launched locally and began working with fishers who were keen to get involved from day one.

The first to step up was Andy Claudatos and his team at Star Fish, who immediately recognised the value of donating their fish heads and frames. Soon after, Marcus Desposito and the crew at Saltwater Seafoods joined the effort, supplying all the fish needed for distribution up to Māhia and Wairoa. Completing the trio, Matt Douglas and his team at The Fisherman's Shop came aboard, bringing even more consistency to a system now feeding hundreds of families each week.

Two key local sponsors, Napier Port and Napier ITM, play an important role behind the scenes. Their support helps cover the essentials – collection, storage and distribution – and keeps the entire operation running as smoothly as possible.

Even so, the project runs on the smell of an oily rag. Kai Ika Hawke's Bay currently faces a \$15,000 funding gap, and the team is actively seeking additional sponsors to secure the long-term future of the service. It is a chance for local businesses to support something that delivers real, immediate value to their community.

The model itself is beautifully simple. Local businesses set aside fish that would typically go uneaten, and the Kai Ika team ensures it reaches marae, community centres and ultimately the families who treasure it. It is not charity, but partnership. The fish are respected, the community gains access to fresh, healthy kai, and the mana of the resource is upheld.

Hawke's Bay shows exactly why the Kai Ika Project works. It is community-driven, it is practical, and it ensures that good food ends up where it should – on plates, not in landfill.

For more information, go to
kaiika.co.nz/kai-ika-hawkes-bay



From left: Wayne Bicknell – LegaSea Hawke's Bay, Andy Claudatos and Peter Draper from Star Fish.



Marcus and his filleter Ryan running a filleting night.

More pāua to you Harry Marshall-Lee!

Young Fish Tommy Glass (accounts executive at Alpine Salmon) chats to commercial pāua diver Harry Marshall-Lee.

For most people, diving for pāua is a rare treat but for 23-year-old Harry Marshall-Lee it's a full-time career.

"I've always been a keen diver, hunter and fisherman," he says. "I started out in school holidays working on a kina boat in Bluff. A few years later I messaged a pāua diver on Facebook, that one message led to my dream job."

Harry laughs as he remembers those early days. "When I started, I was green as, had no clue what I was doing, I couldn't tie knots or anything. The cool thing is it's a great industry to learn in, I felt really supported – people want you to do well."

Three and a half years on, Harry is harvesting around 15 tonnes of pāua each season. While many imagine endless sunny days in the water, the reality is often quite different. "You might only dive 100 days a year, but you've got to be ready to work with half a day's notice. Winter can be brutal – the hardest part is putting on a cold, wet wetsuit in the dark and you think, 'Why am I doing this?' But once you're in the water, the rest of the day is awesome."

Harry recalls a day diving in the Foveaux Strait when it was snowing at sea level. "The freshwater layer on top felt like it was bloody eight degrees – crazy!" He laughs again, remembering a morning when he woke up to find his wetsuit frozen solid after being left outside overnight.

Of course, there are also the dream days – crystal clear summer water, a quick half-day dive to collect his quota, swimming with dolphins, and heading home early. "It's literally the dream, I ask myself, 'Is this for real? I'm getting paid for this? This is awesome.'"

The sustainability of the pāua industry is at the heart of what matters most to Harry. "Pāua take eight to ten years to reach legal size and rarely move far from where they're born. In well-managed areas, you'll see plenty of pāua year after year. In heavily fished recreational spots, it's a different story."

Pāua diving is one of the most self-regulated parts of the seafood industry. "We often fish above the legal-size limit to protect breeding stock. We want the fishery to stay healthy – it's our livelihood. I care about the fishery, deeply. I hope it will provide my income for the rest of my life so of course I'm going to look after it."

For young people thinking about diving as a career, Harry is upfront about the challenges – frozen wetsuits, early starts and long days in the water. But for him the rewards are unbeatable.

"Spending your 'office hours' in some of New Zealand's most stunning coastal spots while playing a direct role in keeping one of our most unique fisheries thriving for future generations – you just can't beat it."

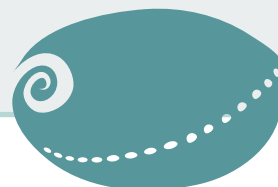


Harry Marshall-Lee.

"I started out in school holidays working on a kina boat in Bluff. A few years later I messaged a pāua diver on Facebook, that one message led to my dream job."

Harry's pan-fried pāua

Tenderise pāua until the white muscle is level with the rest of the pāua. Slice it thinly, then bring a pan to high heat. Add a little oil and garlic, followed by the pāua. Cook until nicely browned – this won't take long. Remove from the heat, stir in melted butter, and season with salt and pepper.



Dave Baker – Harry's boss's father

I first went diving when I was 15 – things have changed a lot since then. I've spent nearly 50 years in the water, from the early days in Marlborough and Nelson through to working with Ngāi Tahu and Moana in the 1990s, when pāua diving became a full-time living.

It's given me and my family an amazing lifestyle – my son, Jason, was helping me from the age of 10 and is now my boss! Along the way I've seen it all – orcas looking me in the eye, and countless incredible sights around the Sounds and Cape Jackson.

Fishing has been good to me, but it's tough if you don't respect the sea. My advice to 'young fish' coming into the industry is simple: treat the ocean with respect, always be as professional as you can. The sea is a harsh girlfriend if you take her for granted. But if you put the work in, it's a privilege and a way of life like no other.

The industry has come a long way in sustainability, and I'm proud to have played a part in that. It's neat to see the next generation stepping up – because fishing, done right, can give you and your family a great life and memories that will stay with you forever.

Get involved with Young Fish**There are lots of ways to be part of Young Fish!**

- **Join the Young Fish Committee**
Have your say in the future of Young Fish. Commit to a virtual monthly meeting and help shape the direction of our group.
- **Host an event**
Get a group of Young Fish in your area together over a beer and maybe invite a guest speaker. We have some funding available for kai and venue costs.
- **Attend a careers expo**
Come along to a careers event and talk to young people about the wonderful opportunities our industry has to offer.
- **Share your ideas**
Reach out if you want more information or have a suggestion to make Young Fish even more awesome.

Email hello@youngfish.co.nz to get involved.

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Merry FISHmas



the perfect gifts for all seafood fans

Have you been too busy fishing to get any shopping done? If so, we're here to help. See below for some fabulous fishy-themed gifts for all your loved ones.

For the art lovers: Tim Li art prints

If you're an avid reader of *Seafood Magazine* or have attended one of our recent conferences, you'll probably already know of Kāpiti-based artist Tim Li (read more about him in our October 2023 issue).

Tim creates stunning graphite-on-paper drawings of New Zealand's many marine species. His intricate, monochrome works capture the fine textures and natural beauty of the ocean's creatures with scientific precision and artistic grace.

Inspired by childhood days spent in his family's Taupō fish and chip shop, where he first became captivated by the iconic New Zealand Commercial Fish Species poster, Li's art celebrates the richness and detail of Aotearoa's marine life. Each piece reflects hours of meticulous craftsmanship and inspires a sense of connection, respect and gratitude for the sea. He also makes unique Japanese gyotaku pieces, made by printing individual fish on fabric with ink.

timliart.com



Tim painstakingly working through details.
Photo: Ricky Situ



Sablé & Swim's Red Lobster-patterned beach towel, designed by Hutt Valley High School student Niamh Young.

For the beachgoers: Sablé & Swim beach towels

Sablé & Swim is a Wellington-based business founded through the Young Enterprise Scheme and the Hutt Valley High School Year 13 Business Studies Programme.

The student entrepreneurs behind the brand have created premium, sand-repellent beach towels made from recycled plastic bottles, combining sustainability, comfort and design.

Each towel features unique artwork designed by local Lower Hutt students, making every piece both practical and personal. Whether at the beach, pool, lake or out on the boat, these towels are lightweight, quick-drying, larger than average and kind to the planet.

sableandswim.com



Enamel fish pins from Doon River.

For the fishing fanatic: Doon River fishy pins

Doon River is a small New Zealand-born business (now residing across the ditch in Victoria) that creates beautifully detailed enamel pins featuring iconic New Zealand fish species. Each pin is designed and crafted with care, offering a stylish way for seafood lovers to wear their passion on their sleeve – or lucky fishing hat. Perfect for collectors and ocean enthusiasts alike.

doonriver.co.nz

For those rainy days at the bach: The Artful Trout Fish Species puzzle

The fish poster, but a puzzle! I know, right? Mind blowing. Still, there's no better way to spend a rainy day at the bach than piecing together the iconic New Zealand Commercial Fish Species poster one species at a time. And this 500-piece jigsaw puzzle is fun for the whole whānau.

Piece together 75 of our favourite fish species, each one photographed by artist Terry Hann and labeled with both their common and te reo Māori names, and see how beautiful they are fresh out of the ocean.



Piece together 75 of New Zealand's commercial fish species with this satisfying 500-piece puzzle.

While you're at it...

you can also grab a fish poster, tea towel or T-shirt at the Seafood New Zealand shop!

theartfultrout.nz / seafood.co.nz/shop



Bohemein's 53% dark chocolate marshmallow fish.

For the kids (and the kid in all of us):

Bohemein's Chocolate Vanilla Marshmallow Fish

It wouldn't be a Christmas stocking without some choccie. This year, take a nostalgic Kiwiana favourite – the classic chocolate fish – but make it a little bit fancy. What makes Bohemein chocolate fish perfect for your kids' stockings (or maybe just you)? It's all in the satisfying snap of proper, thick 53% dark chocolate (they have milk chocolate ones, too) and the fresh, fluffy vanilla marshmallow inside.

Batch-made and naturally delicious, these treats are sure to bring smiles to little faces – and the young at heart too. While not exactly from the sea, this confectionary icon is guaranteed to be the catch of the day!

bohemein.co.nz/chocolate-fish

Accurate and timely fisheries catch reporting crucial to sustainable fishing



**By Steve Ham, Director Fisheries Compliance,
Fisheries New Zealand**

Each year, Fisheries New Zealand sets priorities and key areas of focus. We understand how precious time can be for everyone and for Fisheries Compliance we've made reducing catch reporting errors a key priority this year.

Correcting unnecessary reporting errors doesn't just take time out of your day, but when you're making a living in the seafood sector this can translate into time away from your core business and cutting into your bottom line – nobody wants that.

We want to see everyone and our fisheries thrive, and to do this we rely on a reporting system that is the cornerstone of fisheries management. The information you provide helps set sustainable catch limits and protects our fisheries for the future, so it's important that it's accurate.

The common errors we see are incorrect dates, wrong species codes or simply getting reports in late. While these are not serious errors in their own right, unfortunately this means a lot more engagement and time spent making corrections, with some cases resulting in prosecution.

Many of these errors can be avoided by spending a little more time to check the details and ensuring your reports are in on time. We know you have better and more important things to do, so our challenge to you is to do it once and do it right.

Shortly, we'll be working to improve electronic reporting by providing educational material, particularly amongst smaller set- and ring-net fishers – keep an eye out for our new fact sheet that will be coming your way soon. We encourage anyone struggling with any aspect of reporting to reach out to your local fisheries office.

Meanwhile, we recently welcomed 10 new graduate Fishery Officers who are now working in various places around the country. Our new recruits have hit the ground running and even managed to intercept a couple of real pāua poachers while they were in training during what was meant to be a mock exercise.

At the time, they thought it was all part of the exercise but in fact it was a real-life situation on the sea near Eastbourne in the Wellington Harbour, which they realised when the fishers

had actual pāua in their catch bag – not the empty shells we use for mock exercises.

The poachers had 48 pāua, 46 of which were undersize, and they're likely to be prosecuted.

Our new Fishery Officers come from a wide range of backgrounds, including the Army, Navy, Police, a diving instructor, firefighting, a ranger, farming, a marine mechanic and chef. They join the 100 full-time Fishery Officers and about 180 Honorary Fishery Officers stationed around the country, from Kaitiāia to Invercargill and the Chatham Islands.

With the recreational fishing season heading into full swing, we'll have an increase of Fishery Officers out and about during the season patrolling our coasts to make sure people are following the rules, and to help educate those who are not as familiar with them.

Our annual summer campaign reminding people of the recreational fishing rules will run throughout the season. It focusses on getting people familiar with the rules by downloading the free NZ Fishing Rules App, which we've made important updates to this year.

If you're doing a spot of recreational fishing over the season, make sure you have the latest version of the app, so you've got the rules at your fingertips. There have been a few rule changes recently, including additional closed and restricted areas, so it's worth checking before you head out. The app is free and, once downloaded, will work even if there's no mobile coverage in the area you are fishing.

Also, I encourage you to spread the word with friends or whānau who are fishing recreationally, to download the app. By promoting the latest recreational fishing rules, you're helping protect our shared fisheries. You can find details about this on our website at fisheries.govt.nz/rules.

On that note, I'd like to wish everyone a happy and festive holiday season and, for those who are working this summer, to stay safe out there.

"catch fish...not cables"

There are a number of international submarine cables which come ashore in the Auckland area. These cables supply international communications for both New Zealand and Australia to the rest of the world.

New Zealand is a very isolated nation and as such is extremely reliant upon global communication via submarine cables. Here in New Zealand over 98% of all international communication is carried via submarine fibre optic cables. These cables are a key component of New Zealand's infrastructure and play a significant role in our everyday lives, the general economy and future growth of New Zealand.

These cables are laid in three submarine cable corridors in the greater Auckland area where anchoring and fishing is prohibited under the Submarine Cables & Pipelines Protection Act.

These areas are:

- **Muriwai Beach** out to the 12 mile territorial limit where both anchoring and fishing is prohibited.
- **Scott Point to Island Bay** in the upper Waitemata Harbour where anchoring is prohibited.
- **Takapuna Beach** this runs from Takapuna Beach in the south to just north of the Hen & Chicken Island (opposite Taiharuru Head) where anchoring and fishing is prohibited.

Note: These protected areas are monitored by sea and air patrols.



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What should you do?

- If you are going into any of these areas, be sure to check your marine charts and/or GPS plotter so you know the exact locations of the prohibited zones. The relevant charts are NZ53, NZ5322, NZ532, NZ522, NZ52, NZ42 and NZ43. The symbols used to mark the zones are detailed in Figure 1.
- If you suspect you have snagged your anchor or fishing gear on a submarine cable in one of these areas, don't try to free it. Note your position, abandon your gear, then call 0800 782 627.

What happens outside the prohibited areas?

These cables are covered by the Submarine Cables and Pipelines Protection Act regardless of whether they are inside or outside a prohibited area. Beyond the confines of the "anchoring and fishing prohibited" areas, the cables are clearly marked on the appropriate marine charts.

Considering possible positioning inaccuracies and repaired cable section deviations, fishermen are advised to keep a minimum distance of one nautical mile from either side of charted cables.

Note this number:

For any queries regarding submarine cables call: **0800 782 627**

Symbols Relating To Submarine Cables

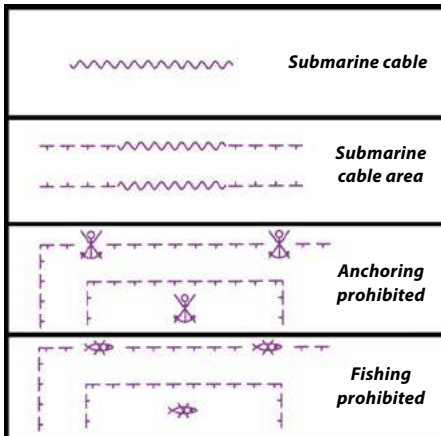


Figure 1.

These are some of the penalties

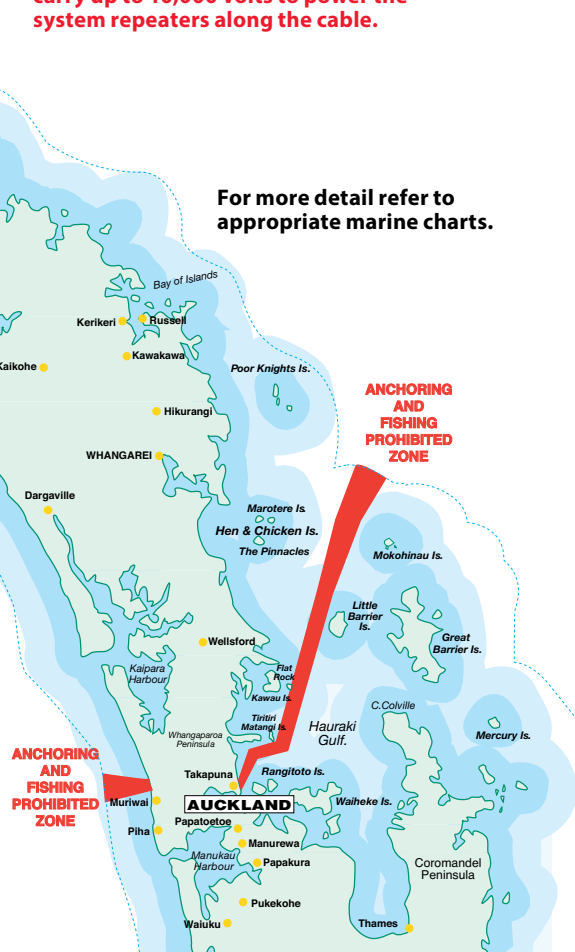
- A maximum fine of \$20,000 for a non-commercial vessel.
- A maximum fine of \$100,000 for a commercial vessel.
- A maximum fine of \$250,000 for damaging a submarine cable.

In addition to the fine for damage, the cable owners would inevitably pursue the recovery of costs associated with repairs, this could be up to \$100,000 plus a day; a typical repair can take up to two weeks.

Be Aware

These International submarine cables carry up to 10,000 volts to power the system repeaters along the cable.

For more detail refer to appropriate marine charts.



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ELE1	MOO1	SFE11, 12, 14, 15	TAR1
FLA1, 2, 3, 7	PAD1, 2, 3, 5, 7, 8, 9	SNA1	TOR1
GAR3, 7, 8	PAU5A	SPD1	TRE7
GMU1	POR1	SPO1, 8	YFN1
GSH8	POS1	SSK1, 3, 7, 8	
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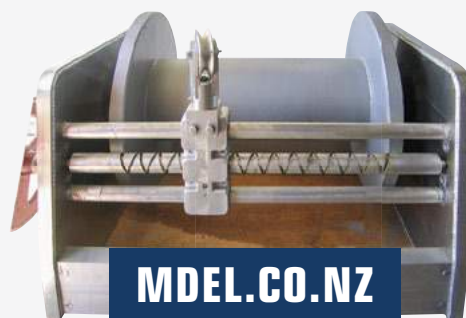
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Fuel 12,400 litres, Water 4,400 litres
Refrigerated hold 24.5m³, Bait freezer 7.14m³,
Wet well 10 Tonnes or 20 tonnes RSW
Good accommodation/galley. Good electronics
Survey renewed November 2025

POA



5578 STERN TRAWLER
Major refit 2017
Built by Damen, Holland
LOA 26m x B7m x D2.5m
Cummins KTA38 850hp
Cummins 6BT5- 80kVA gen
Twindisc MG5225DC 5.04:1
Fuel 36,000L Water 10,000L
Hold 35 tonnes. Ice maker
Winches & system new 2017
Good electronics

\$2,500,000



5491 STARKS NEW BUILD
TIMBER STERN TRAWLER
L14.5m x B4.84m x D2.6m
Completed & surveyed 2024
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Kohler 20kVA genset
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Hydraulic pot hauler
MNZ Survey. Fishing NZ Coastal,
Passenger Inshore 20 pax + 2 crew
Date of expiry 14/06/2028

POA



All prices indicated are plus GST unless otherwise stated.

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Skipper Restricted Limits (SRL)
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ENGINEERING

Skipper Restricted Limits Engineering
Marine Engineer Class 6
Marine Engineer Class 5



SEAFOOD PROCESSING NATIONAL CERTIFICATES

Level 2, Level 3, Level 4
Online options available for L3 and L4

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