



Kingklip

Market Name Kingklip

Scientific Name Genypterus capensis

Common Name Kingklip

Kingklip is a member of the cuskeel family and is endemic to Southern African waters. It is one of the most popular eating fish in South Africa and is of significant economic importance to South African fisheries. Kingklip is a demersal or bottom-dwelling species mainly found in offshore deepwater habitats from 150'-800'. They are relatively slow-growing and long-lived (a 4' fish is probably 20 years old).

Kingklip stocks were heavily overfished in the 1980's, when they were exploited by an experimental longline fishery. Although this fishery has since closed and kingklip are now better managed as a bycatch in the offshore demersal trawl and demersal longline fisheries, stocks have not yet recovered to their former abundance and there is a precautionary catch limit of 3,000 tons.

This is one of Southern Africa's finest eating fishes and justifiably its flesh commands a high market price. It's a firm white saltwater fish that yields large flakes and lends itself to virtually all methods of preparation, such as baking, deep-frying, grilling or pan-frying. It is particularly good when simply grilled and brushed with a lemon-butter sauce. It's high in Omega 3 and Omega 6 polyunsaturated fatty acids, which make a vital contribution to a healthy diet.

There is also a similar, related species from New Zealand known as Ling (*Genypterus blacodes*) which is found on the South African market. Although Ling are often incorrectly marketed as kingklip, they are not caught in the same fisheries and therefore do not have the same environmental impact.

Rastelli Seafood purchases Kingklip frozen H&G and prepares house cut fillets for our customers. Product and pricing is stable and it is an excellent, unique tasting fish to feature on the weekend special board.



the taste of fresh

KINGKLIP SERVING SUGGESTION

BEER BATTERED KINGKLIP WITH WARM ASIAN VEGETABLE SLAW



1 lb. Kingklip loin, cut into 1x3 inch strips	1 tsp. salt
2 C of raw broccoli slaw mix	1 tsp. baking powder
1/2 cup sesame teriyaki sauce	1/2 tsp. cilantro, chopped
1 C seasoned flour, salt and pepper	3/4 C dark beer of choice
2 tbsp. cornstarch	1/2 C milk
	2 whole eggs

PREPARATION: Preheat fryer to 350-375 degrees F. In a large mixing bowl add the seasoned flour, corn starch, baking powder, eggs, beer, milk and cilantro and mix well. Season with salt and pepper to desired taste. Place strips in batter and allow to sit for a few minutes in batter. When ready to fry remove from batter along with any excess batter. Carefully place into preheated fryer and begin frying. Fry for 4-5 minutes or when golden brown in color and reaches an internal temperature of 165 degrees F. While fish is frying preheat a medium size saute pan with 1-2 tablespoons of oil. Add broccoli slaw mix and saute for 2-3 minutes. Remove from heat. Add teriyaki sauce and toss well. Remove fish from fryer and place on paper towels to remove excess oil. Arrange warm broccoli slaw in center of plate saving any remaining sauce. Place two pieces of the fried Kingklip over slaw. Serve with any remaining teriyaki sauce on the side. Yields 4 servings.

ESTIMATED COST TO PRODUCE

\$ _____ PER PORTION

NUTRITIONAL INFORMATION

Serving Size: 6 oz.

Amount Per Serving

Calories 107 Calories From Fat 7

		% Daily Value*
Total Fat	0.8g	1%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	34mg	14%
Protein	13g	40%
Iron	0mg	0%
Sodium	103mg	12%
Omega-3	.55g	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



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