Cape Capensis

Cape Capensis (Merluccius capensis and Merluccius paradoxus) is a member of one of the Hake families, Merluccidae. The other Hake family is Gadidae. There are many species of Merluccidae in the U.S. that are known as Hake and Whiting. Cape Capensis is the firmest and considered to be the best of the family. Most species of Merluccidae are known for their origin. Cape Capensis is from the deepwater of the Atlantic Coast of Africa from Angola to South Africa. It is a wild-capture fishery in Namibia and South Africa and most of the U.S. supply comes from South Africa.

Cape Capensis was historically overfished but in the last couple decades improved management and policies brought population levels up to sustainable and healthy levels. The “South Africa hake trawl fishery” is certified by the Marine Stewardship Council as sustainable and well managed. The “Net Benefits” of MSC certified Cape Capensis are many. All MSC-certified fisheries, at a minimum, meet Monterey Bay Aquarium Seafood WATCH®’s requirements for a “Good Alternative.”

Sources

Species Name
Merluccius capensis - Cape Hake | Merluccius paradoxus - Deep-water Cape Hake

Source
Cape Capensis is found in the South Atlantic near Africa from Angola to South Africa. It is commonly fished in Namibia and South Africa and is one of the most commercially valuable fish in South Africa. It is a deepwater fish living in depths up to 1000 meters but usually is found around 150 to 450 meters.

Seasonality
Cape Capensis is available frozen year-round.

Fishing Method
Cape Capensis is wild-capture by bottom trawl, longline and handline. There is no aquaculture of Cape Capensis.
Flavor
Cape Capensis has a delicate, mild, lightly sweet taste and medium firm texture with large flake. It is the firmest of the all species of Merluccidae and is considered by many to be best Whiting species.

Dietary Information
Per 100g raw, edible serving of mixed species of Whiting:
Calories 90
Fat 1.31g
Saturated Fat 0.247g
Protein 18.31g
Cholesterol 67mg
Carbohydrates 0g
Iron 0.34mg
Sodium 72mg
Selenium 32.1mcg
Omega-3 0.258g

Source: USDA

Appearance
Cape Capensis looks similar to Cod but is smaller. The body is silvery-white below and light brown above. The flesh is white and firm.

Form
Cape Capensis is currently only imported to the US in a frozen fillet form. Product is available in Frozen At Sea “FAS” shatter pack, skinless and boned fillet.

Uses
Preparation
Cape Capensis is a versatile fish. It can be baked, broiled, sautéed, deep fried, steamed, pan fried, blackened, or poached.

Substitution
Cod, Pollock, and Flounder can substitute for Cape Capensis.

Handling
Cape Capensis is best thawed under refrigerated conditions at 34-38 degrees F. Once defrosted product should be stored in a sealed plastic container and surrounded with ice for maximum shelf life.

Market
Sizes and Cuts
Cape Capensis is packed 2/10# Shatterpack and graded; 2-4 oz, 4-6 oz, 6-9 oz and 9 oz-Up.
**Pricing Scale**

Cape Capensis is an exceptional value in the skinless and boned whitefish category. Prices have remained very attractive and should remain that way due to the sustainable manner in which the fishery is managed. However, due to market and currency fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market information, current pricing and availability.

**Shelf Life**

Cape Capensis which has been properly defrosted may be held refrigerated for 3-4 days. Frozen can be commercially stored for up to one year.

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<thead>
<tr>
<th>Market Names</th>
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<td>Whiting, Cape Capensis (M. capensis), Hake (M. paradoxus)</td>
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<tr>
<th>How Caught</th>
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<tr>
<td>Trawl, Longline, Handline</td>
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