



# Eating Bait

*Bruce Duncan*

**L**IFE can be a funny old thing and living on an island that is at the bottom of the world we are isolated and less influenced by other cultures. As a kid our eating habits were fairly staid and boring and it was only later in life did things start to change.

When I was a wee bit younger and very much single I did a lot of cruising around the Pacific and ended up traveling through a bit of Europe, Australia, Alaska and the mainland of the USA. It is only when you get out of your own back yard do you fully appreciate what a great country we have and how often we take it for granted. Yet other cultures have all got something to offer.

Kiwis are probably more set in their ways and slower than most to try new experiences and tastes. It was travel that opened my eyes and expanded my palette. Take for example how highly the average Kiwi rates snapper as a table fish yet would turn up their noses at the thought of eating parore. Don't get me wrong – I love a feed of snapper as much as the next man, but I don't close my mind to trying other species.

Many years ago I was staying up north in the family bach when some friends dropped in for a couple of days. As the weather was very ugly, going out to sea for a fish was out of the question. Desperate times



Photo: Milan Radonich

call for desperate measures and needing a fix of fish I set a net in a sheltered bay for a couple of hours. We only caught two snapper but we did have six parore gilled as well and to me that's all we needed to feed all the troops.

"Parore! Black snapper, cray bait, shitfish – mate I wouldn't eat that if it was the last fish in the sea" my house guest informed me and this was quickly echoed by his wife and kids. No problems team – you guys can have the snapper and I will eat parore. It was with delight that I watched the troops at the table that night grazing eagerly on the freshly caught and lightly crumbed fillets of so-called snapper. To this day they do not know that we all ate parore that night as I had put the snapper aside just to see if they could tell them apart. Most fish, if treated right from the moment it is caught until it is cooked will taste great and be good healthy food. Parore has a firmer texture and stronger flavour (as it is a kelp eater) but when cooked in breadcrumbs it disguises the strong flavour. In Australia parore are known as luderick and most Aussie fishermen would give their reproductive organs to be able to catch the size and quality of the fish we have, as they consider them to be a great sport fish as well as a good eating fish.



**Available from good tackle shops NZ-wide**

**Contact us for more details:**  
**Sam 021 555016**  
**Ph/Fax: (09) 627-8649**  
**Email: [outwidemarketing@gmail.com](mailto:outwidemarketing@gmail.com)**

- Convenient
- No Hassle
- Easy Storage

Original & Patented

Ready-to-go over schools of baitfish  
 No need to buy Sabiki rigs again & again  
 Available in casting model

*\*NEW\* Now available in convenient 2-piece models*

## THE BAIT STIK™

ORIGINAL



Phone: +64 27 275 9684  
 Fax: +64 9 415 1613  
 Mob: 021 275 9684  
 odin@clear.net.nz  
 PO Box 35-933, Browns Bay,  
 Auckland, New Zealand

[www.fish-crazy.co.nz](http://www.fish-crazy.co.nz)



Squid are one of my favourites – beautifully coloured when alive, but bush pig ugly once dead – and cooked fresh are great eating. The trick with squid is to make sure they get rid of all their ink before you bring them on board and to kill and ice them quickly. The quickest and most humane way of killing them is to simply pull their head off, which takes out the stomach at the same time. Don't throw away the heads and gut as they make great bait for a big snapper. Slice the squid tube in half and lay it flat. With a stiff scrubbing brush, clean both sides clear of skin and gut tissue. A sharp knife is needed to cut the cleaned tube into small thin strips. After this lightly salt and pepper and dust with flour, then drop them into a pan of hot oil with a little crushed garlic. Keep tossing and stirring the squid for

a few minutes or until they just turn white, then remove immediately from the pan as it is often only a minute or so between tender and tough.

One of the most prolific baitfish in our coastal waters is the common old jack mackerel. These small fish are most often treated with contempt and released otherwise used for bait. Overseas such fish are considered a delicacy and are held in high regard for their flavour, texture and health properties. I must admit that I was one who never gave them a second thought until I tried some that had been smoked. Cooked this way they are absolutely stunning as the flesh is soft and moist and just falls away from the skin. Made up as a spread, combined in a white sauce or simply rolled in slices of fresh bread you will find it hard to get a better flavoured smoked fish. Once caught you must kill these little critters quickly to stop them bouncing around and getting bruised. Whip the fillet off, skin them and leave them to soak in chilled salt water to set the flesh if you want to fry them. Once boned out, lightly dust with flour and drop them into a high-sided frypan with a lot of olive oil, as you want to cook them quickly by semi deep-frying. You can get a heap of fillets in the pan so they make feeding the troops easy, as they only need a few minutes cooking time. Jack mackerel is also a good firm, fleshed fish for you to use in a seafood chowder.

It is amazing how quickly new immigrants have influenced the way in which we cook and use seasonings today. We now have so many sauces, coatings, spices and the likes to choose from, it often takes more time to decide how to flavour it than to cook it. Ten years ago, if anyone (and especially my wife) had told me that we would enjoy eating raw fish dipped in soy sauce and wasabi paste, I would have told them to put more coke in the rum! It all came about after I had taken some Japanese gentlemen out fishing. Every time they landed a snapper they would price it and say in a loud voice "AWW – 80 DOLLA ON YAPANESE MARKET – MISTA DUNCAN SAN!" When one of them landed an average size trevally they all clapped and bowed to the angler and said "WHELLY WELL DONE - IS NUMBA ONE FISH! AWW – DAT ONE WORTH 160 DOLLA ON YAPANESE MARKET." I darn near fell overboard with laughter at the excited way they spoke and at the price they put on a fish we only considered as bait. But having been shown how to prepare it the Japanese way, it did not take long to appreciate how good it was raw, and as for smoked – it rates right up there in my book.

All this just goes to show that the average Kiwi fisherman has a lot to learn about the fish that live beneath our keels and you may be surprised if you are prepared to open your mind and try something new. Christmas is a great time to chill out and spend time targeting a few of the lesser fancied species – you never know – you may just find that snapper are not on the top of your list of fish to eat any more.



**TRAILER ANODES**  
 You should be giving your trailer the same protection as stern-legs, outboards and moored vessels.

**ANODE TWIN PACK**  
 2 x Anodes, stainless steel fitting screws  
**\$59.00**  
 incl GST + postage

These are fitted to the rear end of your trailer to slow down deterioration. The presence of salt water causes dezincification, the loss of zinc in galvanising. Dezincification leads to pin holes around welds and in galvanised metals, the tiny corrosion cells on the surfaces of impure metals such as steel leads to rust.

**TRAILER ZINC ANODES**  
 THE SIMPLE AND ECONOMICAL ANSWER  
 Sacrifice the Anode NOT your trailer!  
 MADE IN NEW ZEALAND

All major credit cards accepted.  
 TRADE ENQUIRIES WELCOME. TO ORDER CALL  
**Sacrificial Anodes**  
 Ph/Fax (09) 271 2901 Mobile 0274 578 988  
 Email: anode@xtra.co.nz

**baymarine electronics**

**Furuno 1723C Colour Radar**  
 Package consists of 7" Navnet Colour Display and 24nm 2.2 Kw Radar Scanner

- \* Colour Radar at an amazing special price
- \* Add Chart card and GPS antenna to give chartplotter function as well
- \* Capable of Radar Overlay (Radar over the top of chart)
- \* Add a sounder box for 600 watt or 1kW dual frequency power
- \* Add another display to share all this at another station
- \* Strictly limited offer while stocks last

Priced at **\$2,999** incl. GST

**Navnet VX1 7" Display only**

- \* Multifunction display at a hot price
- \* Can be used with existing Navnet systems as an additional display
- \* Add Chart card and GPS antenna to give chartplotter function
- \* Add Sounder box for 600 watt or 1kW dual frequency power
- \* Add another display to share all information at another station
- \* Strictly limited offer while stocks last

Priced at **\$1,999** incl. GST

*This is a fantastic opportunity to build up or add to a Furuno Sounder/Chartplotter/Radar system at an incredible price.*

58 Cross Road, Sulphur Point  
 PO Box 14277  
 Tauranga

Phone: +64 7 577 0250  
 info@baymarineelectronics.co.nz  
 www.baymarineelectronics.co.nz