

# Fishing and chips

## ?! What the...?!

Chips are part of a national drive to become more healthy with the motto 'shake, bang, and hang' on the lips of many fish and chip shop staff. This refers to the treatment of chips when they are taken out of the fryer, in an effort to reduce the amount of fat they absorb. Using the Heart Foundation's best practice frying techniques can reduce fat content of chips by up to 20%, so the effort is well worth it!

## My two cents

I think one thing Dunedin has that nowhere else in New Zealand or Australia can boast of is decent fish & chips! They are plentiful, really tasty and so unique to our takeaways!  
- Bronwyn Baker

**Trout, salmon, groper, blue cod, trumpeter, pipis, clams, paua, and squid – is your mouth watering yet? Aren't we lucky to have these and many more fresh seafood choices on our back doorstep, or at least at the local fish shop.**

It's no wonder that fishing is one of our favourite pastimes when we are all close to so many amazing rivers, canals, lakes, and coastal fishing areas. Charters are on offer at all of the major lakes and rivers, and those who want a back to nature experience can charter a heli-fishing trip. For many locals, fishing isn't just about catching dinner, it's a back to nature experience. While some choose easily accessible spots and are happy to fish alongside their fellow anglers, others make the most of the wilderness and head into areas where they know they will be the only person for miles. Hiking into an area and fishing for the day provides the ultimate for many Otago fishers – absolute peace and quiet. Often, it doesn't even matter if you don't catch anything! For those in more coastal areas, salmon can be caught in the Waitaki River, at Moeraki, on the Clutha River, Otago Harbour and on the Taieri River. An abundance of saltwater species are readily caught in coastal fishing areas.



Fly fishing



Chips – the classic accompaniment to fish!

